



Food Technology
All ages

Campfire bread

- Food and health
- Forest School



Overview

This campfire activity is a fun way to introduce outdoor cooking and is a simple way to take your food technology outside. It also encourages maths through measurements and links to instructional texts.

Resources

These quantities will make 12 bread twists.

- 500g self-raising flour
- 3 tbsp sugar
- 300-500ml water or milk
- Spoon
- Pot
- Wooden spoons or clean branches
- Campfire

Activity

1. Mix all the ingredients thoroughly in a bowl with a spoon to create smooth dough.
2. Knead the dough to work and stretch it.
3. Take a small handful of dough and roll it into a long sausage.
4. Twist the dough around the end of a wooden spoon or a stripped branch.
5. Position the stick over the embers of a campfire (not in a direct flame) and turn it occasionally.
6. When it is golden brown after ~10min it is ready to enjoy.

Suggested outcomes for learning and play

We understand you will tailor this activity to the learning needs of your pupils. Here are some of the learning outcomes and extension ideas that other practitioners have used this lesson idea to reach:

- To create and cook a healthy snack.
- To understand and interpret instructional texts.

Here are some ideas that other educators have used in conjunction with this activity to bridge the gap between the indoors and the outdoors for their pupils.

Subject	Topic	Ideas for further exploration
Literacy and language	Instructional texts	Writing a recipe and following instructions
Science	Healthy eating	Link to food classification
	Energy/states of matter	Explore how the mixture is changing and what energy is being used
Food technology	Food preparation	Discuss food preparation and hygiene
History	Past civilisations	Link to traditional cooking methods and recipes
Maths	Measurements	Weigh out the quantities needed accurately
		Calculate the ingredients for different quantities



Learning
through
Landscapes

If you would like to develop your outdoor learning knowledge and skills, take a look at our range of training courses: [itl.org.uk/outdoor-learning-training](https://www.itl.org.uk/outdoor-learning-training)