EO C324.05 – PREPARE A MEAL FROM FIELD FOOD SOURCES

1. **Performance.** Prepare a Meal From Field Food Sources.

2. **Conditions**

   a. Given:

      (1) Small animal or fish,

      (2) Knife,

      (3) Matches,

      (4) Shovel,

      (5) Water,

      (6) Supervision, and

      (7) Assistance as required.

   b. Denied: N/A.

   c. Environmental: Field setting, during daylight hours.

3. **Standard.** The cadet shall:

   a. identify the method to skin a small animal,

   b. prepare a fish, to include:

      (1) bleeding;

      (2) gutting;

      (3) scaling; and

      (4) filleting; and

   c. cook a fish using one of the following methods:

      (1) baking;

      (2) roasting;

      (3) boiling; and

      (4) frying.

Unofficial convenience copy of A-CR-CCP-703/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PG-001/A-CR-CCP-703-PG-001.pdf.
Verify against the official publication.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Explain and demonstrate skinning a small animal, to include: a. bleeding the animal; b. preparing materials; c. removing legs; d. removing the skin; e. separating the skin; f. removing skin from the hind legs; g. removing skin from the front legs; h. exposing the neck; i. removing the head and remaining skin; and j. removing entrails and glands.	Demonstration	25 min	C2-004 (p. 146)
TP2	Explain, demonstrate and have the cadet prepare a fish, to include: a. bleeding; b. gutting; c. scaling; and d. filleting.	Demonstration and Performance	25 min	C2-008 (p. 239) C0-111 (p. 456)
TP3	Explain and demonstrate cooking a small animal and have the cadet practice cooking a fish using one of the following methods: a. baking; b. roasting; c. boiling; or d. frying.	Practical Activity	30 min	C0-111 (pp. 283–286) C2-008 (p. 146)

5. **Time**

a.	Introduction/Conclusion:	10 min
b.	Demonstration:	25 min
c.	Demonstration and Performance:	25 min
d.	Practical Activity:	30 min
e.	Total:	90 min

6. **Substantiation**

a. A demonstration was chosen for TP 1 as it allows the instructor to explain and demonstrate skinning a small animal.

Unofficial convenience copy of A-CR-CCP-703/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PG-001/A-CR-CCP-703-PG-001.pdf.
Verify against the official publication.

b. A demonstration and performance was chosen for TP 2 as it allows the instructor to explain and demonstrate preparing and cooking a small animal or fish in the field while providing an opportunity for the cadet to practice under supervision.

c. A practical activity was chosen for TP 3 as it is an interactive way to allow the cadets to experience cooking a small animal or fish. This activity contributes to the development of survival skills in a fun and challenging setting under supervision.

7. **References**

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

b. C2-004 (ISBN 1-896713-00-9) Tawrell, P. (1996). *Camping and Wilderness Survival: The Ultimate Outdoors Book*. Green Valley, ON: Paul Tawrell.

c. C2-008 (ISBN 0-00-653140-7) Wiseman, J. (1999). *The SAS Survival Handbook*. Hammersmith, London: HarperCollins Publishers.

8. **Training Aids**

a. Rabbit,

b. Fish,

c. Knife,

d. Matches,

e. Shovel,

f. Tinfoil, and

g. Water.

9. **Learning Aids**

a. Rabbit,

b. Fish,

c. Knife,

d. Matches,

e. Shovel,

f. Tinfoil, and

g. Water.

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

11. **Remarks**

a. Cadets who feel uncomfortable observing the skinning of a small animal do not have to attend that portion of the class but should be present for the TP on preparing a fish.

b. Only one rabbit should be caught or purchased and skinned for demonstration purposes. Check provincial regulations on catching and killing small animals.

c. Parents shall be made aware of the training and when it will take place.

Unofficial convenience copy of A-CR-CCP-703/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PG-001/A-CR-CCP-703-PG-001.pdf.
Verify against the official publication.

THIS PAGE INTENTIONALLY LEFT BLANK

Unofficial convenience copy of A-CR-CCP-703/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PG-001/A-CR-CCP-703-PG-001.pdf.
Verify against the official publication.