

Progression of Camp Cooking Skills



Sparks

Sparks can do small tasks. Keep in mind that they have short attention spans.

- washing dishes
- lighting matches
- frosting cupcakes
- using cookie cutters
- stirring and mixing batter
- rolling and shaping dough
- spreading butter on bread
- washing fruits and vegetables
- setting and clearing the table
- roasting hot dogs and smores
- mixing wet and dry ingredients
- helping with the planning of the camp menu
- cutting soft fruits and vegetables with a dull knife or butter knife
- washing their own dishes using the three-step dishwashing method



Embers

Embers can start using the stove and small knives.

- lighting stoves
- -reading recipes
- using small knives
- frying vegetables
- flipping pancakes
- peeling vegetables
- cracking and whisking eggs
- mixing cookie dough batter
- grating cheese with a grater
- using measuring cups and spoons
- greasing muffin tins and cake pans
- using a can opener and hand mixer
- washing their own dishes using the three-step dishwashing method
- helping with the planning of the camp menu using Canada's Food Guide
- using alternative cooking methods: buddy burners, flower pot barbeque with supervision, kick-the-can ice cream, and pie iron cooking, milk carton cooking



Guides

Guides can follow recipes and be comfortable using a knife.

- using the oven
- kneading dough
- following a recipe
- stir-frying vegetables
- using a liquid disposal pit
- using small and large knives
- finding ingredients in the fridge
- using a stand mixer and blender
- chopping and slicing vegetables
- taking food in and out of the oven
- preparing all the meals and cleaning up in patrols supervised by Guiders
- helping with the planning of the camp menu using Canada's Food Guide
- using alternative cooking methods: tin foil dinners, one-pot meals over campfire, milk carton barbeque, box oven, waxed burlap



Pathfinders and Trex

Pathfinder-aged youth are capable of cooking with minimal supervision.

- grilling meat
- dehydrating food
- marinating meats
- dehydrating food
- grocery shopping
- using larger knives
- preparing entire meals
- recognizing ingredients
- using most kitchen appliances
- assisting Guiders with grocery shopping
- chopping, dicing and mincing vegetables
- helping with the planning of the camp menu using Canada's Food Guide
- preparing all meals in patrols and cleaning up with little supervision from Guiders
- using alternative cooking methods: flaming burlap pizzas, tin foil dinners, one-pot meals over campfire, milk carton barbeque, box oven, waxed burlap



Rangers and Trex

Ranger-aged youth are capable of cooking with minimal supervision.

- grilling meat
- dehydrating food
- planning entire meals
- using a food processor
- purifying and filtering water
- marinating meats, fish and poultry
- preparing and cooking entire meals
- shopping for groceries using the budget
- chopping, dicing and mincing vegetables
- making creative presentations of food dishes
- packing food for lightweight hiking and camping
- planning and budgeting menu using Canada's Food Guide
- using dehydrated food for backpacking and adventure camping
- using alternative cooking methods: tripod roasted turkey, flaming pizza, tin foil dinners, one-pot meals over campfire, milk carton barbeque, box oven, waxed burlap

