

# DofE Orienteering Quiz – Food and Cooking



## Objective

To reinforce knowledge of key parts of the DofE Expedition Training Syllabus.



## Equipment

- Enrich School Orienteering Map
- Orienteering Control Markers
- Activity Sheets
- Answer Sheet



## Preparation

- Students should have been introduced to the Expedition Training framework before this activity.
- Students could do these activities in pairs or small teams. (Expedition groups would work well.)
- Provide each pair/team with a copy of the Activity Sheet and an Enrich School Orienteering Map.
- Explain to the students how to carry out the activity.
- Each DofE Orienteering Quiz has a series of questions related to a certain part of the DofE Expedition training framework, each of which has three possible answers to choose from.



## Instructions

- Each pair/team completes the quiz by ticking an answer for each question.
- Using their orienteering map, they then check their answers by running to the control point for that question.
- The **2<sup>nd</sup> letter** from each control marker (see Activity Sheets) is next to the correct answer.
- When they have checked all their questions, teams return to the start point.
- This activity could be played competitively, with the first team back with a correct and complete answer sheet being the winners.



## Other information

- These activities can either be used as a starter or recap exercise and can be a good activity to prompt some discussion around the relevant section of the DofE training framework.
- There are four different D of E quizzes: Countryside Code Quiz; Emergency Procedures Quiz; Food and Cooking Quiz; Kit and Equipment Quiz.
- There are answer sheets for each of these activities.