

COOKING
(Program Features)

TROOP MEETING PLAN

Date: Jan. 8 Week: 1

ACTIVITY	DESCRIPTION	RUN BY	TIME
Preopening <u>15</u> minutes	Play Steal the Pig (<i>Bacon</i>) (<i>see below</i>)	Alex	6:30 6:45
Opening Ceremony <u>10</u> minutes	Pledge, Oath, Law, Outdoor Code. Announcements	Los Perros Patrol	6:45 6:55
Skills Instruction <u>30</u> minutes	New Scouts (2 groups): Explain the six essentials to cooking a good meal: time, ingredients, recipes, cookware, heat sources, and technique. Give each group a complete dinner menu, give them 15 minutes to plan the six essentials and who will take each role in the preparation. Have instructors evaluate the plans and then help in reviewing them. Mid & Experienced Scouts: Prepare the dessert (Mtn. Dew dump cake) from the above menus to be served at the end of the meeting.	Jacob C, Ian Alex	6:55 7:25
Advancement Session <u>10</u> minutes	Younger scouts work on rank advancement. Older scouts help coach younger scouts on rank requirements.	Patrol Leaders/ Adults	7:25 7:35
Patrol Meetings <u>10</u> minutes	Collect dues. Plan patrol meetings outside troop meetings. Plan for patrol member advancement. Complete & submit Interpatrol Challenge sheet.	Patrol Leaders	7:35 7:45
Interpatrol Activity <u>20</u> minutes	Play Speedball (<i>see below</i>)	Alex	7:45 8:05
Closing <u>10</u> minutes Total 90 minutes of meeting	Closing Announcements. Announce instructor assignments for next week's meeting. Scout Vespers.	SPL / SM	8:05 8:15
After the Meeting	Questions for the Scoutmaster or SPL (All other dismissed)	SPL / SM	

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TROOP MEETING PLAN

Date: Jan. 15 Week: 2

ACTIVITY	DESCRIPTION	RUN BY	TIME
Preopening <u>15</u> minutes	Play Freeze Tag (<i>see below</i>)	Parker	6:30 6:45
Opening Ceremony <u>10</u> minutes	Pledge, Oath, Law, Outdoor Code. Announcements	Atomic Wolf Patrol	6:45 6:55
Skills Instruction <u>25</u> minutes	New Scouts: Present the importance of safety while cooking. Discuss the risk of burns and how to minimize burn incidents. Also discuss other possible cooking injuries, primarily cuts, and how to prevent them. Explain proper treatment for burns, cuts, etc. Mid & Experienced Scouts: Introduce proper food handling procedures to prevent foodborne illnesses. Include safe food handling practices including cleanliness and proper food separation & storage. Discuss awareness of allergies and food intolerances among the patrol.	Brody, Ian Rhys	6:55 7:20
Advancement Session <u>15</u> minutes	Younger scouts work on rank advancement. Older scouts help coach younger scouts on rank requirements.	Patrol Leaders/ Adults	7:20 7:35
Patrol Meetings <u>10</u> minutes	Collect dues. Plan patrol meetings outside troop meetings. Plan for patrol member advancement. Complete & submit Interpatrol Challenge sheet.	Patrol Leaders	7:35 7:45
Interpatrol Activity <u>20</u> minutes	Play Ball-Over Relay (<i>see below</i>)	Caleb	7:45 8:05
Closing <u>10</u> minutes Total 90 minutes of meeting	Closing Announcements. Announce instructor assignments for next week's meeting. Scout Vespers.	SPL / SM	8:05 8:15
After the Meeting	Questions for the Scoutmaster or SPL (All other dismissed)	SPL / SM	

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TROOP MEETING PLAN

Date: Jan. 22 Week: 3

ACTIVITY	DESCRIPTION	RUN BY	TIME
Preopening <u>15</u> minutes	Play Cops & Robbers (<i>see below</i>)	Rowan	6:30 6:45
Opening Ceremony <u>10</u> minutes	Pledge, Oath, Law, Outdoor Code. Announcements	Legit Llama Patrol	6:45 6:55
Skills Instruction <u>30</u> minutes	3 Groups of Scouts, mixed levels: Have the experienced Scouts teach by example how to develop a full menu plan for a weekend trip. Include two breakfasts, two lunches, and two dinners. Focus on - Planning complete, tasty, nutritious meals - Developing a complete food list - Making plans to prepare and cook the food - Determining the costs and how the food items will be purchased	Jacob C	6:55
		Rhys	
		Lucas	7:25
Advancement Session <u>10</u> minutes	Younger scouts work on rank advancement. Older scouts help coach younger scouts on rank requirements.	Patrol Leaders/ Adults	7:25 7:35
Patrol Meetings <u>15</u> minutes	Collect dues. Menus for Klondike Plan patrol meetings outside troop meetings. Plan for patrol member advancement. Complete & submit Interpatrol Challenge sheet.	Patrol Leaders	7:35 7:50
Interpatrol Activity <u>15</u> minutes	Play Fruit Salad (<i>see below</i>)	Alex	7:50 8:05
Closing <u>10</u> minutes Total 90 minutes of meeting	Closing Announcements. Announce instructor assignments for next week's meeting. Scout Vespers.	SPL / SM	8:05 8:15
After the Meeting	Questions for the Scoutmaster or SPL (All other dismissed)	SPL / SM	

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TROOP MEETING PLAN

Date: Jan. 29 Week: 4

ACTIVITY	DESCRIPTION	RUN BY	TIME
Preopening <u>15</u> minutes	Play Balance Tag (<i>see below</i>)	Ben	6:30 6:45
Opening Ceremony <u>10</u> minutes	Pledge, Oath, Law, Outdoor Code. Announcements	Los Perros Patrol	6:45 6:55
Skills Instruction <u>40</u> minutes	Scouts rotate through three cooking stations where they will get instruction and hands-on practice: Camp Stove Cooking: Dutch Oven Cooking: Foil Pack Cooking:	Alex Rhys Jacob	6:55 7:35
Patrol Meetings <u>15</u> minutes	Collect dues. Final rep for Klondike Plan patrol meetings outside troop meetings. Plan for patrol member advancement. Complete & submit Interpatrol Challenge sheet.	Patrol Leaders	7:35 7:50
Interpatrol Activity <u>15</u> minutes	Play Bucket Ball (<i>see below</i>)	Ian	7:50 8:05
Closing <u>10</u> minutes Total 90 minutes of meeting	Closing Announcements. Announce instructor assignments for next week's meeting. Scout Vespers.	SPL / SM	8:05 8:15
After the Meeting	Questions for the Scoutmaster or SPL (All other dismissed)	SPL / SM	

Steal The Pig (Bacon):

Equipment: An pig is provided to be the bacon.

Procedure: The object of Steal the Bacon is take the "bacon" back to your own side without being caught. In this game, two teams are chosen, and one umpire is selected. The members of each team are numbered. They form two opposing lines and place the bacon in the exact center between them. The umpire then calls out a number. The players on each side who are assigned that number are the players for that round. No other team members leave their side of the field. Neither player may touch the other until someone touches the bacon. Once a player touches the bacon however, the other player may tag him/her.

Scoring: If a player is able to grab the bacon and carry it back over to his/her own side, that team scores a point. If a player is tagged after touching the bacon and before he/she returns their own side, the team that tagged him/her scores a point.

Speedball

Equipment: A playing field (*soccer field outside or basketball court inside*), soccer goals, a soccer ball.

Procedure: Divide scouts into two teams. Each team has 5 players active at a time (including a goalkeeper), additional scouts may sub in. Game play starts with a jump ball at the center of the court. The team with the ball then tries to move the ball towards the opponent's goal. The ball can be moved by kicking or throwing the ball. Players are not allowed to run with the ball in their hands.

Scoring: Goals can be scored by kicking or throwing. Kicking counts as two points and throwing counts as one point. The team with the most points at the end of the match is the winner.

Freeze Tag:

Equipment: None.

Procedure: One scout is "it"; when they tag someone, that person is "frozen" in place. They cannot move and must stand with their feet apart and arms out to the sides. The only way they can become unfrozen is if a person crawls under their legs. Play continues until all the players are frozen. Then the last person to be frozen is "it" for the next game.

Ball-Over Relay:

Equipment: Ball, about basketball size; whistle; blindfold

Procedure: Draw lines dividing the game area into a zone for each patrol, and place a patrol in each zone. The players take positions at various points in their zone; they cannot cross the lines. One Scout is blindfolded and has the whistle. When he blows the whistle, the leader puts the ball into play. The players must try to keep the ball in the opposing teams' territory so that they don't have possession of it when the blindfolded Scout blows the whistle again. The whistle should be blown fairly often, continuously starting and stopping play for a given time. Scouts must NOT hit the ball so hard that it leaves the playing area, and may not kick the ball!

Scoring: Score 1 point for the patrol that has the ball when the whistle is sounded. If a scout hits the ball excessively hard, his patrol also earns a penalty point. At the end of the game, the patrol with the lowest score wins.

Cops & Robbers Tag

Equipment: None

Procedure: Selecting an area to be the Jail. Split scouts into two equal groups. One group will be the Cops, their job is to tag the Robbers and guard the Jail. The other group is the Robbers, their job is to not be caught by the Cops and to save captured Robbers with Jailbreaks. Robbers who are tagged are expected to walk to the Jail by themselves, they do not need the Cop to escort them. If a Jailbreak occurs, only those Robbers who are in the Jail area are freed, any Robbers who have been caught but are still walking to the Jail are not included in the Jailbreak. A Jailbreak occurs when a Robber (who has not been caught) touches the Jail area and yells "Jailbreak!". There is no head start for the Robbers escaping the jail, they may be tagged immediately after the Jailbreak is initiated.

Fruit Salad:

Equipment: A circle of chairs, one less than the number of Scouts playing.

Procedure: Each Scout chooses a fruit and announces their choice. They all sit in the circle, with one Scout in the middle. One of the Scouts in the circle starts the game by saying their fruit likes another fruit (i.e., "strawberry likes banana"). The person in the center tries to tag the Scout whose fruit was called before he can announce that his fruit likes another fruit. If the Scout in the center successfully tags that Scout, they switch places. Any Scout can announce their fruit likes "fruit salad", at which point all the Scouts get up and change seats; the center Scout can also claim a seat, and whichever Scout is left without a chair is the new center Scout.

Balance Tag

Equipment: None

Procedure: Choose one scout to be the Tagger. When the game starts, the Tagger tries to tag the other players. If a player is tagged, they become the new Tagger and the player who tagged them is no longer It. A player cannot be tagged when they stand on one foot holding their ankle with one hand and touching their nose with the other hand.

Bucket Ball:

Equipment: For each patrol, 2 small buckets and one large bucket, 3 tennis balls.

Object: To land one tennis ball in each of the three buckets.

Procedure: Patrols line up in relay formation. In front of each patrol are three buckets: two small ones at 10 and fifteen feet away, and a larger one at 20 feet. Each scout gets one attempt to toss a tennis ball into one of the buckets. If he misses, the ball bounces out or lands in an occupied bucket, he retrieves the ball and gives it to the next scout in line. Scouts continue to take turns until the patrol has a ball in each of the buckets.

Scoring: The first patrol to place one ball in each bucket wins.