

Scouts Homework to complete Challenge Badges

This is not compulsory; you do **NOT** have to do this. However, you need to complete this homework to gain some Challenge badges.

Rules: -

- The homework must be neatly handwritten written or typed.
- Each part can be handed in separately if you wish.
- It must be your own work.
- You must put your name on it.
- There is no time limit. The sooner it is done the quicker you complete your badges.
- Leaders will **NOT** chase you up for your homework.

Requirement 1.

Produce a menu for a 1 day backwoods camp. The food must be easy to cook on an open fire using frying pans, billy cans, or tin foil. Ovens are not available. Fridges are not available but you can assume there is a running stream nearby to keep things such as milk cool. Fresh water will be carried in with us so it will be rationed.

The menu must cater for 1 breakfast, 1 lunch, 1 evening meal. You are catering for 10 Scouts plus 2 leaders. (12 people). Assume you are on a low budget (So no caviar).

The meals must be nutritious and filling. Also keep weight down so assume that the team of 12 will be carrying everything in to the camp site.

Requirement 2

Produce a short prayer to be read out by YOU one night at evening flag.

Requirement 3

Write a report of what you did and how you found either the backwoods camp or the group camp.

Be honest, Can you think of anything we could have done differently?

(Some of you have already done this, no need to do it again.)

Requirement 4

Explain the dangers and harmful effects of smoking, alcohol and drugs.

Requirement 5

Explain the importance of a sensible diet and the need for sufficient sleep.