

## Helpful Hints When Working with Cub Scouts

The age and ability of each Cub Scout rank is taken into consideration in every aspect of the program, including cooking and nutrition.

### Lions and Tigers (ages 5-7)

Lions and Tigers are developing their dexterity and awareness, but they still have short attention spans. With the help of their adult partners, the boys can build on cooking skills such as measuring by volume, washing vegetables, pouring ingredients into a bowl, sprinkling cheese, stirring ingredients, and even helping to knead a bread recipe. Starting with simpler recipes at this age helps to build their confidence and enthusiasm for cooking. Let them touch, taste, and make a mess.

### Wolf and Bear (ages 8–9)

Cub Scouts at this age have a longer attention span and a little more patience. Measuring and weighing ingredients reinforces what these boys are already learning in school—reading and arithmetic. With supervision from an adult, they can handle more complex cooking tasks such as accurately measuring ingredients, using kitchen scissors to cut food, and learning how to grease and flour pans. They understand that they can grow their own herbs and vegetables to use in recipes and will be excited to explore this.

### Webelos (ages 10–11)

Webelos Scouts can read and understand labels, follow recipes, and prepare meals for themselves with adequate supervision. They will expand their cooking skills as you help them to feel comfortable cutting and chopping vegetables, cooking with heat, and using cooking appliances. At this age, boys often enjoy suggesting items to add to the recipe, which will make the meal their own creation. They really like cooking outdoors using camp cooking equipment. Encourage their creativity. With our help, they'll be ready to help cook outdoors in their patrol or crew when they become Boy Scouts or Venturers.

## Cooking Hygiene and Safety

Making a mess is all part of cooking, even for the adults, but proper hygiene and cooking safety are very important.

- Make sure the Cub Scouts wash their hands before, during, and after the cooking process.
- Have them help keep the food preparation surfaces clean.
- Use cold water to wash vegetables and fruit before using.
- A Bear or Webelos Scout must request permission before working with a knife. Knife safety rules are to be reinforced (see *Bear Handbook*, page 35).
- Reinforce that Cub Scouts of any age should ask permission to cook and be supervised accordingly.
- Closed-toe shoes should be worn to protect feet from falling plates or hot liquid spills.
- Wear oven mitts when using an oven or microwave and when handling hot dishes.
- When cleaning up, wash all cooking utensils, dishes, bowls, pots, and pans in hot, soapy water.

## **Leave No Trace Principles** **(Pack and Family Campouts)**

**Know Before You Go**—Find out in advance about the place where you are going to camp. Are there rules you need to follow? Cooking policies? Is water available? Never assume that “everyone knows.”

**Trash Your Trash**—Pack it in, pack it out. Follow campground rules for handling dishwater. Pack all your trash out unless the campground has trash pickup. Keep the water in the area clean: Don’t put soap or food in the lakes and streams.

**Be Careful with Fire**—Cook on a camp stove or grill whenever possible. It’s easier and less messy than cooking over an open fire. Only build fires in designated fire rings. Always have someone keep an eye on your fire until it is dead out. Observe all local and state fire bans.

**Respect Wildlife**—Never feed the animals while camping. Human food is unhealthy for all animals, and feeding them starts bad habits. Protect wildlife and your food by keeping food and trash stored so that animals cannot get into them.

## **Opportunities to Learn**

Several of the Cub Scout adventures offer opportunities to plan, shop, cook, or prepare food, and provide instructional support on nutrition.

## **Resources for Cub Scout Cooking**

- Local Nutritionist
- Boy Scouts or Venturers
- Cub Scout Handbooks
- SCOUTStong – [www.scouting.org/home/bsafit/fitfuelfun/healthy\\_unit.aspx](http://www.scouting.org/home/bsafit/fitfuelfun/healthy_unit.aspx)
  - Includes Snack Smart tips and Healthy Unit Award trackers for Tigers, Wolves, Bears, and Webelos Scouts
- Healthy Unit Emblem, Item No. 620583
- Demonstration recipes can be found online; search for “backpacking recipes”, “Cub Scout cooking”, etc.

## **Tips for Pack Activity**

- Pack cooking contests
- Recipe development events
- International cuisine tasking at Pack Meetings
- Den cooking demonstrations