

# NUTRITION Box

## Objectives

Students will learn the following:

- > Basics of nutrition
- > Carbohydrates, proteins, and fats
- > Basics of outdoor cooking
- > Organic scraps and compost
- > Seed harvesting
- > Meal packing
- > Hands-on activities (DIY trail mix, recipe ideas, DIY solar oven, open fire cooking, etc.)
- > National Park Spotlight
- > Empathy around malnutrition

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## Materials

The materials included in the box are:

- > Primitive cooking resource cards
- > Reusable snack bag
- > Two 3-in-1 sporks
- > Roasting fork
- > Hand sanitizer
- > Collapsible cup

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## Discussion

You may want to use the following as a discussion guide with your child:

- > Why is it important to understand nutrition?
- > What are some of the benefits of being able to make/cook your own food?
- > Why is it helpful to understand where your food comes from?
- > Why is it important to know how to pack the right food for your intended journey?
- > Why should you know the correct temperature to cook your food?

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## Evaluation

Test your child's newfound knowledge with the following questions:

- > What are the three macronutrients categories?
- > What is composting?
- > How long should seeds lay out to let them dry?
- > Should you eat food you find in the woods without knowing exactly what it is?
- > Should you cut down living trees or use dead trees/limbs to build a fire? Why?
- > How long before you want to eat should you start your fire?
- > What is the recommended internal temperature chicken should reach before you eat it?

## Vocabulary

*\*provided by the Merriam-Webster Dictionary*

**Compost** – A mixture that consists largely of decayed organic matter and is used for fertilizing and conditioning land. CONTEXT: Create compost from your organic food waste.

**Contamination** – To soil, stain, corrupt, or infect by contact or association. CONTEXT: Wash your hands after handling raw meats to avoid contamination of other foods.

**Forage** – To make a search. CONTEXT: When foraging in nature for food, make sure you know exactly what you are eating.

**Harvest** – The act or process of gathering in crops. CONTEXT: You can harvest seeds from foods to plant them later.

**Malnourished** – Supplied with less than the minimum or an unbalanced amount of the nutrients or foods essential for sound health and growth. CONTEXT: Many people around the world are malnourished.

**Nutrient** – A substance or ingredient that promotes growth, provides energy, and maintains life. CONTEXT: Try to choose foods with high nutrient value.

**Nutrition** – The sum of the processes by which an animal or plant takes in and utilizes food substances. CONTEXT: Proper nutrition helps fuel the body for work and play.

**Raw** – Not cooked. CONTEXT: You should wash your hands after handling raw meats.

**Thermometer** – An instrument for determining temperature. CONTEXT: Use a thermometer to get the correct internal temperature of the meat you're cooking.

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