

48: Zen & the art of cooking in the outdoors

answers

1a) *Having no refrigeration means you will need to consider ways of preserving food.*

1b) *Having no access to shops means you will have to bring all of the food you need/provide for yourself.*

1c) *Having to carry all your food means food & packaging should be lightweight & compact.*

1d) *Having to store all your food in plastic bags means you need to plan quantities carefully.*

2) Mistakes in organizing food could include:

- a. forgetting an essential item (like fuel, matches, oil, flipper, etc.)
- b. not taking enough food
- c. taking too much food/packaging & having to lug it around
- d. food getting squashed, spoiled (e.g. by leaking fuel or pests) or going off
- e. not enjoying/knowing how to prepare “experimental” food
- f. communication problems when sharing food with a buddy

further activities

1) Ask students, as a homework exercise, to prepare a meal on the stove top that they plan to make on camp.

2) Take a variety of packaged food & containers/bags into class for a comparative show & tell (e.g. canned soup cw packet soup).