Assembled Den Meeting Plan – BEAR (3rd Grade)

This ***Assembled* Den Meeting Plan** combines ideas from Bear Den Meeting Resources found at Scouting.Org or from the requirements themselves, into the parts of a quality Den Meeting, which are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, followed by a series of activities, ideally alternating quiet and energetic fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) …

Bear – 3rd Grade

Chef Tech

A "Technology" Adventure (and Cooking too)
ELECTIVE (2 "electives" are needed to earn the Rank of Bear)



Snapshot of Adventure. Cooking is a great way to see how technology has impacted our lives. As a Cub Scout, you may cook a hot dog using a stick on an open fire, which is the same way humans have cooked with fire for thousands of years. You could also cook a hot dog by boiling it in water in a pot on a stove. The fastest way to cook a hot dog is in a microwave in a matter of seconds. In this Adventure, we will explore technology in the kitchen.

The QR Code above takes you to scouting.org/cub-scout-adventures/chef-tech/

This Den Meeting Plan adapts Activity ideas from that Scouting link with other fun, simple, easy ideas. For more, see the Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

Requirements from the Bear Handbook

1. **Pick a kitchen appliance that uses technology to complete the following requirements.**
2. **With an adult, review the safety guidelines in the owner's manual and follow all safety guidelines.**
3. **With adult supervision, download a cooking app or search online to find a recipe.**
4. **With adult supervision, follow the selected recipe and make the recipe.**
5. **Think of a way technology can improve the appliance used to make your recipe.**

Meeting Plan

Does this take one Meeting to complete – or more? It's up to the Parents / Leaders! As written, you can do this in a single session, but since you're making food you might want to do more than one session.

PREPARATION (and materials needed): Read the Chef Tech adventure in the Bear Handbook.

- As always, decide whether you like any of the "Activity Card" options for the Requirements or the suggested activities below or some other way to deliver this Adventure.
  - When you decide, check the materials and supplies you need.
  - A key choice is what recipe to follow, or what to prepare or cook. The Adventure Resources assume picking a recipe at one meeting, and preparing it at the next, but you could look up recipes with what is on hand ready to be prepared that day.
- While you might do this at your regular meeting place ***if*** you have access to a kitchen, this could be done best in a home. You should have more than one family willing to let Scouts make food with their tools.

GATHERING: A "gathering" activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources*.

- Use gathering time to connect with adults and "share the leader load": everyone can help with something! A good approach is for different parents (or teams) to share the "lead" of parts of the Adventure below.

OPENING: (Parent leader: _____) An Opening ceremony says, "we've begun" and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

ACTIVITIES (See also other Activities linked at Adventure Resources – use those if you like them):

◆**Activity Intro:** (Parent leader: _____) As you move into Activities, have some "talk time" where you (1) discuss today's Adventure activities (what you'll do, how you'll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share "what's new" with them and get to know each other better.

◆**Activity 1: Pick an Appliance (Requirement 1: "***Pick a kitchen appliance that uses technology to complete the following requirements.***")** (Parent leader: _____)

The Adventure Resources offer Activity Cards of Now we are Cooking with Air (*ha ha.* This is about air fryers), Pick a Pot (pressure cooker pot), and The Science Oven (microwave). Use what you like – or something else.

- The key is that you use the appliance to follow a recipe and make some food item.
- You have many options.
- You are not limited to Air Fryers, InstaPots and Microwaves.



- In fact, you will almost certainly use more than one if you refrigerate your food.

◆**Activity 2: Safety First (Requirement 2: "***With an adult, review the safety guidelines in the owner's manual and follow all safety guidelines.***")** (Parent leader: _____)

- The Adventure Resources offer an Activity Card of Read Me First. Use it if you like – or just review the safety guidelines.
- Because you may no longer have the manual, do an internet search for the owner's manual.
- Review key highlights of safety guidelines.


Microwave Oven

Thank You! ... for your purchase of a GE Brand appliance.

IMPORTANT SAFETY INSTRUCTIONS

WARNING

◆**Activity 3: Download or Search for a Recipe (Requirement 3: "***With adult supervision, download a cooking app or search online to find a recipe.***")** (Parent leader: _____) So, this is basically look up a recipe.

- You could pick a recipe at one meeting and prepare it at the next as Activity/Requirement 4.
- But you could look up recipes with what is on hand ready to be prepared today.

◆**Activity 4: Make the Recipe (Requirement 4: "***With adult supervision, follow the selected recipe and make the recipe.***")** (Parent leader: _____)

This boils down to … prepare the recipe selected in Activity/Requirement 3.

- Share with Scouts that when you have a recipe you should always read the recipe all the way through.
  - The first time you read through the recipe you should look for things that you can have done ahead of time. A good first step is to measure all of the ingredients.
  - We should also check if there is something that we need to do with the appliance we are going to use live pre-heating an oven.
- Read the recipe all the way through with Scouts.
- Based on the recipe, have Scouts help measure out the ingredients.



- Follow the recipe and follow all safety guidelines and instructions for proper use as outlined in the owner's manual for the appliance.
- When completed give everyone a chance to eat what was prepared.

◆Activity 5: How Can Technology Make This Better? (Requirement 5: *"Think of a way technology can improve the appliance used to make your recipe."*) (Parent leader: _____)

The Adventure Resources offer Activity Cards of Brainstorming Bear Chefs (write out improvements) and What If It Did This? (cardboard box models). Use what you like – or something else.

- Gather the Scouts and share with them that we now want to think about improvements that could be made to the appliance(s) they have been using.
  - Give them time to think about and share improvements they would make.
  - Allow everyone to share their ideas with the den.
- If you like, use a computer or smart device to find out if:
  - Has one or more of the improvements already been made and is available in a different make or model?
  - Is there a way to make the recommendation to the manufacturer?



◆Activity 6: [*OPTION*: Fun Game We Like (Parent leader: _____):



If this meeting is too dry or the games in the Activity Cards in Adventure Resources don't resonate with you as something your Scouts will like, you can turn up the "Fun Meter" and play a game or some other Fun Activity you like. Some ideas here. NOTE: the fun game doesn't' need to be connected to today's Adventure topic – it can just be FUN!

CLOSING: A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a "Living Circle".

AFTER THE MEETING: Clean up as needed. Share refreshments if that's what you like.

Upon completion of this Adventure, your Bears will have earned the Adventure Loop for it. Make sure they are recognized for their completion by presenting the Adventure Loops, to be worn on their belts, as soon as possible according to your pack's tradition. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

ADVENTURE RESOURCES: Den Meeting Resources and "Activity Card" options for this Adventure are found at https://www.scouting.org/cub-scout-adventures/chef-tech/. Those resources include the Snapshot of Adventure (included above), a "Safety Moment" of tips and links about doing this safely, and, for each Requirement, one or more "Activity Cards" you can click on for an activity to complete the Requirement.

Those "Activity Card" pages are linked below – along with the "Key" scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How "Supply Intensive"; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being "most". Note that while that website page says "Choose one of the following" before the "Activity Cards", what that means is "Choose one of the following – *or do some other activity that will meet the Requirement*", because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what's below or other ways to complete the requirement in easier ways.

1. **Pick a kitchen appliance that uses technology to complete the following requirements.**
   - Now we are Cooking with Air (Indoor; **1** of 5 Energy; **5** of 5 Supplies; **2** of 5 Prep Time)
   - Pick a Pot (Indoor; **1** of 5 Energy; **5** of 5 Supplies; **2** of 5 Prep Time)
   - The Science Oven (Indoor; **1** of 5 Energy; **5** of 5 Supplies; **2** of 5 Prep Time)
2. **With an adult, review the safety guidelines in the owner's manual and follow all safety guidelines.**
   - Read Me First (Indoor; **1** of 5 Energy; **5** of 5 Supplies; **1** of 5 Prep Time)
3. **With adult supervision, download a cooking app or search online to find a recipe.**
   - Time for an App-etizer (Indoor; **2** of 5 Energy; **5** of 5 Supplies; **2** of 5 Prep Time)
4. **With adult supervision, follow the selected recipe and make the recipe.**
   - It's Time To Be A Tech Chef (Indoor; **3** of 5 Energy; **5** of 5 Supplies; **4** of 5 Prep Time)
5. **Think of a way technology can improve the appliance used to make your recipe.**
   - Brainstorming Bear Chefs (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - What If It Did This? (Indoor; **2** of 5 Energy; **3** of 5 Supplies; **2** of 5 Prep Time)