



EXPEDITION SKILLS

MENU PLANNER/ EXPEDITION
FOOD
WEEK 10

Food!!!

Yes, it is one of the most important parts of your Expedition. Food will give you the energy you need to get through your Expedition, whether it is for your Bronze, Silver, or Gold.

This activity is to help you decide what food you should take and how much. It does depend on your expedition level since you will need more food the higher up in level you go.

The most Important thing to think about with food is Weight!

Yes, remember the activity "How to Pack a Rucksack"? It is important to keep the weight of your pack as light as possible. Food can get very heavy if you take the wrong things or too much. The best way to decide on what you need is to make a Menu Planner. This will tell you what you need and when.

****You will be asked to make a Menu Planner after reading this Activity sheet.****

Things to Think About for Food on Expedition:

1. Weight

- On Expedition, you have to carry all of your food with you.
- Don't take tins or glass jars (they add a lot of weight)
- Dried Foods are light weight
- Look for foods high in Calories so that they give you energy for longer.
- Look for foods high in complex Carbohydrates (wholemeal, seeds)
- If you can, remove excess packaging to make food lighter (make sure to keep instructions though!)



2. Speed and Ease of Preparation

- Boil in the Bag foods are quick and easy to make, and taste better, but they are also heavy. (these are better for Day 1)
- Dried foods are light in weight, but take longer to cook and aren't as nice to eat. (maybe keep these for later days.)
- Pasta and Rice are great for giving you energy and filling you up, but get the 'Quick Cook' variety.
- Depending on the Weather, consider the following: If the weather is nice, you might want to spend more time cooking. If the weather is wet and cold, you will want a quick, hot meal.

3. Tastiness:

- Variety of flavours is best. Mix sweet and savoury. You don't want to eat the same thing every day. Perishables (things that go off quickly) need to be eaten early the first day.

****Do Not take any raw meats, cream, or dairy products that will go off in any kind of heat, you will make yourself ill – Eat these for breakfast on the first day****



4. Calorie Intake:

- On Expedition you will burn a lot of calories each day. Make sure to take foods that will give you around **3500 calories** (total for the day)
- Yes!! This is the best time to enjoy foods everyone always says not to eat because they are full of fat. You will burn it off, so enjoy the freedom of it

5. Meals in Camp:

- As soon as you get to camp, eat a snack and have a drink of water. You will be tired, so eating something right away gives your body the instant boost of energy it needs.
- Now you can put up your tent (you need a place to sleep)
- Finally, start making your evening meal

6. Emergency Rations:

- Don't eat all your food on the last day.
- Keep some snacks and possibly something for a meal just in case. There may be an emergency at the end of your expedition (*weather could change, and you could get stuck where you are, someone could get injured or ill and delay your return, you could get lost and take longer to get to the end.*)
- Having some food leftover at the end of your expedition is good planning, it means that if there is an emergency or delay, you won't go hungry!

Some Types of foods You Can take: (See descriptions and Pictures Below)

- Tortillas or Flatbreads (Spread with a nut butter are great for Lunch Day 2)
- Crisp Breads (like Ryvita) are great to eat with soups to fill you up and they are light in weight.
- Cereal Bars/Granola Bars are great as a snack and as part of a meal (lots of fats and sugars)
- Rice/Pasta/Noodles are great because they are easy to cook, light weight and give you lots of energy.
- Beans: these are great, but tins are heavy! If you have to have beans, try bringing a snack pot of beans, less weight and can be heated in a pot of water.
- Dried Meals (add hot water) from Outdoor shops or the supermarket like Ainsley Harriet's Couscous dishes.

- 'Ready to Eat' Meals (boil in a bag) from outdoor shops or the supermarket. Continental shops sometimes have great curries.
- Trail Mix (see Recipe in Distance Learning Hub Cookery section). Great as a snack everyday and throughout the day.
- Packets of Dried Soups are great after your evening meal as something extra if you need it.
- Dried Fruits are great and light weight, especially dried banana chips.
- Nuts are a great snack food, high in energy and low in weight.
- Snack foods that don't require refrigeration.
- Hard Cheese (like Cheddar) is great for the first day as it can stay out for a long time without going off and is full of calories. Babybel or other snack cheeses.
- Fruit Cake or Malt Loaf which are heavy, but a small piece will fill you up and give you lots of energy

Do Not Take:

- Cups of Noodles or Soups: They will not fill you up and if you don't eat all the noodles or drink all the soup, you have to dig a hole to get rid of the waste. Not worth it.
- Tinned Tuna or Meats: If you want to take tuna or meats, I suggest the ones in packets (less weight). Or, there are tubes of meat pastes if you really want.
- Any tins: Tinned food weighs a lot and there is usually an alternative in a sachet.
- Raw Meats: Raw meats are Not Allowed on expedition because there is no way to keep them at a safe temperature and if you don't cook it properly, you could get very ill.
- Fresh Eggs: If you really feel you need an egg on expedition, you can get the dried kind (add water), but you're better off using a boil in the bag ready meal that contains eggs (all day breakfast).

My best advice is to go to the supermarket or local outdoor shop and look around at what there is. Ask yourself: What do I like to eat on a normal day? What won't I eat? (no point in taking fruit loaf if you don't like it!) How much does each item weigh? What foods fill me up?



Now that we've thought about what to take in general, let's try to make a menu planner for a Bronze Expedition: 2 Days + 1 Night.

This is just an Example! I'm looking to eat about 3500 calories each day. I want things that are light in weight, but heavy in fats and carbohydrates to give me plenty of energy.

	Breakfast	Lunch	Dinner	Total Calories
Day 1	<p>At Home or at start of Exped: Croissant with butter and jam. Banana, and Toasted Sandwich with Peanut Butter</p> <p>Calories: 1,365</p>	<p>Cheese and Pickle Sandwich on wholemeal bread (487), Crisps (102), Chocolate Bar(Snickers 296) or a Granola Bar (124). (Trail Mix as a snack all day 450)</p> <p>Calories: 1,163 - 1,335</p>	<p>Chocolate Brownie (250) Quesadillas. Tortillas, already cooked veg with spices, grated cheese).(2 = 694).</p> <p>Calories: 944 + Hot drink (cocoa)</p>	3,644
Day 2	<p>Porridge Pot with dried fruit and almonds (305). Croissant (231). Cup of tea with some dried milk (141).</p> <p>Calories: 677</p>	<p>Tortilla with Peanut Butter (2 = 1,084) Fig Rolls (4 =280), Crisps (102) Trail Mix (210)</p> <p>Calories: 1,676</p>	You'll be home by now	2,353

Great, so please now download a Menu Planner from our website (on the same page as this activity sheet).

Please ask for help if you need it. I am here to help. We will go over different foods you can take before you go on Expedition, so this activity is here to help you to start to think about food and what you'll need on Expedition.

Once you've completed your Menu Planner, please send it by email to your assessor or to admin@pkdofe.com

Make your Own Expedition Menu Planner

Here is where you get to make your very own Menu Planner for Expedition. Woohoo!!

I want you to write down:

- What you'd pack
- Calorie counts for each item
- Every meal for every day you will be on Expedition.

Breakfast on Day 1 will be at home or with your group before you start on Expedition but count this in your daily total (approximately 3500 calories per day).

Use the Activity sheet you read to give you guidance on what foods to take.

Bronze:

Day 1: Breakfast, Lunch, and Dinner

Day 2: Breakfast and Lunch

Silver:

Day 1: Breakfast, Lunch, and Dinner

Day 2: Breakfast, Lunch, and Dinner

Day 3: Breakfast and Lunch

Gold:

Day 1: Breakfast, Lunch, and Dinner

Day 2: Breakfast, Lunch, and Dinner

Day 3: Breakfast, Lunch, and Dinner

Day 4: Breakfast and Lunch

Remember to add in snacks, but as long as you are eating well at meal times, snacks can be extra.

For those doing Silver and Gold, you will need to think very carefully about the weight of your food as you will need to take food for more days. Think about this: Dried foods will be best Day 2 onward. The great advantage for you is that you have already been on expedition so you know how much you need to eat and what foods worked well for on your previous expeditions.

Please see the next document for your Menu Planner

