Year 9 Outdoor Ed – Lesson Plan

Date: 15/04/15 Place: Outside the Gym/Concrete Area Age/Year Level: Year 9 No. of Learners: 22 Approx.

Topic: Trangia Setup and Usage Duration: 100mins

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| **Rationale:** (what is your rationale for doing this lesson? Is this lesson or activities that it comprises *educationally worthwhile*?)  This lesson will focus on learning and developing on the participants’ abilities to assemble, cook and disassemble a trangia. This lesson will also include and enforce health and safety when using trangias. |
| **Learner Objectives:**   1. Understand the safety tips/rules involved when using a trangia 2. Learn the different parts of the trangia and each parts primary function 3. Learn how to assemble a trangia 4. Learn how to cook with a trangia 5. Learn how to disassemble and clean a trangia 6. Understand different, nutritious meal options for camp 7. For the learners to have fun and enjoy the session as well as learn something at the same time 8. To work collaboratively |
| **Teacher Objectives:**   1. Give feedback 2. Clear concise instructions, making it easier for the learners to understand 3. Ensure students have fun and enjoy the lesson 4. Be inclusive of all students |
| **Evaluation of Learner Objectives:** |
| **Evaluation of Teacher Objectives:** |

| **Time** | **Preparation/Resources** | **Lesson Content** | **Main Focus**  linked clearly to objectives | **Comments** |
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| 5-10 mins |  | Meet students and walk to location where the activity will take place. |  |  |
| 5 mins | * Computer to mark the roll | Take the Role. Provide an introduction as to what will be covered in the session. Explain that this lesson will be about learning how to set up and pack away a trangia, how to cook on a trangia, and the health and safety involved.   * Ask if anyone has set up a trangia before? * Does anyone know who designed the trangia/Where do they come from? (Country = Swedish) * Does anyone know what we use to fuel the stoves = Mentholated Spirits   Brief Explanation:   * Alcohol-burning portable stoves * Manufactured by a Swedish company * Stoves are designed primarily for backpackers/outdoor activities, with a focus on lightweight, durability and simple design. | * Students understand the purpose and plan for the lesson. |  |
| 5 mins | * 10 Trangias | Ask students to get into groups of 2-3, come collect a trangia and to sit in a circle with the whole class. (Make sure they are sitting with their group.)  **Health and Safety:**   * Set up on stable surface, ground or table, not narrow bench. * Minimum 3 metres clear around stove site, e.g. nowhere near tents. * Before lighting stove have all cutlery, plates, food and water ready at cook site. * Sit in a circle and no one is to enter the circle. * Take burner to fuel bottles not bottles to stove. Secure fuel bottle lid immediately. * Never blow on flame. * Stay with stove once alight, never move stove when alight. * Never remove windshield or move stove when alight. * Wash hands before cooking. | * Students understand how to use a trangia safely * Enforce to the students and have them understand the importance of the rules and to act responsibly |  |
| 10 mins | * 1 Trangia | **Parts of a Trangia:**   * Unpack a demo trangia, name and discuss each part of the trangia. | * Students learn the parts of the trangia and each parts primary function |  |
| 10 mins | * 10 Trangias | **Assembling a Trangia:**  Show students how to assemble a trangia and then allow students to have a go in their groups.   1. Unpack the stove. The stove is packaged to take up as little space as possible. As you take it apart, remember how each piece fits together so you can put it back together after use. 2. Place the base down on a flat surface. 3. Securely attach the windshield. 4. Remove the lid off the brass burner unit and pour in some methylated spirits (denatured alcohol). Never more than 3/4 full! 5. Put the burner carefully in the centre of the windshield/base. 6. Light the fuel. 7. Use bowls to cook with. | * Students learn how all the parts fit and work together to create a functioning stove |  |
| 30 mins | * 10 Trangias * Water * Mentholated Spirits * Hot chocolate mix * Packets of noodles * Cups/Spoons/Bowls | **Cooking:**  Once their trangias are set up and their ready to go, mentholated spirits can be lit and students can have a go at cooking the assigned food in their groups.   * Noodles * Hot chocolate | * Have a chance to experience cooking on a trangia before they go on camp * See an example of a meal option |  |
| 15 mins | * 10 Trangias * Water * Cleaning Kit | **Disassemble and Clean Up:**  Once students have finished cooking and eating/drinking they can begin to disassemble the cooking stove.  Students are to wash all parts of the trangia that have been used. They can use the washing kit provided by the staff.  Students must come to a teacher and have their stove approved for both cleanliness and completion of kit before they can state they are finished. | * Students to clean all necessary parts of the trangia * To work as a group * Take responsibility for their own group kit and make sure it is clean and complete |  |
| 15 mins |  | **Meal Ideas:**  Go around the circle and discuss what meal ideas they plan on bringing to camp.  Discuss any other meal ideas that the students may not have mentioned.  **Last minute questions and info – Camp Prep:**  To go through anything else that may have been missed in the lesson in preparation for the camp. | * Make sure students are on the right track ready for camp. |  |