

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

Materials

These or similar materials are included in the box:

- > Camp cooking resource cards
- > Camp mess kit
 - o Small cooking pan
 - o Utensil set
- > Foldable roasting fork

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?

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.
