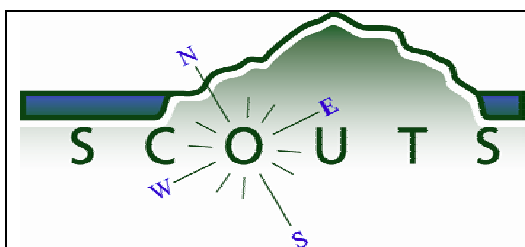


PROGRAMS ON A PLATE (POP's)

THEME: "FOOD GLORIOUS FOOD" Tonight's Topic: 'Preparation'.

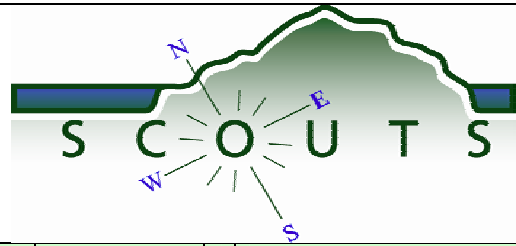
TIME	ACTIVITY	ACHIEVEMENT/ LEVEL	INSTRUCTION	MATERIAL
5 mins	Prayer, Flag break, Inspection.	N/A	Introduction to the evening program.	
10 mins	Game: Doughnut football	Energy Release	Teams throw inflated car tyre tube on to spar. (Like in quoits).	Inflated tyre per patrol. Stave per patrol
20 mins	Demonstration bases – Visit any two. 1. Fires 2. Gas Cookers 3. Firewood Preparation 4. Hygiene	Discovery Level Scout Skills "Fires and Fire Safety (1)". Outdoor Experiences Safety & Survival "Equipment (3)". "Standing Camps (5)".	The number of Patrols present will determine the number of Bases required. '1 Base per Patrol' 1. Types of Fire for different styles of cooking. 2. Types of Gas cookers and Safety precautions. 3. Types of wood for 'Tinder, Kindling, Fuel'. 4. Reasons for good hygiene practices.	Firewood , Matches. Gas cooker Axe, Knife. Wash-up bowl, Detergent, Scrubber.
10 mins	Game: Horse & Jockey	Energy Release	Fun & Games 2 - Nos 502, 532	Weighted bag.
20 mins	Demonstration bases - visit other two.	As above.	As above.	
30 mins	Patrol in Council	Endeavor Level Outdoor pursuits "Camp Cooking (4c)".	PL's lead Patrol: Light fires in fire trays, prepare and cook twists (damper) and an egg in a potato. PL's to practice weekend before.	Fire trays, firewood, bowls, flour, salt, baking powder, spoons, potatoes, eggs and toothpicks.
10 mins	Game: Dribble		Fun & Games 2 - Nos 667	
5 mins	Closing: Notices, Flag down, Prayer.	N/A	Give overview of Notices. Arrange for a PL to invite another Scout Troop or Guide Company to a Cook Off on week # 4.	A copy of Notice to each Scout and Leader.



PROGRAMS ON A PLATE (POP's)

THEME: "FOOD GLORIOUS FOOD"
Tonight's Topic: 'Ethnic Cooking'.

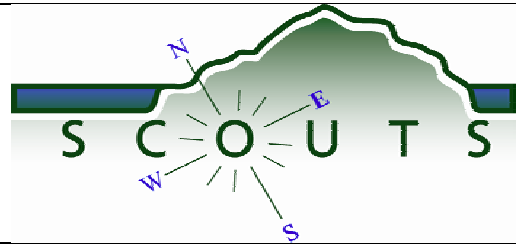
TIME	ACTIVITY	ACHIEVEMENT/ LEVEL	INSTRUCTION	MATERIAL
10 mins	Prayer, Flag break, Inspection.		Introduction to the evening program.	
10 mins	Game: Skate Board Block Hockey	Energy Release	As normal block hockey - players in pairs, one seated on skate board, other pushing the player.	Skate board, timber block (25 x 50 x 50mm). Wooden paddle (hockey stick 50 x 25 x 600mm).
20 mins	Demonstration: Ethnic Cooking.	Discovery Level Community Discovery <i>"International Community"</i>	Visitors - Specialist cook and at least one mum or dad per patrol. Specialist demonstrates ethnic cooking on gas cooker. Also discusses customs and culture. Patrols set up cookers as per last weeks training.	Gas Cooker Cooking dish Cooking ingredients Recipe.
10 mins	Game: Caesar	Energy Release	One person (the head) starts by catching another who immediately joins up to the head and catches another. Continue until one long snake is trying to catch the last player.	
50 mins	Patrol in Council	Endeavor Level (for PL's) Community Endeavor <i>"International Community"</i>	PL and APL lead patrol (split into two groups) in preparing and cooking an ethnic dish under supervision of Scout Mum or Dad.	Gas Cooker per Patrol. Cooking dish per Patrol. Cooking ingredients per Patrol. Recipe per patrol.
10 mins	Game: Bucket Cricket.		One Patrol versus the rest. Batter stands on Bucket. Fielders surround batter. Keep score as Patrol.	Bucket, Bat, Ball.
10 mins	Closing: Notices, Flag down, Prayer.		Give overview of Notices. Notice: Copy of Cooking badge details for Scouts to complete at home.	A copy of Notice to each Scout and Leader.



PROGRAMS ON A PLATE (POP's)

THEME: "FOOD GLORIOUS FOOD"
Tonight's Topic: 'Backwoods Cooking'.

TIME	ACTIVITY	ACHIEVEMENT/ LEVEL	INSTRUCTION	MATERIAL
10 mins	Prayer, Flag break, Inspection.		Introduction to the evening program.	
10 mins	Game: Devonport Stoush.	Energy Release	Large tent in a bag in centre of hall. Patrols push/pull bag to wall opposite.	1 x large tent in bag.
30 mins	Fireplace.	Discovery Level Scout Skills "Fires and Fire Safety (2)". Endeavor Level (For PL) Outdoor Pursuits "Camp Cooking (3)".	Patrols construct an "Altar" or "Trench Pit" or "Keyhole" fireplace. - Light fire if fireplace is ready.	Staves, lashing ropes, Firewood, matches, Sheet of iron for the fire bed. Spade.
10 mins	Game: Ball Relay.	Energy Release	Fun & Games 2 - Nos 636	Weighted bag.
10 mins	Patrol in Council		Patrols light fires ready for Tin Foil cooking. Build up and leave to burn down.	Matches.
10 mins	Game: Pat Ball		Like volley ball with a Balloon; Only three hits on same side of net then must hit over.	At least 4 balloons per patrol.
20 mins	Patrol in Council	Endeavor Level (For PL) Outdoor pursuits "Camp Cooking (4c)".	Patrols cook - mince, potato, onion – Wrap in tin foil and place in embers. NOTE: If PL lead patrol in week one then APL could lead this time to gain "Camp Cooking (4c)".	Roll of tin foil, Mince, salt onion, potato.
10 mins	Game: Penny Pandemonium.		Fun & Games 2 - Nos 706	
10 mins	Closing: Notices, Flag down, Prayer.		Give overview of Notices.	A copy of Notice to each Scout and Leader.



PROGRAMS ON A PLATE (POP's)

THEME: "FOOD GLORIOUS FOOD"
Tonight's Topic: 'Cook Off'.

TIME	ACTIVITY	ACHIEVEMENT/ LEVEL	INSTRUCTION	MATERIAL
10 mins	Prayer, Flag break, Inspection.	Discovery Level Community Discovery "Local Community" Endeavor Level (for PL) Community Endeavor "Local Community"	Introduction to the evening program. Welcome visiting Troop / Company.	
20 mins	Game: Rainy day relay.	Energy Release	Fun & Games 2 - Nos 608	For each Patrol: 1 x umbrella, 1 x suitcase, assorted jerseys, trousers, dresses, hats, lippers/shoes.
20 mins	Fire lighting competition		Bomb bursting: Light fires, place small tight lidded can with small amount of water inside. When water boils the lid is blown off.	Firewood , matches, sealable tins.
40 mins	Cooking competition.		Mini Cooking - light small fire on a brick. Make a cup of tea in a thimble. Cook a mini hamburger on disk (50c piece). Special Dish: provide some basic ingredients - cooked rice, tomatoes, peppers, cooked bacon, herbs, sauces, eggs. Patrols using gas cooker: Cook and present their version. Leaders judge best looking and tasting dish.	For each Patrol: 2 Bricks 1 thimble & metal disk sausage meat, slice of bread Cooked rice, cooked bacon, herbs, packet sauce, eggs. Gas Cooker Per Patrol.
15 mins	Supper			
5 mins	Closing: Notices, Flag down, Prayer.		Give overview of Notices.	A copy of Notice to each Scout and Leader.

