



ADVENTURES

BOY SCOUTS OF AMERICA®
MONMOUTH COUNCIL

BRINGING THE ADVENTURE TO YOU!

Bears Challenge

A Very Hungry Bear

Objective: Scouts will be able to discuss the importance of planning, tool selection, sanitation, and cooking safety, while aiding the cooking process with proper adult supervision.

Directions:

- 1) Think of 3-5 recipes of food/snacks you would like to make. One should be for breakfast, one for lunch, and one for dinner.
- 2) Create a list and discuss what you may need to create these dishes, besides the food, and proper sanitation, and cooking procedures.
- 3) Select at least one of these dishes to cook, with proper adult supervision and intervention.

**Don't forget parents and family
can participate as well!**



Extensions:

- Create and decorate a cookbook for all your recipes!
- Discuss the different food sources you could buy, find, or grow certain ingredients. This includes different grocery stores, farmers markets, community gardens and more. Investigate more and do research online if you would like!!!
- Think about how you could possibly create a variation on the recipes you chose to use. Do you need to change just one ingredient, two, etc.
- Ask your family members or friends if they have any family recipes. Is there a story associated with it? Is it a secret family recipe?
- Ask your parent to help make dinner!