EO M425.04 – DEVELOP AN EXPEDITION RATION PLAN

1. **Performance**:Develop an Expedition Ration Plan

2. **Conditions**:

   a. Given:

      (1) Section 4 of the Expedition Planning Booklet,

      (2) Supervision, and

      (3) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Classroom or training area large enough to accommodate the entire group.

3. **Standard**:The cadet shall develop an expedition ration plan by considering:

   a. meal requirements based on activity,

   b. food options,

   c. food weight, and

   d. nutritional value.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Discuss daily nutrition requirements when on an expedition, to include: a. calories, b. sodium, c. carbohydrates, to include: 1. complex carbohydrates, 2. fibre, 3. simple carbohydrates, and 4. sugars; d. protein, e. vitamin C, and f. iron.	Interactive Lecture	10 min	C2-034 (p. 123) C2-153 (pp. 278–281) C2-208 (pp. 152–154)
TP2	Discuss planning meals for an expedition by considering: a. the type of activity, b. the number of people, c. the size of cooking groups, to include: 1. one large group, and 2. several small groups; d. special meal requirements, and	Interactive Lecture	10 min	C2-034 (p. 123) C2-153 (pp. 278–281) C2-208 (pp. 152–154) C2-251 (pp. 2–7, pp. 20–33, pp. 40–41)

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TP	Description	Method	Time	Refs
	e. helpful tips, to include: 1. planning ahead; 2. eating often; 3. packing individual snack bags; 4. keeping snacks accessible; 5. starting slow-cooking food early; 6. oiling the pot; 7. being creative with leftovers; 8. making hot drinks for more than one; 9. drinking, drinking, drinking; and 10. using dried fruits and vegetables.			
TP3	Discuss the types and options of expedition rations, to include: a. expedition ration types, to include: 1. freeze-dried, 2. dehydrated, 3. trail food, 4. fresh rations, 5. Individual Meal Packages (IMPs) and Meals Ready to Eat (MREs); and b. expedition ration options, to include: 1. menu planning, 2. steps of the menu planning system; and 3. bulk rationing.	Interactive Lecture	10 min	C2-153 (pp. 278–281) C2-208 (pp. 152–154)
TP4	Discuss packing food for an expedition, to include: a. stripping away the packaging; b. selecting containers; c. pre-assembling the meals; d. developing storage for cold items; and e. dividing items among group members.	Interactive Lecture	5 min	C2-034 (p. 123) C2-153 (pp. 278–281) C2-208 (pp. 152–154)
TP5	Have the cadets, in groups of no more than three, develop an expedition ration plan.	In-Class Activity	15 min	

5. **Time**:

a. Introduction / Conclusion: 10 min
b Interactive Lecture: 35 min
c. In-Class Activity: 15 min
d. Total: 60 min

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6. **Substantiation**:

   a. An interactive lecture was chosen for TPs 1–4 as it introduces the cadets to developing an expedition ration plan.

   b. An in-class activity was chosen for TP 5 as it is an interactive way for the cadets to confirm their comprehension of developing an expedition ration plan.

7. **References**:

   a. C2-034 ISBN 0-87322-637-2 Priest, S., & Gass, M. (2005). *Effective leadership in adventure programming* (2nd ed.). Windsor, ON: Human Kinetics Publishing Inc.

   b. C2-153 ISBN 0-7360-5731-5 Martin, B., Cashel, C., Wagstaff, M., & Breunig, M. (2006). *Outdoor leadership: Therory and practice*. Windsor, ON: Human Kinetics.

   c. C2-208 ISBN 978-1-59485-033-2 Raynolds, J., Lodato, A., Gordon, R., Blair-Smith, C., Welsh, J., & Gerzon, M. (2007). *Leadership the outward bound way*. Seattle, WA: The Mountaineers Books.

   d. C2-251 ISBN 978-0-8117-3464-6 Pearson, C., & Kuntz, J. (Eds.) (2008). *NOLS backcountry cooking: Creative menu planning for short trips*. Mechanicsburg, PA: Stackpole Books.

8. **Training Aids**:

   a. Presentation aids (eg, whiteboard / flip chart / OHP) appropriate for the classroom / training area,

   b. Expedition Ration Plan Information Sheet, and

   c. Completed example of Section 4 of the Expedition Planning Booklet.

9. **Learning Aids**:

   a. Section 4 of the Expedition Planning Booklet,

   b. Expedition Ration Plan Information Sheet,

   c. *Eating Well With Canada's Food Guide*,

   d. Energy Expenditures for Physical Activity Information Sheet, and

   e. Pen / pencil.

10. **Test Details**:Nil.

11. **Remarks**:Nil.

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