

## Girl Scout Cooking Progression with Reference

K/1 – Basic cutting and tools, no cook 2 – Propane stoves 3 – Box Oven and charcoal	4 – Foil/skewers and charcoal 5 – Dutch ovens and charcoal 6 – Backpacking stoves
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### K/1 – KNIFE AND TOOLS IN THE KITCHEN

SKILLS: <ul style="list-style-type: none"> <li>• Using a knife and cutting board,</li> <li>• using a grater,</li> <li>• can opener (cut up canned peaches),</li> <li>• spreading,</li> <li>• mixing</li> </ul>	ACTIVITY: Create Fruit S'mores or fruit salad <ul style="list-style-type: none"> <li>- Open a can of fruit (each attaché the opener and take a couple turns on a can already open if necessary)</li> <li>- Slice fruit (Strawberries, bananas, peaches)</li> <li>- Grate apple/pear slices</li> <li>- Spread topping on graham cracker (peanut butter, cream cheese, Nutella)</li> <li>- Add fruit on top of topping</li> <li>- Top with remaining graham cracker Create fruit s'mores using graham crackers</li> <li>- Or mix all fruit together in a bowl for a fruit salad</li> <li>- <b>Equipment Needed: 1 Table, plastic knives, can openers, graters</b></li> </ul>
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### 2 – PROPANE – USING A PROPANE STOVE

SKILLS: <ul style="list-style-type: none"> <li>• assembling and lighting</li> <li>• adjusting and extinguishing flame</li> <li>• Learn about steam baking – if they choose to make a cake</li> </ul>	ACTIVITY: <ul style="list-style-type: none"> <li>- Practice the steps</li> <li>- Boil water for hot chocolate or other chosen food</li> <li>- <b>Equipment Needed: 1 Table, propane stoves, lighters (more can practice this at once while waiting), propane cans, pot to heat water</b></li> </ul>
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### 3 - 5 - CHARCOAL MANAGEMENT

SKILLS: <ul style="list-style-type: none"> <li>• Starting a charcoal chimney</li> <li>• Lighting matches</li> <li>• moving coals</li> </ul>	ACTIVITY: <ul style="list-style-type: none"> <li>- Charcoal moving game with tongs and cold coals</li> <li>- Stuff the chimney</li> <li>- Light chimney</li> <li>- Move hot coals to final destination</li> <li>- <b>Equipment Needed: chimneys, lighters, matches, tongs, newspaper, pot holders, BBQ grill area outside the barn</b></li> </ul>
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### 3 - BOX OVEN (see also Charcoal Management)

<p>SKILLS:</p> <ul style="list-style-type: none"><li>• counting coals</li><li>• setup of a box oven (tray, coals, cans, rock, baking pan, box) – see figures on page 3 for setup options</li><li>• Build a box oven</li></ul>	<p>Activity</p> <ul style="list-style-type: none"><li>• Given a temperature, determine number of coals (40* per briquette)</li><li>• Calculate how much heat is lost every time you peek (25* and 15 minutes per peek)</li><li>• Learn to position cans, pan, coals, tray, box, rock (rock goes under edge of box so fire has oxygen)</li><li>• Learn to lift box Lid when food is cooked – if you smell it, it's probably done</li><li>• Relay of precision. Position coals, oven and base properly using tongs</li><li>• Explain how they will build box oven by lining a cardboard box with foil. Use aluminum tape sparingly to hold foil down and seal holes.</li><li>• <b>Need Box Oven example, pot holders, cans, rock, charcoals, pavers, trays, box, foil, tape</b></li></ul>
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### 4 – FOIL/STICK (see also Charcoal Management)

<p>SKILLS:</p> <ul style="list-style-type: none"><li>• Folding foil so that it doesn't leak</li><li>• moving packet without damaging it</li><li>• Positioning coals around and on top of packets to cook them</li></ul>	<p>Activity</p> <ul style="list-style-type: none"><li>• Using foil squares, give each camper a ½ cup of dried lentils. Camper should fold foil appropriately to keep lentils from escaping the packet</li><li>• <b>Need foil and lentils</b></li></ul>
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### 5 – DUTCH OVEN (see also Charcoal Management)

<p>SKILLS:</p> <ul style="list-style-type: none"><li>• Dutch oven - coal counting,</li><li>• lid lifting with coals on its lid</li><li>• pot lifting, taking a peak,</li><li>• dutch oven care</li></ul>	<p>ACTIVITY:</p> <ul style="list-style-type: none"><li>- Given a temperature, determine number of coals on top and below</li><li>- Line dutch oven with foil</li><li>- Lift Lid</li><li>- Lift pot</li><li>- Take a peak</li><li>- Clean and Oil Dutch oven</li><li>- Relay of precision. Position coals, oven and base properly using tongs</li><li>- <b>Need Dutch Ovens, Lid lifters, pot holders, charcoals, cleaning pad and oil, pavers, trays</b></li></ul>
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### 6 – Backpacking stoves

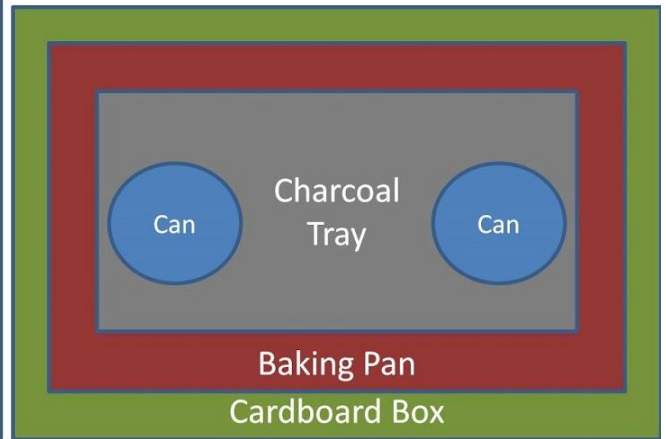
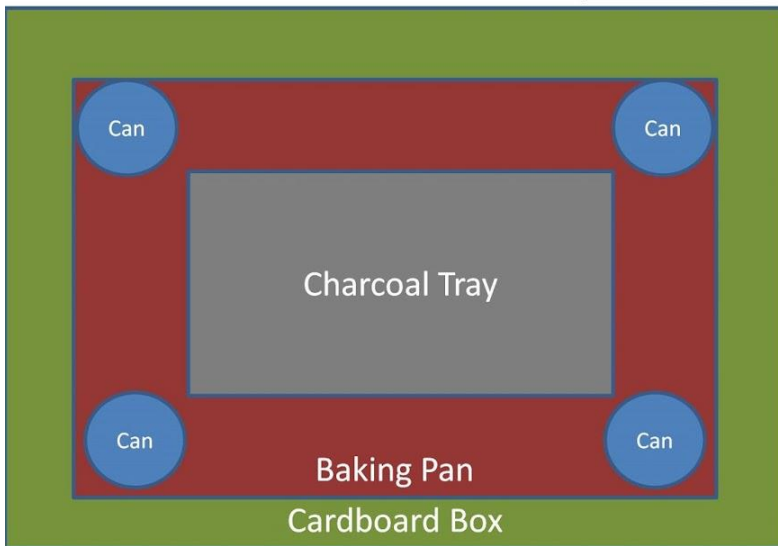
<p>Skills:</p> <ul style="list-style-type: none"><li>• Assembly and lighting of stoves</li><li>• Extinguishing flame</li><li>• Learn about fuel</li><li>• learn about dehydration/weight concerns while backpacking</li><li>• learn about baking using steam</li></ul>	<p>ACTIVITY:</p> <ul style="list-style-type: none"><li>- Make foil rehydration envelope</li><li>- Choose dehydration meal or steam baked cinnamon rolls</li><li>- <b>Need: backpacking stoves, fuel, matches or lighters, foil insulation, foil tape, small pots, silicone cupcake holders</b></li></ul>
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# Baking Temperature Chart

## Oven Temperature

Oven Size		Oven Temperature					
		325°F	350°F	375°F	400°F	425°F	450°F
8"	Total Briquettes	15	16	17	18	19	20
	Top/Bottom	10/5	11/5	11/6	12/6	13/6	14/6
10"	Total Briquettes	19	21	23	25	27	29
	Top/Bottom	13/6	14/7	16/7	17/8	18/9	19/10
12"	Total Briquettes	23	25	27	29	31	33
	Top/Bottom	16/7	17/8	18/9	19/10	21/10	22/11
14"	Total Briquettes	30	32	34	36	38	40
	Top/Bottom	20/10	26/13	22/12	24/12	25/13	26/14
16"	Total Briquettes	37	39	41	43	45	47
	Top/Bottom	25/12	36/13	27/14	28/15	29/16	30/17

### View from above



### View from the Side



## SANITATION AND FOOD HANDLING

- What is a contaminant
  - o Anything that could cause harm to someone
  - o Germs, bacteria, virus, a cut on your hand
  - o Food allergens
  
- Where do contaminants come from
  - o Hand to food ( a cut in your hand, or just germs)
  - o Food to food
  - o Equipment to food
  
- Why prevent contaminants
  - o Illness
  - o Allergic reactions
  
- How to prevent contaminants
  - o Hand washing- washing your hands with warm water and soap washes bacteria down the drain.
  - o When to wash hands
    - Always wash your hands after touching raw meat or poultry
    - Wash fruits and vegetables under cold running water before eating.
  
- Safe serving to prevent contamination
  - o Do not use the same utensil for multiple foods
  - o Do not butter bread then putting knife back in butter
  - o No double dipping (carrot and dip)
  - o Do not lick the knife then put it back in the jelly
  
- Safe stowing and storage
  - o Put backpacks on the floor, not the counter. Where has the backpack been?
  - o Cooked foods should not be put on the same plate that held raw meat or poultry (unless the plate has been thoroughly washed.)
  - o Nuts on a salad – taking the nut off does not eliminate the contaminant
  - o Don't leave leftovers on the counter for more than 2 hours.
  - o Don't taste raw ingredients - eating homemade cookie dough is not safe because it may contain raw eggs.
  - o Food storage/ temperatures for cooked eggs, meats etc.
  - o Food cooking temperatures for eggs, meat, etc.
  
- Safe Cleaning
  - o When you are done cooking, clean the kitchen. That means wipe up spills, place utensils and bowls in the dishwasher, clean pans, and put ingredients away.
  - o Wash hands immediately after eating or touching food to keep from spreading contaminants
  - o Waste management and recycling?