

## Appendix 4: Food Game

Breakfast for a group of Scouts who are about to go on a morning hike	Eggy bread and sausages, cereal and hot drink
Lunch for a group of Explorers on a lightweight expedition	Boil in the bag meal Instant chocolate dessert Tea and coffee
Dinner for a group of Scouts cooking for themselves	Baked potato and sausages Chocolate banana
Breakfast for a group of Beaver Scouts on their first day	Pot holes: fried eggs in hole on the bread
Lunch for a group of Cub scouts who will be visiting a place of interest	Pack lunch Sandwiches and fruit
Beavers, Cubs and Scouts on a Group Camp	Spaghetti bolognaise
Before a day out	Cereal and milk
Lunch before go home from Group Camp	Left over buffet