

# Foil Fiesta

## RED FLOWER CAMP Outdoors



### The Adventure:

Fire, foil, food and fun! Try a new and easy way to cook on an open fire.

Choose some tasty meats and vegetables. Make sure the veggies you choose are ones you enjoy eating cooked.

With help from your Scouters, prepare your meat and vegetables. Put out a selection for everyone in your Lair to choose from.

Line some foil with cooking oil, butter or margarine. Add

your favourite meats and vegetables, and maybe some salt, pepper or other spices.

Wrap your meal up securely, then put it on your campfire's coals or on a grill. Turn it once and then let it cook a while longer (cooking times will depend on what you have in your foil, and on how hot your fire is). Then pull your meal from the fire, give it a few minutes to cool, and open it up and pour your meat and vegetables out your plate or bowl. Supper's ready!



### Safety note:

- Avoid any horseplay around the campfire. With everyone from the Lair cooking together, it is a good idea to slow down and talk to one another when you need to move your foil meal.
- Your meal will be hot, so think about how you will handle it without burning yourself. What will you need? Get help from your Scouters if you need it.
- Keep your meat and vegetables apart. Raw meat will make you sick, so it should not be near vegetables until things are being cooked. How will you make sure this happens? How can you tell when your meat is safely cooked?
- Remember to follow the instructions of your Scouters around using knives.

### Plan:

- What meats and vegetables you want to cook?
- When and where will you make your foil meal?
- How will you get the ingredients? What else do you need for this Adventure?
- Has everyone agreed on all of the details?

### Do:

- Make and enjoy a tasty meal that tastes a bit like the magic of a campfire.

### Review:

- What do you know now that you did not know before?
- How was your foil meal?
- How did your Lair work as a team on this Adventure?
- What creative approaches did you or others use?
- What would you do differently next time?
- How can you build on this experience?

### Online Resources:

- Leave No Trace
- 9 Easy Recipes
- Hobo Dinner

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It starts with Scouts.