EO M221.08 – PREPARE AN INDIVIDUAL MEAL PACKAGE (IMP)

1. **Performance**: Prepare an Individual Meal Package (IMP)

2. **Conditions**:

   a. Given:

      (1) IMP;

      (2) fuelled two-burner naphtha stove;

      (3) pot set;

      (4) water;

      (5) matches;

      (6) supervision; and

      (7) assistance as required.

   b. Denied: N/A.

   c. Environmental: Field setting, in daylight hours, during a weekend bivouac FTX.

3. **Standard**: In accordance with A-85-269-001/FP-003, *Food Service Manual: Field Feeding* (Vol. 1), the cadet shall prepare an IMP, to include:

   a. identifying the characteristics of an IMP;

   b. organizing the contents of an IMP; and

   c. cooking an IMP.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Discuss field meals, to include: a. the types of field meals, to include: 1. fresh rations; 2. hay boxes; 3. box lunches; and 4. IMPs, to include: (a) breakfast; (b) lunch; and (c) supper; and b. water requirements, to include: 1. the importance of bringing water on a weekend bivouac FTX; 2. never drinking the water used to cook an IMP; and 3. the importance of boiling or filtering water if water sources are unknown.	Interactive Lecture	5 min	A2-042 (pp. 2-1 to 2-2)

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TP	Description	Method	Time	Refs
TP2	Discuss the characteristics and contents of an IMP, to include: a. the main meal; b. the dessert; and c. the included supplements.	Interactive Lecture	5 min	A2-042 (pp. 2-1 to 2-2)
TP3	Explain, demonstrate, and allow time for the cadets, as a group, to prepare and cook IMPs.	Demonstration and Performance	15 min	A2-042 (pp. 2-1 to 2-2)

5. **Time**:

a.	Introduction / Conclusion:	5 min
b.	Interactive Lecture:	10 min
c.	Demonstration and Performance:	15 min
d.	Total:	30 min (FIELD)

6. **Substantiation**:

   a. An interactive lecture was chosen for TP1 and TP2 to introduce the cadets to meal preparation in the field and to generate interest.

   b. Demonstration and performance was chosen for TP3 as it allows the instructor to explain and demonstrate the skill the cadet is expected to acquire while providing an opportunity for the cadets to practice the skill under supervision.

7. **References**: A2-042 A-85-269-001/FP-003 Canadian Forces. (1986). *Food Service Manual: Field Feeding* (Vol. 1). Ottawa, ON: Department of National Defence.

8. **Training Aids**:

   a. IMP;

   b. Fuelled two-burner naphtha stove;

   c. Pot set;

   d. Water; and

   e. Matches.

9. **Learning Aids**:

   a. IMP;

   b. Fuelled two-burner naphtha stove;

   c. Pot set;

   d. Water; and

   e. Matches.

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

11. **Remarks**:

    a. This EO should be delivered prior to the first meal in the field. In the event that IMPs are unavailable, the lesson may be delivered with a suitable substitute.

    b. This lesson could be combined as a round-robin activity with EO 221.07 (Use Section Equipment).

    c. Stoves must be lit outside, in an open area.

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