EO C224.01 – COOK IN THE FIELD – COOK IN THE FIELD.

1. **Performance**: Cook in the Field.

2. **Conditions**:

   a. Given:

      (1) a potato;

      (2) tin foil;

      (3) shovel;

      (4) matches;

      (5) water;

      (6) supervision; and

      (7) assistance as required.

   b. Denied: N/A.

   c. Environmental: Field setting or training area large enough to accommodate the entire group, with a low to moderate rating under the Canadian Forest Fire Danger Rating System (CFFDRS).

3. **Standard**: In accordance with specified references, the cadet shall cook in the field, to include:

   a. determining a method for cooking, to include:

      (1) baking;

      (2) roasting;

      (3) boiling; or

      (4) frying; and

   b. preparing food.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Discuss a method for cooking in the field, to include: a. baking in a shallow pit lined with rocks; b. roasting with a stick; c. boiling in a pot; or d. frying.	Interactive Lecture	15 min	A2-046 (pp. 127 to 130) C0-011 (pp. 440 to 442, 444 and 448)
TP2	Have cadets prepare a potato for baking in a shallow pit lined with rocks. Fire pits should be marked to ensure no pit is forgotten.	Practical Activity	35 min	

5. **Time**:

   a. Introduction / Conclusion: 10 min

   b. Interactive Lecture:

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Verify against the official publication.

c.	Practical Activity:	15 min
d.	Total:	35 min
		60 min

6. **Substantiation**:

   a. An interactive lecture was chosen for TP1 to introduce cooking in the field and to present basic or background material.

   b. A practical activity was chosen for TP2 as it is an interactive way to introduce cadets to cooking in the field. This activity contributes to the development of survival skills in a fun and challenging setting.

7. **References**:

   a. A2-046 B-GA-217-001/PT-001 *Down But Not Out*. (n.d.). Ottawa, ON: Department of National Defence.

   b. C0-111 (ISBN 0-9740820-2-3) Tawrell, P. (2006). *Camping and Wilderness Survival: The Ultimate Outdoors Book*. (2nd ed.). Lebanon, NH: Leonard Paul Tawrell.

8. **Training Aids**:

   a. Presentation aids (eg, handouts/flipchart) appropriate for the field training area;

   b. A potato;

   c. Tin foil;

   d. Water;

   e. Shovel; and

   f. Matches.

9. **Learning Aids**:

   a. A potato;

   b. Tin foil;

   c. Water;

   d. Shovel; and

   e. Matches.

10. **Test Details**: N/A.

11. **Remarks**:

   a. The construction of fire pits requires additional supervision and the availability of fire safety equipment. Fire pits are to be marked with flags and must be supervised while baking is in progress.

   b. To ensure the fire pits have enough heat to cook, it is essential to allow enough preparation time.

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