

Cooking Session Week 3 Challenge

Masterchef Challenge:

Boys will be required to make a meal for one or more leaders, this is subject to what the year 11 leaders decide, who will taste and rank the food.

Leaders need to quickly review all the necessary cooking skills mentioned below.

Stage 1 - How to Cook 10 minutes max

Leaders need to cover the following in their explanation to ensure boys are aware of the processes and risks of Trangia cooking:

- Trangia setup; includes things like what to do with the Trangia strap and how the Trangia fits together.
- Fire safety education; dealing with how to pour methylated spirits and rules about who can pour it (leaders only/camp instructors). Also, try to cover rules like one person must be watching a Trangia at all times and spondonicles should be placed on top.
- Cleaning and useful tips; explaining shiny shiny and mentioning tips like putting dishwashing liquid on the outside of a Trangia makes it a lot easier to clean. Please include any other tips leaders have.
- What food to expect on camp - only a quick summary.

Stage 2 - Cooking Rest of allocated time

Leaders will oversee the boys cooking. Leaders **SHOULD NOT** do the task for the boys, rather they are there to answer questions and ensure everyone is being safe.

Leaders will need to divide boys into groups where they will make food for the judges using ingredients that will be provided. Leaders can use the criteria below or their own version if they like.

Presentation	Taste	Safety	Teamwork	Leaders' Choice/ Special
/5	/5	/10	/10	/3

Presentation: how well constructed the dish looks and how appealing it is to the test taster.

Taste: self-explanatory

Safety: Consider things like how many times they cross the fire circle, if the fire is unattended, if spondonicles are on top of the Trangia, and or whether they correctly organize the Trangia strap (placed around their arm or ankle).

Teamwork: how evenly is the work distributed, are conflicts resolved efficiently, if at all. Additionally, are they communicating well, supporting anyone with difficulties, or are they communicating badly, for instance interjecting or yelling.

Note: the majority of the session time should focus on cooking. Although all the skills need to be covered, boys will be more engaged if they are involved and not sitting around. Therefore, leaders should give them more than enough time to cook.

Navigation Session -

This session requires students to use different sets of instructions to reach various map markers which will form an overall journey they take around the college.

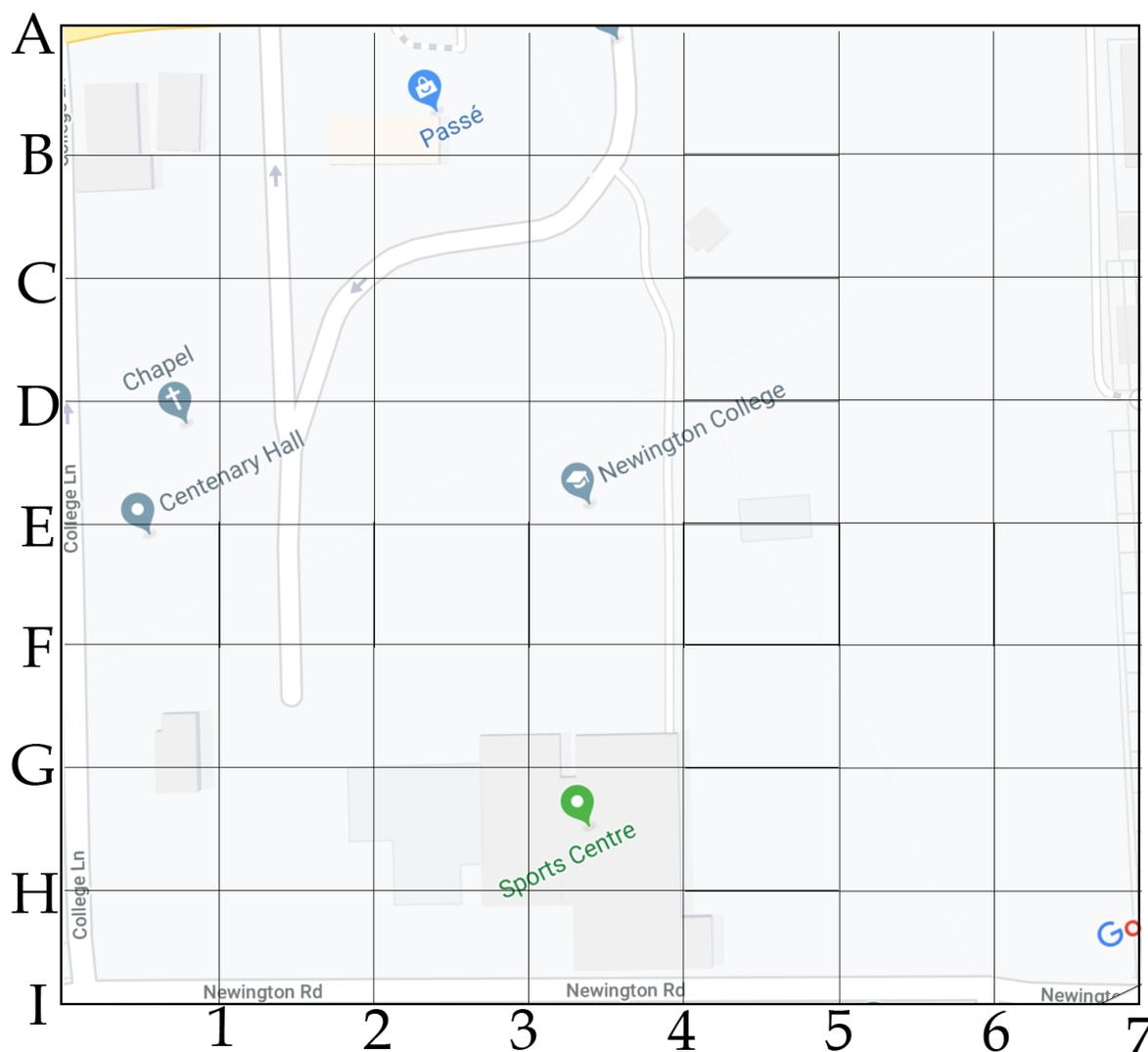
Structure -

1. Students should assemble as a large group and leaders should explain how to use a compass. Leaders should include things like explaining magnetic north, grid referencing, and bearings.
2. After an introduction students will be divided into two teams - red and blue. Each team will have a different set of instructions that will require them to use a compass and the skills they've learned to direct themselves. Each set of instructions will direct them to a series of flags (coloured cones) and then finally to the finish line. The first team to gather all their cones and reach the finish line wins.

THINGS TO NOTE:

- a. When the two groups split off at least one leader should go with each group to ensure they remain on task.
- b. Leaders can give hints or remind groups of how a compass is to be operated but shouldn't do the work for them and should only give prompts after the group members have had a go themselves.
- c. Students should be reminded that if they see another team's flag and decide to take or move it so the other team cannot find it, they will be immediately disqualified.
- d. Leaders, on the day, can find Ben Diskin or Alex Macevoy who will provide them with a special sheet only they are to see that reveals the locations of each flag for each team. This is only to be used to help guide leaders in the event they struggle to find a flag.

Navigation Session - TEAM RED



YOU are team RED, you must capture and all of the opponent's flags. The enemy, team BLUE, has three flags, scattered around this great college. If you are willing and able to capture these and take them as your own, you will be rewarded with riches aplenty. You will need to use all your skills in navigation and compass use to find them.

FOR THE FIRST FLAG, start at **1E**, and venture out on a bearing of **170°** until you find an artwork and then onwards at **280°** until you run into the fire hydrant. From here, travel at **190°** and you will find your first flag hidden in the green.

FOR THE SECOND FLAG, you will need to start in sector **1D** before the holiest place in the school. Then, head out on a bearing of **30°** up until a crossing. Then, you will want to go **135°** until the next large construction. Behind this, you will find the second flag.

FOR THE THIRD FLAG, you will need to begin with your back to the plaque where you found the second flag. Go on a bearing of **172°** toward the stairway up to where people may watch sports. Up these, you will find the third flag.

TO COMPLETE THE NAVIGATION, you will need the nearest stairway downwards. From a bearing of **204°**, go forward until you find where people may fill their drink bottles.

FOR THE THIRD FLAG, from where you found the second flag, find the nearby bench. Head on a bearing of **352°** and continue until you find a tree smaller than all the rest. Here, you will find the third flag.

TO COMPLETE THE NAVIGATION, start standing near the tree. Head on a bearing of **241°**, and go forward until you find where people may fill their drink bottles.