

# 2022 Scouts in Action Month – Cooking 2








Unit Name:	Leader in Charge:	Youth Leaders:
Term: ____ Week: ____ Date ___/___/_____	Assistant Leaders:	Youth Assists:
Notes/Reminders:		Helpers:











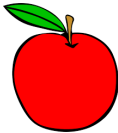

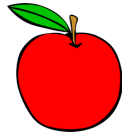




Time	Activity Details	Youth Lead/Assist (Program Area)	Equipment (Lead responsible)
CIA	<b>Coming-In Activity:</b> Memory Card Game – Packing for a Day Hike Take shortcut pastry sheets out of the freezer and allow to soften up. (It takes about 30 mins to defrost enough to shape it)	Prepare Joey Scout for leading game and reflection.	Memory Cards (see below)
0:00	<b>Opening</b>		Flag Acknowledgement of Country
0:05	<b>Active Game: Fruit Bowl</b> Joey Scouts all sit in a circle, give each Joey one of 3 names of a fruit. (eg Peach Pear Plum) One Joey Scout sits in the middle of the circle. When an name is called, all Joey Scouts with that name run and change places with another Joey of the same name. The middle Joey tries to get to a vacant spot first. If the centre Joey succeeds the Joey left sits in the middle of the circle, waiting to get a vacant spot.		Chairs optional
0:10	<b>Activity: The salty potato experiment</b> ( <a href="https://www.northshoremums.com.au/fun-kids-food-activities-for-home">https://www.northshoremums.com.au/fun-kids-food-activities-for-home</a> ) This experiment teaches children a little about salt and how we should limit our intake. Start by filling two small bowls with water and mix salt into one of the bowls. Using a sticker or a marker, label the bowls so you know which one has the salty water and which one is plain. Take a regular potato and cut it in half. Place one half in each bowl with the flat side (cut side) facing down. Leave the potatoes in the bowls for approximately 30 mins and watch what happens. You will find that the salty water draws the water out of the potato, causing it to shrivel. The learning here is that just like the potato loses water when put in a salty solution, we too get thirsty and need extra water when eat too much salty food. We need to try to limit our intake of salty foods.		
0:15	<b>Focus Time: Making Pies</b> Wash hands and prepare ingredients and equipment.		Mince Instant Gravy Frozen shortcrust pastry Frozen puff pastry

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	<p>Savoury Mince: Place a small amount of oil into a heated frypan and add the mince, break it up using a wooden spoon or spatula. When it is brown, add instant gravy to make a nice pie mince consistency.</p> <p>Pie shells: Use cooking spray to grease small pie tins (or large muffin pans) and press the pastry to fit the tin.</p> <p>Spoon cooked mince into the tins and top with a square of puff pastry. Bake in a hot oven at the den if you have one or send home with a helper to be cooked. Once cooked, freeze the pies until the day of the 'bring an adult' night.</p>		<p>Pie tins/muffin trays            Spray oil            Cooking oil            Spatula, wooden spoon            Hot plate, oven if available            Pie makers/ sausage roll/ jaffle makers will substitute to cook pies.</p>
0:40	<p><b>Game: Hot Potato</b></p> <p>Equipment: Bean bags (or onion bag balls, hand balls etc)</p> <ul style="list-style-type: none"> <li>✦ Joey Scouts stand in a circle, call someone's name and toss them the bean bag. As they get better, introduce multiple bean bags.</li> <li>✦ Pretend the bag is very hot (potato). You have to say another name and get rid of it as quickly as possible.</li> <li>✦ Your unit may negotiate a consequence for dropping a bean bag. (Running a lap, Scout Salute, sitting down for a count....)</li> </ul>		
0:50	<p><b>Review:</b> How is the potato progressing? If nothing much has happened, ask for a volunteer to take it home and report to the group the following week.</p>		
0:55	<p><b>Closing</b></p> <p>Support a Joey Scout to lead the reflection as part of the Closing.</p>	Joey Scout-led reflection	

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<b>REVIEW:</b> Notes on attendance, achievements, feedback/improvements, follow-ups for next week, SIA ideas, suggestions for Unit Council	
<b>CHALLENGE AREAS:</b> (Cover all of the program; part of Lead, Assist, Participate)	<b>CORE OUTDOOR ADVENTURE SKILLS:</b>
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">   <b>COMMUNITY</b> </div> <div style="text-align: center;">   <b>CREATIVE</b> </div> <div style="text-align: center;">   <b>OUTDOORS</b> </div> <div style="text-align: center;">   <b>PERSONAL GROWTH</b> </div> </div>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div>

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