

## GRADE 9 SPRING KAYAKING - Menu Planning Worksheet (to be completed on Google Docs)

- Use the following template as an outline to plan your meals
- This is homework so pay close attention to details and amounts of food as it will be part of your evaluation
- There will be a link to a Google Doc posted on PCR so you and your cook group can work on your menu plan together on-line
- All the food you pack you will be carrying in your kayak for multiple days so get rid of the packaging!

Due: **Sunday night before your prep day**

- ✓ Plan a menu with your cook group well in advance
- ✓ Practice cooking your meals at home, ensuring you understand how to follow the directions
- ✓ Measure & repackage your food well in advance, making sure that you do not over or under pack
- ✓ Each of you should have ONE manageable stuff sac of food packed and **ready to go for your prep day on Monday**
- ✓ Do not bring food items needing refrigeration to school until your departure day
- ✓ All meat must be fully cooked and frozen
- ✓ **NO NUTS** of any kind!

### GROUP PLAN

Day	Breakfast	Lunch	Dinner	Snacks
<b>1</b>	Eaten at home  <b>NOTE: Explore Superstar Meal Checklist</b> - Nutritional - Minimal Impact - We cooked it ourselves with care and creativity. - Timing – prompt meal prep - clean up - Nut Free Zone! - Teamwork	Bag Lunch & Snacks	Hot  Carb = Protein = Good Fats = Vegetable = Hot Drinks = Dessert =	Cold  List Specific Snacks:
<b>2</b>	Hot  Carb = Protein = Fruit=	Cold  Carb = Protein = Good Fats= Vegetables =	Hot  Carb = Protein = Good Fats = Vegetable = Hot Drinks = Dessert =	Cold  List Specific Snacks:
<b>3</b>	Hot  Carb = Protein = Fruit=	Cold  Carb = Protein = Good Fats= Vegetables =	Hot  Carb = Protein = Good Fats = Vegetable = Hot Drinks = Dessert =	Cold  List Specific Snacks:
<b>4</b>	Cold (early morning departure)	Cold Lunch (Will be eaten on the go, and you may supplement it with ferry food - \$, but the ferry will not always coincide with lunch time – so bring food!)	AT HOME	

\*As this is the last expedition with Explore for the grade 9's, students in past have gone way beyond expectations and made incredible meal masterpieces, three course meals and yummy desserts. There are many resources for you to look up different and unique meals, including some camping books in the library or kayaking or hiking websites on the internet.

**\*Remember:** you are expected to be creative. Even if your plan is to make Kraft Dinner, we are looking for you to add some personal touches such as fresh veggies, spices, meat, tofu – whatever appeals to you!

## GRADES 9 SPRING MENU PLANNING

**Expectations for student meal planning include:** planning, preparing, proper nutrition, clean up, minimal impact, appropriate amounts, leadership, timing and teamwork. It is also expected as this is the last Explore expedition that students will be doing all the planning, shopping and repackaging themselves with support from their family.

**Follow the steps below when planning your menu:** (Read through the entire menu planning information provided)

\*Use the **Explore Weebly** <http://exploremealplanning.weebly.com/> and click on “**Meal Options**” to find a list of appropriate foods and pre planned meals.

- Make a list of foods that appeal to your group for breakfast, lunch and dinner
- Make note of any food allergies of you or your group members
- Phone, message or set up a meeting with your menu group if you need more time
- Fill in the menu planning worksheet together. Choose a variety of tasty foods that are easy to prepare and pack.
- Submit your menu plan via google docs on Sunday so your teachers can provide feedback before Monday
- Buy extra food so you can practice cooking your meals at home before the trip!
- Measure & re-package food into zip-lock bags by removing all cardboard and extra packaging. Your food will be lighter, it will be waterproof and you will have less garbage to carry out.
- Label food and insert cooking instructions in with each bag.
- Divide food evenly amongst your group and package it into a small stuff sac. Keep fresh foods in the fridge until the last minute.
- Bring ALL your food (except fridge food) to your Explore prep day to be checked by your teacher.
- Remember, you will be evaluated on your level of preparedness and quality of planning!!

**Please do NOT bring:**

- NO NUTS of any kind. This is a school wide policy.
- Spitz, Jiffy Pop, Gum, or Candy
- Glass jars or large cans

### SAMPLE MENU PLAN (note item & amount listed)

Breakfast	Lunch	Dinner	Snacks
Instant Oatmeal (2 pkgs. each) Dried Fruit (1/2 cup) Hot Chocolate or Tea (1 pkg. each)	Bagels (2 each) Cream Cheese (1 container) Fruit Bar (1 each) Salami (1/3 pckg each ) Sundried Tomatoes (10 each) Juice Powder (1/4 C each)	Tortellini Pasta (1 cup dry each) Pesto Sauce (1 pkg.) Parmesan Cheese (1/2 cup) 2 Carrots & 1 Pepper Spicy Pumpkin Seeds (3 Tbsp) Two-Bite Brownies (1 bag)	Energy Bar (5 each) 2 bags Dried Fruit 3 bags Trail Mix (no nuts!)

<p><b>Breakfast</b></p> <p>Oatmeal Granola (no nuts) Cream of wheat/rice Cous Cous Powdered Milk Sugar/cinnamon Dried fruit Maple Syrup/Agave Chocolate Chips Pumpkin Seeds Hemp Seeds Sunflower Seeds Dried Coconut</p>	<p><b>Lunch</b></p> <p>Bagels Crackers &amp; Cheese Pita Bread Tortillas Tuna Salmon Beans Cheese Hummus Baby Carrots &amp; Dip Salami</p>	<p><b>Dinner</b></p> <p>Pasta Minute rice Dehydrated beans or chili Couscous Dehydrated veggies Dehydrated soups Pre-cooked Meats (Night1) Hot Chocolate Apple Cider Packages Cookies Chocolate Carrots, Potatoes, Cabbage, Onion, Garlic Various sauces</p>	<p><b>Snacks</b></p> <p>No-nut Bars Rice crackers Jerkey Pepperoni Sticks Sesame snacks Pumpkin/sunflower seeds Trail Mix – No Nuts Dried Cranberries Dried Apples Dried Mango Chocolate Chips or M&amp;M’s Yogurt covered raisins WFoods Power Cookies Baked Snap Peas</p>
--	--	--	---

Remember, you are expected to be creative. Even if your plan is to make Kraft Dinner, we are looking for you to add some personal touches such as fresh veggies, spices, meat, tofu – whatever appeals to you!