

## Colorado Outdoor Recreational Leadership Course Scope and Sequence

Course Name	Backcountry Cooking		Course Details	Level 1 course in the Outdoor Recreational Leadership Pathway.	
			Course = 0.50 Carnegie Unit Credit		
Course Description	This course focuses on menu planning, nutritional requirements of wilderness camping, and meal preparations. Includes cooking a backcountry meal.				
Note:	This is a suggested scope and sequence for the course content. The content will work with any textbook or instructional resource. If locally adapted, make sure all essential knowledge and skills are covered.				
SCED Identification #		Schedule calculation based on 60% of a semester instructional time. Scope and sequence allows for additional time for guest speakers, student presentations, field trips, remediation, or other content topics.			
All courses taught in an approved CTE program must include Essential Skills embedded into the course content. The Essential Skills Framework for this course can be found at <a href="https://www.cde.state.co.us/standardsandinstruction/essentialskills">https://www.cde.state.co.us/standardsandinstruction/essentialskills</a>					
Unit Number, Title and Brief Description	CTE or Academic Standard Alignment	Competency / Performance Indicator	Outcome / Measurement	CTSO Integration	
Unit 1: Course Overview	Camp Cooking equipment	Identify and know how to use the appropriate stoves and cooking equipment applicable for backcountry cooking.			
Unit 2: Menu Planning	Menu Planning, shopping list, nutritional analysis, and cost analysis.	List the steps necessary for complete menu planning and adequate nutritional requirements for a small group for a multi-day camping trip.			
Unit 3: Health and safety	Ensure health and safety in the camp kitchen	Recall all health and safety issues as they are related to cooking a meal outdoors.			
Unit 4: Cooking Fire	Build a great cooking fire	Demonstrate how to build an open fire and how to cook an entire meal using a dutch oven and regular utensils.  Demonstrate by cooking an entire meal on an open fire using a no utensil technique.			
Unit 5: Open Fire	Cooking on an open fire	Demonstrate how to build an open fire and how to cook an			

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