

# Home & Family Category



## Builder

1. Build at least two objects from scratch, not using pre-cut or pre-formed kits.
2. Demonstrate the safe handling of materials and tools used in your project.

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## Cooking



1.
  - a) Demonstrate a knowledge of the food groups outlined in the Canada Food Guide;
  - b) Give examples of foods in each food group, including information on the energy and nutritional values, and their effects on the body; and
  - c) Explain the importance of three balanced meals a day, as well as the body's daily need for fluid intake.
2. Demonstrate a knowledge of appropriate hygiene practices associated with meal preparation, and clean-up after a meal.
3. Prepare a menu for your patrol for a weekend camp. Discuss with your patrol the reasons for your menu choices, such as nutritional values, ease of preparation, variety, and transportation.
4. Demonstrate a knowledge of safety requirements associated with cooking appliances and food storage, used both in the home and outdoors.
5. Prepare a menu, and cook a meal for your patrol outdoors.

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