

Cook a Meal with Limited Ingredients

Scouts prepare a meal using a small amount of ingredients. This may lead them to empathise with people who have less food choices.

Section: All
Time: 1 hour
Where: Home, Den



PLAN

Prepare by planning when and where the scouts will do their cooking. After that, it is a matter of choosing some ingredients, with a focus on cheaper items. The focus could be on grains, pulses and vegetables. Agree some guidelines with the scouts as to what they can and cannot add in. It would probably be best to rule out the addition of any meats or other more expensive ingredients. Ruling out processed ingredients, such as stocks, sauces or other pre-mixes, would help to focus the scouts on building up flavour naturally. Give enough time to the planning stage to build up some interest around the challenge. Don't make it a competition between scouts, but an individual challenge for each scout or small group to make the most of what they have.

DO

The scouts get on and figure out what they can do with the ingredients. Online searches might throw up some ideas, as would asking parents or grandparents. The addition of herbs and spices can lift many dishes from being plain to be downright yummy! Scouts could find some of these in jars in their own kitchens, but wouldn't it be interesting to see if there are herbs growing in their garden, or their neighbours? There might even be wild herbs that they could find in their community.

REVIEW

If the scouts managed to make their meal interesting and tasty enough to eat, then it was a success. If the scouts cooked in the den or on camp, the best time to review might be while sitting around with (hopefully) empty plates in front of them. If they cooked at home, then have the chat at the next meetup.

Get the scouts to share their recipes, explaining where they got the ideas and the added ingredients.

In all of this, it is important to remind the scouts that people in some parts of the world face very limited food choices due to availability and cost. How would they feel if this was their main meal for almost every day? What health problems might they face if their diet was restricted like this the whole time?



In a nutshell...

- Scouts plan to make a meal with limited basic ingredients (grains, beans and/or vegetables)
- They figure how to make it more tasty and nutritious, then cook and eat it.
- They reflect on the challenges faced by people who have limited food options due to poverty



Follow-on

An easy follow-on would be to cook traditional meals from other cultures and cuisines. Use this as an opportunity to learn more about other cultures, and aim to bring the food and knowledge together in a shared setting.

Scouts could also look at growing some of their own food.



SDG 2 Zero Hunger

The goal of ending hunger and malnutrition is focussed particularly on the poor and people in vulnerable situations. Scouts could empathise with people who cannot get enough nutrition from their food to live a healthy life by experiencing this themselves, even if only for one meal.



Find out more!

Visit - www.betterworld.ie

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Produced by the Scouting Ireland Sustainable Scouting Team