



St Leonard's College

Food for Expeditions

Year 10 Outdoor Education Alpine Hike

Copy of this powerpoint available on
STL Link, Year 10 'Outdoor Education'

FOOD



Light Weight Outdoor Food Principals

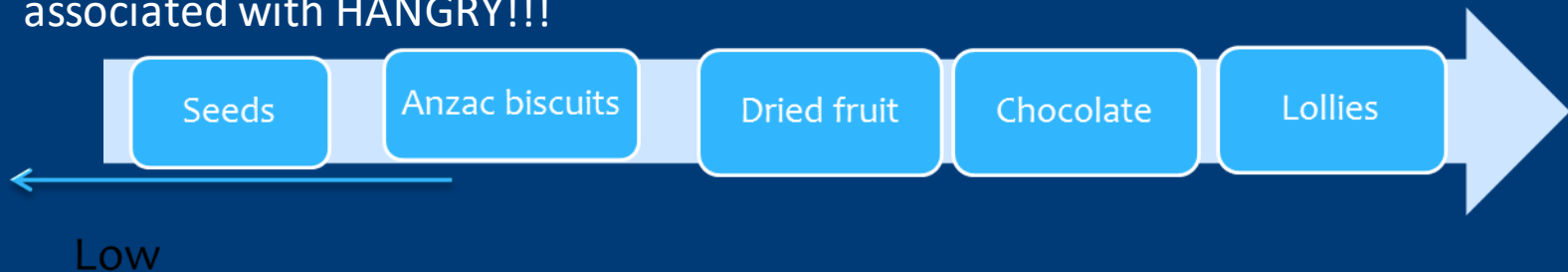
- Lightweight
- Nutritious
- Tasty
- Quick and simple to prepare
- Create minimal rubbish/ waste
- No tin or glass
- Easy to pack
- Won't go off.

Remember:

- Your energy needs will be higher
- Everything tastes better in the bush!

The Glycaemic Index

- The glycaemic index, (GI) provides a measure of how quickly blood sugar levels rise after eating a particular type of food.
- Food that is High GI means that sugar is quickly available after eating food eg lollies. Be warned however as soon as that sugar is used you feel worse and more tired than you did before the sugar.
- Therefore food that is Low GI means sugar is released slowly and energy levels can be more sustained.
- We need both low and high GI foods in our snacks in the outdoors for optimum performance, comfort and most importantly to avoid symptoms associated with HANGRY!!!



Menu and meal planning



Food / cooking groups

- Cooking group will usually consist of 4 members
- Plan your menu together.
- Break down menu into ingredients / shopping list
- Make a time and place to shop together
- Good idea to practice your meals at home
- Remember no nuts, 'traces of nuts' is acceptable.

Food / cooking groups

- We suggest doing your own breakfast, and doing lunch and dinner with your food group
- Be sure to cater for individual dietary needs within the group.
- Eg. Meat can be added at the end of cooking process to cater for vegetarians.
- Eg. To cater for a coeliac. The whole group may eat gluten free, or a separate bowl of GF pasta may be cooked on the side.

Breakfast



- Coffee, tea, hot chocolate
- Cereal with powdered milk
- Breakfast bars
- Vita wheats with spreads
- Instant porridge
- Fruit loaf / buns

- Bucket lunch
- Wraps
- Dry biscuits



Dinner Construction

Carbohydrate

- 100-125g per person
- Rice, deb potato
- Pasta
- Hokkien noodles
- Cous cous
- Burritos



Protein

- 50g per person vacuumed sealed .
- Smoked chicken / bacon (night 1)
- Red lentils
- Salami, tuna, jerky



Hard Vegetable

- 2-3 different vegetables per meal
- Carrot 1/2per meal
- Zucchini ½ per meal
- Onion ½ per meal
- Snowpeas
- Dehydrated peas and corn



Sauce/flavour

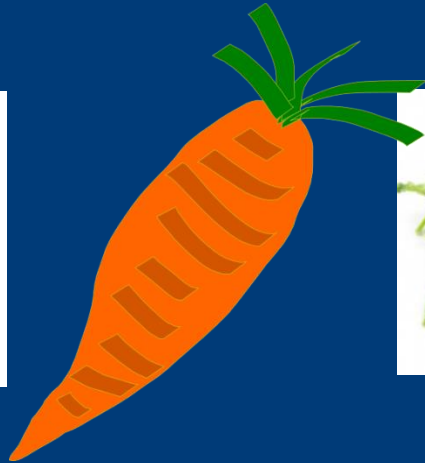
- Curry paste
- Sweet chilli sauce
- Pizza / Pasta sauce
- Soy Sauce

Potential dinner menu:

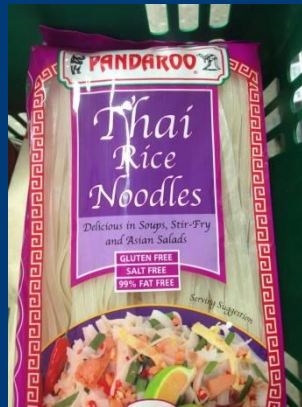
- *Neapolitan spaghetti with salami and vegies.*
- *Asian stir fry - seasoned vegetables with rice noodles.*
- *Sweet chili tuna, vegies and cous-cous.*
- *Burritoes - Mexican beans, rice, cheese and salad.*
- *Green Chicken curry (freeze dried meal)*

Dinner options:

- Asian inspired Chicken Stir Fry with Hokkien Noodles



Smoked chicken, vacuum sealed– to be eaten on first night.



- Fettuccine with sautéed onion, bacon (first night only) or salami and red pepper in a tomato sauce



Savoury rice with Hungarian salami and vegetables



Red Thai vegetable curry with noodles



Sweet chilli tuna and vegetable cous cous



Carbonara pasta with vegetables



Alfredo / Carbonara pasta with pepperoni and onion.



Burrito's - with
With rice, cheese
and vegies / salad





Other food ideas

Freeze dried / Dehydrated meal



Dessert options



Chocolate apricot melts

Stewed fruit in custard

Chocolate mousse

DO NOT BRING:

Any nuts including:

Nutella

Peanut M and M's

Pesto that contains nuts

Muesli bars that contain nuts

No glass

No tin

Anything with high water content = heavy
eg. Up and go, packaged puddings

Suggested plan

In your cooking group of 4:

- 1 person to organise 1 dinner for the group each
- 5th night / meal could be freeze-dried meal
- Shared lunches
- Own breakfast and snacks
- Divide the cost
- Divide the weight – and balance over the week.

Summary

- Take the time to plan carefully.
- Have yummy food and plenty of it
- Meals should be healthy, nutritious and tasty
- Meals should be easy and quick to cook, and hopefully easy to clean up, and create minimal rubbish.
- Have meals you will look forward to eating
- Create food envy!



Thank you for coming

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