

*“The cup of blessing that we bless, is it not participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? Because there is one bread, we who are many are one body, for we all partake the one bread.” -* **1 Cor 10:16-17**

*“Food is Love, but it’s only Love if it’s shared.” -* **Friar Leo Patalinghug**

**GROUPS:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Group A**  Lawson  Kristianna  Ethan | **Group B**  Anna  Shay  Dani  Peter | **Group C**  Sydney  Jo  Rebecca  Kate | **Group D**  Brielle  Alexis M  Damara  Alexis W |

**Important Note:**

*Your group will also be responsible for feeding ONE CHAPERONE, so make sure you plan accordingly!* *There are no known food allergies or dietary restrictions for any guides.*

**A Friendly Competition:**

The chaperones will be informally evaluating each meal. Leaders will then discuss as a group to award a Top Chef Garibaldi award for:

* Best Lunch
* A Tasty Surprise
* Best Dinner
* Best Overall

Winners will be announced after the reflection assignment and self-evaluation has been submitted.

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| --- | --- | --- | --- | --- | --- |
| **MONDAY**  **Oct 17th** | **Meal** | **Ingredients** | **Cost?** | **Pro’s/Con’s** | **Prep & Cleanup Time Needed** |
| **Breakfast** | **Pack your own breakfast or eat before. We will not be stopping on the trip up!** |  |  |  |  |
| **Lunch**  Cold lunch at the Barrier |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |
| **Snacks & Hot Drink**  Snacks to be passed out at beginning of day |  |  |  |  |  |
| **TUESDAY**  **Oct 18th** | **Meal** | **Ingredients** | **Cost?** | **Pro’s/Con’s** | **Prep & Cleanup Time Needed** |
| **Breakfast** |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |
| **Snacks & Hot Drink**  Snacks to be passed out at beginning of day |  |  |  |  |  |
| **WEDNESDAY**  **Oct 19th** | **Meal** | **Ingredients** | **Cost?** | **Pro’s/Con’s** | **Prep & Cleanup Time Needed** |
| **Breakfast** |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |
| **Snacks & Hot Drink**  Snacks to be passed out at beginning of day |  |  |  |  |  |
| **THURSDAY**  **Oct 20th** | **Meal** | **Ingredients** | **Cost?** | **Pro’s/Con’s** | **Prep & Cleanup Time Needed** |
| **Breakfast** |  |  |  |  |  |
| **Lunch**  Leftovers. Stop in Squamish for Coffee/Food (Bring $) |  |  |  |  |  |
| **Dinner**  No dinner |  |  |  |  |  |
| **Snacks & Hot Drink**  Snacks to be passed out at beginning of day |  |  |  |  |  |

**Meal Planning and Cooking Assessment**

*Assessment criteria:*

**Criterion A**: Practical Skills - i & ii

**Criterion B**: Theoretical Understanding – iii & iv

*Objectives*:

* I can create a balanced and efficient meal plan while working collaboratively with my group
* I can reflect upon our meal plan after the trip, assessing its pros and cons after having been put into practice
* I can justify the food chosen in our meal plan by referring to the various factors of backcountry meal planning and the experience of preparing it in the field

*Tasks:*

**Planning**

1. As a group, complete a draft meal plan utilizing the meal planning chart. Try to estimate quantity of ingredients, approximate cost, and approximate prep time AND cleanup time (list separate times). List a combination of at least 3 pros / cons.
2. Be prepared to share your draft meal plan with the rest of class (short presentation, ~2 minutes)
3. Finalize your meal plan & create a good copy. Each student needs a copy of the meal plan for future reference.

**Reflecting**

1. Without consulting the rest of your group, assign your group’s meal plan a score that you think you honestly deserve and are able to defend. Use the rubric provided.
2. Write a four-part self-evaluation of your group’s meal plan (Breakfast, Snack, Lunch, Dinner) that:
   1. Justifies your group’s choices by making specific reference to backcountry meal planning factors
   2. Describes both the pros and cons of your choices, referring to your actual experience cooking and eating them
   3. Explains what you **personally** would do to improve it, and why. If you seriously can’t think of any improvements, then describe what you would like to experiment with in the future (perhaps on a kayaking trip).
   4. Ultimately, defend the grade you are giving yourself.

Requirements: *minimum* 500 words, size 12 font, double-spaced. See rubric criteria.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Meal Planning Reflection Rubric (Teacher)** | | | | |
|  | **5** | **4** | **3** | **2 - 0** |
| Honest Assessment | - completely honest and/or accurate  - includes insightful discussion of successes and areas of improvement | - mostly honest and/or accurate  - includes both success and areas of improvement; ideas might be broad; could be more balanced | - somewhat honest and/or accurate  - might mention both successes and areas of improvement, but discussion is generally surface-level | - noticeably biased  - lacks balance  - minimal attempt to accurately self-assess |
| Understanding of meal planning factors | - effectively discusses a variety of factors  - demonstrates strong knowledge of backcountry meal planning factors | - includes multiple factors, but emphasizes/focuses on some more than others  - demonstrates competent knowledge of factors | - includes a few key factors; inconsistent depth  - demonstrates satisfactory knowledge of factors; points might need more relevance | - minimal breadth of factors discussed  - application of knowledge is inconsistent or lacking |
| Effective justifications | - utilizes relevant and specific examples  - thoughtfully explains / reasons each point made | - utilizes multiple examples; some might be general/broad  - explains/reasons each point with acceptable relevance | - some points need examples, or examples are overly broad/general  - some explanations lack sufficient detail | - few actual examples are given  - few, if any, specific points or details  - explanations are minimal or demonstrate inconsistent understanding |

|  |  |
| --- | --- |
| **Rubric Score** | **IB Criterion Score** |
| **15** | **8** |
| **14** | **7** |
| **13** | **6** |
| **11-12** | **5** |
| **10** | **4** |
| **8-9** | **3** |
| **7** | **2** |
| **0-6** | **1** |

|  |  |
| --- | --- |
| **Meal Planning – Self-Evaluation** | |
| **Our meal plan…** | *Circle your score in the boxes on the left. Briefly list the criteria you think fit with this score in the box below.* |
| satisfied all members of group  **5 – 4 – 3 – 2 – 1 - 0** |  |
| was effectively planned, organized, measured, and executed  **5 – 4 – 3 – 2 – 1 - 0** |  |
| was thoughtfully balanced, based on multiple factors  **5 – 4 – 3 – 2 – 1 - 0** |  |
| demonstrated diversity, creativity and/or ambition  **5 – 4 – 3 – 2 – 1 - 0** |  |