

Squirrels & Beavers



Campfire Cooking



45 Minute session



12 participants + Adults



Supervision ratio as per P.O.R



No qualification required

What is this activity?

Campfire Cooking is a way to simply introduce campfires, fire safety and cooking to younger children. It uses simple equipment designed for children and can be run without any specialist qualifications or knowledge by adult volunteers.

What equipment do we use?

Fire Pack (Self Led Sessions)

This pack contains most of what you need to light a small camp fire to cook on. There is a separate sheet of instructions on how to light your fire. You can also use an existing permanent fire base.



Fire Pit



Fire Bucket



Fire Gloves (for adults to use)



Kindling Pack

Cooking Pack (Instructed and leader led sessions)

These are the tools to teach basic hygiene, food preparation and then cooking. If you don't think cinnamon apples will work for your group, please ask us about alternatives (note that Marshmallows are not recommended for children under 5 years)



Apples & cinnamon



Plastic Plates and knives



Long skewers



Bowls & Soap

How to run the session

Briefing First give a short introductory briefing to the group (2 minutes)



Set some simple fire safety rules for everyone to follow



We must all wash our hands before we start working with food.



Check if anyone has any allergies to the food you are using.



If anyone shouts "stop" you must freeze exactly where you are!

Prepare the fire Collect firewood and light the fire (15 minutes)



The first thing we need to do is light a fire – to light a fire we need firewood! Split the group into 3s, each with an adult to help them. Tell them you need to collect firewood – demonstrate what you will need:



Lots of small thin sticks (pencil thick or smaller), which are dry, show them that dry sticks will make a snapping noise if you break them. You'll also need a bundle of bigger sticks about the thickness of an adult thumb.



Send the group off for 10 minutes to gather firewood. While they do this you can prepare the fire, hand washing bowls and apples.



When everyone is back demonstrate how to light a fire – there are some more instructions on the next page if you need them! We recommend that an adult lights the fire – this is not a fire lighting session!

Prepare for cooking Wash hands and prepare the apples (10 minutes)



Explain that whenever we cook, we must keep our hands clean to stop us getting germs which make us sick – especially after collecting firewood! Get everyone to wash their hands in the bowls of soapy water.



Demonstrate how to prepare an apple using the plastic knives and plates. First cut the apple into quarters, you can also cut away the apple core, but this is not essential. Each apple quarter is skewered on one of the skewers.

Prepare some of the plates by sprinkling in some cinnamon.

Cooking! Cook your apples and eat them (15 minutes)



Each person holds their skewer over the fire rotates so it doesn't burn. It's cooked when the skin starts to peel, and the apple is soft.



Leave the apple on the skewer and roll on the cinnamon plate to pick up a light coating. Wait for the apple to cool down a little then it's ready to eat!

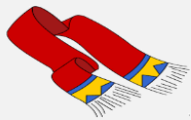




Putting out the fire Make the fire safe again (3 minutes)








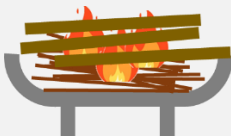

You can either leave the fire to burn down (with adult supervision), or carefully pour on some water from the fire bucket until the embers are cool.

Simple Fire Lighting


Fire Safety Rules – C.H.E.C.K

 <p>Clothing</p> <p>Remove any dangly items like scarves.</p>	 <p>Hair</p> <p>Tie back or tuck in long hair</p>	 <p>Environment</p> <p>Remove things which might catch fire.</p>	 <p>Can I?</p> <p>Ask before adding things to the fire</p>	 <p>Kit</p> <p>Always have a fire bucket, and use gloves</p>
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Preparing and lighting the fire – For ADULTS to light the fire.

	1. Place the fire pit on flat ground and clear away anything flammable for 3 meters all around. Get your fire bucket and gloves ready in case you need them too!
	2. Gather 2 piles of sticks. One pile should be the thickness of a pencil and quite long - dry sticks will “snap”. The other pile should be the thickness of an adult’s thumb.
	3. Place one of the wood-wool blocks in the centre of the fire pit. Carefully light a match and hold it to the block until it is burning well.
	4. Take a large handful of the thinner sticks and place them on top of the wood-wool so that the flames travel up through them. Leave them there until they start to burn.
	5. As the sticks catch add more on top – place them one handful at a time, not individually. You can use the fire gloves to protect your hands from the flames.
	6. When the fire is burning well you can add the bigger pile of sticks in the same way – one handful at a time. Keep some sticks ready to add later to keep the fire going longer.
	7. When the fire is burning well you are ready to cook your food! Leave the fire burning (with someone supervising!) while you prepare the food to cook.

Extinguishing the fire

	Either leave the fire to burn out naturally (under adult supervision) or pour water carefully over the fire until all the embers are out (you might need more than one bucket of water!)
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