

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 https://www.cde.state.co.us/standardsandinstruction/essentialskills				
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		

		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 6: Dutch oven cooking	Understand the magic of Dutch oven cooking	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 7: Organization	Organization of the camp kitchen & foul weather camp cooking	Identify and know how to use the appropriate stoves and cooking equipment applicable for backcountry cooking.		
Unit 8: Field Trip	Day of outdoor cooking			

Academic Standards Alignment

Colorado CTE courses are required to integrate academic and essential skills into course content. The following academic standards have been identified as aligned to this course and should be integrated throughout instruction.

- [CO CTE Academic Standards Resources](#) (Rubrics, integration strategies, etc)
- [CDE Colorado Academic Standards Online](#) (Online standards lookup tool)

Reading, Writing, & Communicating

Standard 1: Oral Expression and Listening

- Prepared Graduate 1: Collaborate effectively as group members or leaders who listen actively and respectfully; pose thoughtful questions, acknowledge the ideas of others; and contribute ideas to further the group's attainment of an objective.
 - Students collaborate to develop menus, assign cooking responsibilities, organize camp kitchens, and prepare meals safely in outdoor environments. Effective communication and teamwork are essential during meal preparation and field-based cooking experiences.
- Prepared Graduate 2: Deliver effective oral presentations for varied audiences and varied purposes.
 - Students explain cooking procedures, demonstrate proper use of stoves and cooking equipment, communicate food safety practices, and provide instructions during outdoor cooking activities and demonstrations.

Standard 2: Reading for All Purposes

- Prepared Graduate 4: Read a wide range of informational texts to build knowledge and to better understand the human experience.
 - Students interpret recipes, equipment instructions, nutrition information, food safety guidelines, and outdoor cooking procedures to safely plan and prepare meals in backcountry settings.
- Prepared Graduate 5: Understand how language functions in different contexts, command a variety of word-learning strategies to assist comprehension, and make effective choices for meaning or style when writing and speaking.
 - Students apply technical vocabulary related to outdoor recreation, nutrition, cooking methods, and camping equipment while communicating procedures, following technical directions, and discussing meal planning and safety practices.

Standard 3: Writing and Composition

- Prepared Graduate 7: Craft informational/explanatory texts using techniques specific to the genre.
 - Students develop menu plans, shopping lists, nutritional analyses, cost analyses, and written cooking procedures that clearly communicate the information needed for successful backcountry meal preparation.
- Prepared Graduate 9: Demonstrate mastery of their own writing process with clear, coherent, and error-free polished products.
 - Students produce organized planning documents, meal plans, and instructional materials that support safe, efficient, and well-organized outdoor cooking experiences.

Standard 4: Research Inquiry and Design

- Prepared Graduate 10: Gather information from a variety of sources; analyze and evaluate its quality and relevance; and use it ethically to answer complex questions.
 - Students research nutritional requirements, food preservation methods, cooking equipment, fuel options, and menu choices to design meals that meet the needs of individuals and groups during multi-day backcountry trips.

Note: Mathematics and Science standards will be added in the future. Visit the [Colorado Academic Standards](#) page for the most current version.