



WEBELOS

Requirements:

The Webelos rank is earned by completing six adventures as described below.

1. Be an active member of your Webelos den for three months.
2. Complete each of the five required adventures:
 - Cast Iron Chef
 - Duty to God and You
 - First Responder
 - Stronger, Faster, Higher
 - Webelos Walkabout
3. In addition to the five required adventures, complete at least one elective adventure of your den's or family's choosing (for a total of at least six adventures).
4. With your parent, guardian, or caring adult, complete the exercises in the pamphlet How to Protect Your Children From Child Abuse: A Parent's Guide.
5. Earn the Cyber Chip award for your age. <https://cubscoutideas.com/2854/bsas-cyber-chip-kids-internet-safety/> (The Cyber Chip requirement may be waived by your parent or guardian if you do not have access to the internet.)

Leaders Guide: <https://pigeonpost.scouting.org/wp-content/uploads/2019/07/Webelos-Leader-Guide.pdf>

Intro Video: <https://www.scouting.org/programs/cub-scouts/den-meeting-resources/den-leader-tips-tricks-video-series/#video-gallery-d5791a3-13>



WEBELOS CAST IRON CHEF

WEBELOS CAST IRON CHEF REQUIREMENTS:

Complete requirements 1 and 2. Requirement 3 is optional.

1. Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. If possible, shop for the items on your menu. Stay within your budget.
2. Prepare a balanced meal for your den or family. If possible, use one of these methods for preparation of part of the meal: camp stove, Dutch oven, box oven, solar oven, open campfire, or charcoal grill.

Demonstrate an understanding of food safety practices while preparing the meal.

3. Use tinder, kindling, and fuel wood to demonstrate how to build a fire in an appropriate outdoor location. If circumstances permit and there is no local restriction on fires, show how to safely light the fire, **under the supervision of an adult**. After allowing the fire to burn safely, safely extinguish the flames with minimal impact to the fire site.

Resource: <https://www.youtube.com/watch?v=IZKrnMBDpe0>
Webelos book pg 33-41

October Week 1

Complete:

◆ Activity: Menu Planning (Requirement 1)

- Have Scouts compile a menu of foods they will need to cook a meal. Find out if there are any food allergies in the den or family, and lead a discussion about why this is important. At the top of the menu, write the total budget you decided on; then save the menu to make copies for the shopping outing.

◆ Activity: Outdoor Fire Safety (Requirement 3)

- Have the Scouts build and light a fire, if possible, that would be appropriate for cooking. Follow the directions in the Webelos Handbook. When the activity is finished, make sure the fire is completely out, if you were able to light the fire, and the area is cleaned up..

Resource: <http://skfr.org/>

- Have Scouts record the list in their handbooks.

◆ Activity: Food Safety Game (Requirement 2)

- Move the den inside to a kitchen, or arrange the meeting site to resemble a kitchen or cooking area.
- Without starting a fire or cooking and using mock-ups—so no one will be endangered—set up six potential safety concerns in the kitchen and have Scouts identify each one. They can play the game as individuals or as buddy groups.
- The “hazards” may include cleaning chemicals stored near food instead of under the sink; raw meat on a cutting board (or just a sign that says “raw meat”); food that is past its expiration date; an oven that hasn’t been cleaned; power cords too close to a water source; or a knife positioned with the sharp edge pointing toward instead of away from the user. In each instance, make safety the priority and create a mock-up that will not create a real risk for Scouts.
- During or after the game, have the Scouts explain the hazards they find and why those are considered food safety violations. Make sure to review any areas they missed.
- Record completion of requirement 3.

October Week 2

PREPARATION AND MATERIALS NEEDED

- Calculators, note pad, and pens • Copies of menu prepared in week 1

◆ Activity: OUTING- Shopping for Good Nutrition (Requirement 1)

- Conduct this activity with an adult partner or buddy, observe masking and social distancing.
- Give each Scout a copy of the menu and a calculator, note pad, and pen. Remind them that “a Scout is thrifty,” and ask them to demonstrate that by keeping their choices within the budget.
- Challenge the teams to find a good choice for each item on the menu, reminding them to also look for nutritional value. Say: Sometimes paying a little bit more for a quality item is OK. For example, you might pay more for a pound of ground sirloin than regular ground beef, but the taste and the fact that the sirloin is healthier might make it worth the extra cost.
- If in buddy groups, after about half an hour, bring the den together in a corner of the store to compare notes and vote on the items to purchase. An adult will calculate the final cost. Make sure the items you select can be properly stored or refrigerated until Week 3.
- Be sure to compliment the Scouts on being thrifty while also making healthy food choices!

October Week 3

◆ Activity: Cooking and Eating the Meal

- As the Webelos are cooking their meal according to the safety rules, ask them why each rule is important to follow. Make sure each Scout has a chance to answer at least two questions before the cooking is finished. (See sample questions in the Meeting 3 Resources.)
- When the meal is prepared and ready to eat, have the Scouts say grace.

◆ Activity: Cleanup. Scouts will cleanup after the meal.

Resources:

Sample Safety Questions

1. Why is it important to wash your hands before preparing food? (to keep from getting others sick)
2. How long should you spend washing your hands? (at least 20 seconds)
3. How can you check the temperature of foods like meat or poultry? (using a food thermometer)
4. Where can you find the temperatures that foods should be cooked to in order to be safe to eat? (cookbooks)
5. What is the problem with putting cooked chicken on the same plate where raw chicken was prepared? (cross-contamination)
6. What should you do first before beginning to prepare food? (wash hands)
7. Explain one way to safely thaw food. (refrigerator, cold water, microwave)
8. How long is it safe to leave food out at room temperature? (no more than two hours)