

**Grade Level: Middle School**

**Unit: Backpacking and Camping**

## **Lesson 4: Fire Day / Cooking**

### **Objectives**

- Students will be able to start and care for an appropriate sized fire for a camp.
- Students will be able to identify how to appropriately cook a meal on a campfire.
- Students will be able to explain how to keep food safe from animals.

### **Standards**

- Analyze the effectiveness of a final outcome of a decision related to physical activity (S4.M10.8)
- Develops a plan of action and makes appropriate decisions based on that plan when faced with an individual challenge (S5.M3.8)
- Identifies and participates in an enjoyable activity that prompts individual self-expression (S5.M5.8)
- Participates in self-selected physical activity outside of physical education class (S3.M2.6)

### **Key Vocabulary**

- Dutch Oven
- Spatula
- Biodegradable
- Disposable
- Kindling

## Equipment Needs

- Stove, fuel and lighter
- Cook pots, frying pan and pot holder
- Spatula, whisk and knife
- Cutting board
- Bottle opener, corkscrew and can opener
- Food-storage containers, bags and foil
- Pot scrubber/sponge and biodegradable soap
- Cooler(s) and ice
- Water bottles
- Plates, bowls, mugs/cups, utensils
- Measuring cups and spoons (optional)
- Kitchen towel/paper towels
- Trash bags
- Collapsible water container (optional)
- Videos of Food Storage
  - [https://www.youtube.com/watch?time\\_continue=1&v=TIF0JlwVYHo](https://www.youtube.com/watch?time_continue=1&v=TIF0JlwVYHo)
  - <https://www.youtube.com/watch?v=f8kFVSOjOG0>

## Set-up

- Inform administration you are starting fires in appropriate locations
- Random sticks and firewood spread out around the campsite
- Find and mark approved space for starting a fire
- Place all cooking equipment and food near campsite area
- Have water nearby for fire extinguishing

## Safety

- Check activity area for obstacles or holes
- Keep dangerous (pointy) sticks away
- Keep fire small so to prevent spreading of fire
  - And to prevent smoke issues
- Address burn prevention from hot cooking tools or food
- Contact appropriate local authorities about fires prior to lesson
- Instruct students to be aware of wind conditions
- Access to a fire extinguisher in case of emergency

## Warm Up

- Watch the fire challenge from Survivor Amazon while stretching their legs and arms.
  - [https://www.youtube.com/watch?v=P\\_TXIoiuBd4](https://www.youtube.com/watch?v=P_TXIoiuBd4)

## **Description**

1. Students will walk to prepared campsite.
2. Collect kindling and smaller sticks to start fire.
3. Prepare the fire location if there is not a specified area.
4. Practice starting small fires in approved areas.
5. Practice placing cooking items on fire in correct ways.
6. \*\*\*\* if approved by school\*\*\*\* cook simple food, like soup, cobbler, banana splits, etc.
7. Practice extinguishing fires in an appropriate way.

## **More Challenging**

- Have a challenge to start a fire faster than an opponent.
- Only give 1 match to start the fire.
- Do not use any matches, but only flint, or rubbing sticks together to start the fire.

## **Less Challenging**

- Add starter fluid or gas to start the fire if approved by site.
- Have various logs / sticks that have been soaked in starter fluid.

## **Assessment**

- Written - Give a written quiz about the rules of starting a fire.
- Physical - Have the class make fires in groups (make as many groups as possible based on how many fires you are allowed to start). Each person in the group must help in some way.

## **Cool Down/Review/Closure**

- Review guidelines for starting a fire
  - Size
  - Location
  - Amount / size of wood
  - How to stack wood to start the fire
  - Inspect area to ensure following “Leave NO Trace” Principles