Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

The six “F”s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange them as fits your troop’s particular needs.

**Necessary Resources**

- Recipe
- Ingredients for the recipe
- Access to a Kitchen
- Two – Four bags of Jumbo Marshmallows
- Two large bowls and two small paper bowls.
- Two hats and duct tape

- Recipe
- Ingredients for the recipe
- Access to a Kitchen
- Fresh and Frozen Food
- Two – Four bags of Jumbo Marshmallows
- Two large bowls and two small paper bowls.
- Two hats and duct tape
• Recipe
• Ingredients for the recipe
• Access to a Kitchen
• Two – Four bags of Jumbo Marshmallows
• Two large bowls and two small paper bowls.
• Two hats and duct tape
**FUN**

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**Marshmallow Run!**
Split your group up into 2 teams. Make two hats which have small plastic bowls taped securely to the hats. At one end of the area put two large bowls. And the other end is where the teams will line up.

Get each team to stand in a line and give each team a bag (or two) of marshmallows. Each player in the teams will take turns putting on the bowl hat, another teammate will fill it with marshmallows. The person with the hat will run down to the other end of the hall and carefully tip their head and let as many marshmallows as they can fall into the large bowl; then he will run back and give the hat to the next teammate. The person wearing the hat cannot use his hands during this activity. The winning team is the one that has more marshmallows in the larger bowl when all the marshmallows have been used or time has run out.
**FOCUS**

Cooking
Discuss food. What is your favorite food (allow boys to respond)? Talk about the need for Trailmen to learn to prepare some food for themselves and to begin learning how to cook.

Discuss kitchen hazards (stove, blender, food processor, knives, glass dishes, garbage disposal); discuss simple guidelines to stay safe in the kitchen—don’t touch sharp knives, use pot holders, make sure appliances are unplugged and/or turned off before taking them apart or cleaning them, etc.

Talk about food safety. Always have an adult assist with cooking, wash your hands before working with food, and be sure to store food properly.

Fresh vs. Frozen
Review the equipment needed for cooking.

What is the difference between fresh and frozen food? Some foods can be frozen very well, but others do not taste good after they have been frozen. What are some benefits and disadvantages of freezing food? Consider bringing in some examples of the same foods fresh and frozen, like vegetables.

Menus and Recipes
Review Cooking equipment.

Learn about the uses for menus and recipes. Why do people use them? There is information on these subjects in the Helps document.
FINGERS

Cook!
Cook something at the meeting from a recipe. Trail Guides, do not let the young boys use knives or use the stove/oven. You may use it for them. Enjoy eating it together, then clean up! Clean-up is part of cooking.
FAITH (TRAIL GUIDE THOUGHTS)

Appreciation
God has given us many things to appreciate and enjoy. During the closing prayer, thank God for these things. Thank Him for our different hobbies and interests. Tell Him how much we appreciate our gifts and abilities.

Pray with the Trailmen.

Mustard Seed
Read and discuss the Parable of the Mustard Seed (Matthew 13: 31-32).

Even though the mustard seed is the smallest of seeds, it grows into a large plant. Just as the beans/seeds you planted tonight are small and will grow into giant plants that bear fruit.

Trail Guide: Feel free to elaborate on this point. You too, just like this little seed, will grow. Every year you grow taller, bigger and stronger. We don’t know, yet, what you will be when you grow up but it is my prayer that whatever you grow up to be that you will show God’s love and kindness to everyone you meet.

Pray with the Trailmen.
**FAMILY**

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**Make Dinner**
At least one time this week, allow the Trailman to assist in making breakfast or dinner.

**Or**

**Gift**
Prepare and make a dessert or a baked treat for someone special. Attach a note of appreciation or affection to the baked item and present it to the special person.
BY actively participating in this meeting, each Trailman earned the Indoor Cooking Step of the Life Skills Branch.

*Note: It is up to the Trail Guide to determine whether or not a Trailman was an active in the meeting. Even if he attended the meeting, you are not required to award him the Step if he did not participate.