

Cast Iron Chef



Webelos Adventure Workbook

No one may add or subtract from the official requirements found in the Cub Scout Webelos Handbook

This workbook was updated in June, 2016.

www.copticscouts.weebly.com

| | FOR SCOUT MAS (DO NO | | |
|---|-------------------------------|-------------------------|---------------|
| REQUIRED ITEM | | APPROVED BY | DATE APPROVED |
| FIRST ITEM (FIRE SAFETY) | | | // |
| SECOND ITEM (NUTRITIONAL GOALS) | | | // |
| THIRD ITEM (PLANNING AND BUDGETING) | | | // |
| FOURTH ITEM (COOKING) | | | // |
| FIFTH | ITEM (FOOD SAFETY) | | / |
| Webelos Scout's Na | me: | Pack No. : | |
| | This adventure is required to | o earn the Webelos Badg | ge. |
| DO ALL OF T | HE FOLLOWING TO EAR | N YOUR BADGE: | |
| \Box 1. At an approved time in an outdoor location and using tinder, kindling, and fuel wood, demonstrate how to build a fire; light the fire, unless prohibited by local fire restrictions. After allowing the flames to burn safely, safely extinguish the flames with minimal impact to the fire site. | | | |
| ☐ 2. Set personal | nutritional goals. | | |
| What are your goals? | | | |
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| Cast Iro | n Chief Webelos Scout's Name: |
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| | Keep a food journal for one week; review your journal to determine if the goals were met. |
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Webelos Scout's Name: _____

 $\hfill \square$ 3. Plan a menu for a balanced \underline{ONE} \underline{MEAL} for your group or family.

| | ☐ Group | □Family |
|--------------|---------|---------|
| (SELECT ONE) | | |
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Determine the budget for the meal.

| ITEM | QUANTITY | PRICE |
|-------|----------|-------|
| 1) | | |
| 2) | | |
| 3) | | |
| 4) | | |
| 5) | | |
| 6) | | |
| 7) | | |
| 8) | | |
| 9) | | |
| Total | | \$ |

Shop for the items on your menu while staying within your budget. What did

you buy, and how much did it cost?

| ITE | M | QUANTITY | PRICE |
|--|-----------------------------|-------------------------|---------------------|
| 1) | | | |
| 2) | | | |
| 3) | | | |
| 4) | | | |
| 5) | | | |
| 6) | | | |
| 7) | | | |
| 8) | | | |
| 9) | | | |
| Tota | al | | \$ |
| ☐ 4. Prepare a balanced meal for of part of your meal: | your den or family; utilize | e one of the methods be | low for preparation |
| ☐ a. Camp stove | ☐ b. Dutch oven | □ c. Box oven | |
| ☐ d. Solar oven What did you prepare? | □ e. Open campfire or | charcoal | |
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| Cast Iron Chief | Webelos Scout's Name: |
|-----------------|-----------------------|
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 $\hfill \Box$ 5. Demonstrate an understanding of food safety practices while preparing the meal.