

DofE Food and Cooking Orienteering Quiz

Control Point	Question		Tick for your answer	Check your answer with the 2nd Letter
6	What should you definitely NOT bring on expedition?	Raw Meat		U
		Smoked/Cured Meat		D
		Tinned Meat		F
1	Which of these is best to help repair muscles after a long day?	Fat		T
		Protein		G
		Carbohydrates		E
12	Which of these is a sensible place to cook your evening meal?	Around long grass to sit on		P
		On a hard, flat surface		E
		In the porch of your tent		O
14	How can you save weight and bulk when you are packing your expedition food?	By bringing less food		B
		By removing excess packaging at home		A
		By getting someone else to carry it		C
7	Which of these is most important to consider when menu planning?	Calorific content		M
		Fibre content		F
		Salt content		N
2	Which of these is NOT a good way to cook your hot evening meal?	By heating it as fast as you can.		D
		By regularly stirring.		A
		By regulating the temperature.		E
9	You burn your hand whilst pouring water into a cup – how can you treat this?	By screaming for help.		T
		By shaking your hand about.		H
		By putting your hand under cold running water as soon as possible.		D
4	Why aren't Pot Noodles a good idea to bring on expedition?	They're bulky.		P
		They're easy to cook.		M
		They're tasty.		O