

## Session Plan – Backwoods Cooking

<b>Key Stage:</b> 1,2,3,4	<b>Activity Aims &amp; Learning Outcomes (suggested content and uses of activity):</b>
To learn basic skills and safety related to fire lighting and cooking in a woodland environment.	Enjoyment Activity Skills Health and Well-Being

### Suggested session format:

	Duration:	Activity	Resources
<b>Session Preparation:</b>	60 mins	<ul style="list-style-type: none"> <li>• Activity area pre check</li> <li>• Check group information – any medical needs, special requirements, group size etc.</li> <li>• Pre prepare bread twist dough/Jam/marshmallows/Biscuits</li> <li>• Clear all fire bases of debris</li> <li>• Prepare water buckets</li> <li>• Set up tables</li> <li>• Pre collect some natural firewood</li> <li>• Prepare fire lighting boxes and materials</li> </ul>	Activity Operating guidelines
<b>Start/ Safety Talk:</b>	10 mins	<ul style="list-style-type: none"> <li>• Welcome and introduction of activity. Explain boundaries of the area, fire safety as well as slips, trips and falls</li> <li>• Set the scene – think about group and what they wish to achieve</li> <li>• Consider learning outcomes of group and individuals and reviewing thereof during the session</li> <li>• Safety brief- highlight relevant safety points as listed in activity operating guidelines i.e., Walking when near fire or uneven ground/sticks.</li> </ul>	Rule of 3. Fire Steel. Marshmallow skewers.
<b>During the Session:</b>	1hour 45 mins	<ul style="list-style-type: none"> <li>• Manage participants ensuring Health and Safety is adhered to at all times, i.e. Keep participants inside set boundaries, supervised when near fire or fire lighting equipment.</li> <li>• Produce a story of survival and emphasise skills.</li> <li>• Rotate participants so that all people have a go.</li> <li>• Motivate participants to collect wood.</li> <li>• Maintain hygiene</li> <li>• Be enthusiastic!</li> </ul>	Fire steel. Marshmallows. Bread Dough. Sticks. Cotton wool. Petroleum jelly. Water. Cleaning equipment. Tin Foil.
<b>Extension Activities:</b>		<ul style="list-style-type: none"> <li>• For older ages or longer sessions:</li> <li>• Shelter</li> <li>• Water Purification</li> </ul>	Tarps/Poles Extra Buckets

		<ul style="list-style-type: none"> <li>• Further Fire lighting techniques (bow Drill, Flint &amp; Steel, Battery &amp; Wire Wool)</li> </ul>	Basic filter (filter bag/Clothing)
<b>Review:</b>	5 mins	<ul style="list-style-type: none"> <li>• Confirm any learning that may have taken place.</li> <li>• Ensure equipment is returned to Backwoods Area ready for next group.</li> <li>• Report any incidents/faults to office.</li> </ul>	