

Scouts in Action Month 2022
'The Great Australian Scout Cook Off'
Cub Scout Program - Cookout



Time	Activity	Detail	Lead	Assist	Adult Support	Resources	Achievement Pathways
0.00	Opening Activity	See attached notes				Australian Flag	
0.05	Game	SPUD				Basketball or similar	
0.15	Activity	Hobo Meals				Aluminium foil, cooking spray, sausages, carrots, potatoes, onion (optional), salt (optional), pepper (optional), BBQ/tomato sauce, grated cheese, knives and vegetable peelers, food handling gloves (optional)	
1.10	Activity	Time to Eat				Dilly bag from home or just forks and eat straight out of the packet	
1.20	Activity	Clean Up				Wash basins/sink, dishwashing liquid and cloths, tea towels	
1.25	Closing Activity	See attached notes				Australian Scout Flag	
1.30	Home						

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Opening Activity	
Resources	Australian Flag
Notes on Opening Activities	There should be an Opening and Closing Activity associated with the meeting whether at the den or on camp or away from the den. Wherever possible the Opening and Closing activities of each youth meeting should be led by youth members who have been trained for these roles. Ideally every youth member should be progressively involved in taking an assisting or leading role in an Opening or Closing Activity once a semester. Refer – pr.scouts.com.au – A Guide to Ceremonies in Australian Scouting
NOTE – A fire will need to be prepared in advance to allow coals to be established for the cooking activity – two senior Cub Scouts could do this under supervision – ensure adequate water is available to extinguish the fire at the end of the night or in an emergency.	
Game	SPUD
Resources	Basketball or similar
Game Play	<p>Cub Scouts are all given a number Leader selects a Cub Scout as 'It' "It" holds the ball and all the other Cubs circle around them. "It" then throws the ball straight up in the air while calling out a number (not their own) The Cub Scout with that number must catch the ball either while it is coming down or on the rebound.</p> <p>While the Cub Scout whose number was called is catching the ball all other Cub Scouts scatter and get as far away as they can from the Cub Scout catching the ball. When the ball is caught by the Cub Scout whose number was called, they yell out "SPUD!". The Cub Scouts who are running away must stop in their tracks. The Cub Scout with the ball then tries to throw the ball and hit one of the other Cubs below the knees</p> <p>If they hit someone then the Cub Scout that was hit gets a letter in the word SPUD and they become the new 'It'. If the Cub Scout tossing the ball misses then they get a letter and they can pick someone to be the new 'It'</p> <p>All the Cub Scouts gather into the centre again around the new 'It' and the game continues as above.</p>

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	When a player gets all four letters of the word SPUD that is the end of the game or if the game is going on too long end it after 10 minutes to be played another day.
Game	Hobo Meal Preparation
Resources	Aluminium foil, cooking spray, sausages, carrots, potatoes, onion (optional), salt (optional), pepper (optional), BBQ/tomato sauce, grated cheese, knives and vegetable peelers, food handling gloves (optional)
Method	<p>Set up tables and have all the resources (see above) available for the Cub Scouts. Have all the Cub Scouts wash their hands. Explain what a Hobo Meal is – simply thinly vegetables with meat or fish sealed in an aluminium foil packet and cooked on coals or on the BBQ or in the oven at home. Brief the Cub Scouts on the use of knives (see poster below for tips) and vegetable peelers (can peel of skin very nicely!) Note foil can be folded in half before making the packet – this will help avoid burning the contents if there is too much heat on the fire.</p> <ul style="list-style-type: none"> - Make a large square with the foil - Spray the inside of the foil with the cooking spray - Place one or two sausages in the middle of the foil - Peel and dice the potatoes, clean and slice the carrots, and dice the onion - Place the potatoes, carrots, and onion on top of the meat - Place the cheese on top of everything - Sprinkle a little salt and pepper on top, along with a few dashes of sauce - Fold all of the edges of the foil tightly around the entire meal - Place the dinner packs on the coals of the fire 25-30 minutes or until the meat and veggies are cooked all the way through – poke with a skewer and if it goes through easily your meal is ready <p>While meals are cooking Cub Scouts could be planning a menu for the next camp, playing a game such as the Unit favourite or discussing Scouts in Action Month and what they will cook at the competition.</p>

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Activity	Time to Eat
Resources	Dilly bag from home or just forks and eat straight out of the packet. More sauce!
Game Play	Care the meal with be hot Enjoy!
Activity	Clean Up
Resources	Wash basins/sink, dishwashing liquid and cloths, tea towels
Method	Clean tables and any utensils used (knives, peelers, forks etc) Have all Cub Scouts wash their hands Review the activity
Closing Activity	
Resources	Australian Flag, badges that may be available for presenting, any notices that need to be handed out

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Knife Skills for Kids





Counter Height
 It's important to be at the correct height in relation to the counter when chopping. Stand on a sturdy stool if you need a boost up.



Cutting Board
 If your cutting board doesn't stay in place, put a damp kitchen towel underneath.

Grip
 Grip the handle of the knife with your writing hand. Hold the knife with a bicycle grip (how your hand looks if holding handlebars). Your knuckles should face up. Place your thumb and pointer finger where the blade of the knife and the handle meet, then wrap your fingers around the handle. Do not place your pointer finger on top of the blade.





Claw
 To hold food in place, curl your fingers under like a claw, making sure to tuck your thumb in. By curling your fingers under, you protect them in case the knife slips.



Eyes on knife
 Make sure your eyes are always watching the knife as it cuts through food. If your eyes wander, stop cutting.

Cutting
 When cutting, pretend the tip of the knife is stuck to the cutting board. Move the blade in a rocking motion instead of picking the blade up off the board every time you make a cut. Use your knife to cut, not saw, through the food.





Lay food flat
 When cutting round items, it's safer to cut in half lengthwise, lay them flat-side down, then work with only a half at a time.



Coarsely Chop
 To coarsely chop or cut into small pieces, place your hand flat on top of the knife, pushing down, as you rock the knife across the food.