



2024 National Order of the Arrow Conference

Session: Cooking Kosher

Lead Trainer Name: [Name]

Contact Email: [Email]

Contact Phone: (XXX) XXX-XXXX

Session Length: 45 minutes

Session Description

[Brief description of what your session will cover. Why should someone take this training? Your ACVC may have provided a brief starting point, feel free to edit and add to it.]

This session is designed to teach participants the essentials of kosher cooking in outdoor settings. Participants will learn about kosher principles, identify suitable ingredients, and explore campfire cooking techniques. By the end of the class, they will be equipped to prepare delicious kosher meals during camping adventures.

Learning Outcomes

[What should participants take away from your training? Your ACVC may have provided a brief starting point, feel free to build upon those as necessary or add additional outcomes]

Outcome 1: Understand Kosher Principles—Participants will learn the basics of kosher dietary laws, including permissible and prohibited foods.

Outcome 2: Identify Kosher Ingredients—Participants will recognize kosher ingredients suitable for camping meals.

Outcome 3: Plan and Prepare Kosher Camping Meals—Participants will gain practical skills in planning, cooking, and enjoying kosher meals during outdoor adventures.

Theme Connection: Seek New Heights

[The theme of the 2024 NOAC is Seek New Heights, emphasizing the drive for excellence that characterizes the OA and our daily lives. How will your session incorporate this theme?]

This session allows participants to enrich themselves with information that can be applied in their personal/daily life or to pass this information along empowering others to Seek New Heights.

Facility and Material Needs

[Please put all material and facility needs in this section. We recommend completing this portion last after the rest of the lesson plan is completed. **The more specific you are with your material and facility requests, the better we can accommodate!**]

Facility Needs

Is this session remote delegate-compatible? [Yes]
(ie. can the material be engagingly taught via live stream)

Does this session need audio/video (AV) capabilities? (ie. projector) [Yes]

Are there any other specific facility needs for this session? (ie. movable chairs, panel-style seating, etc.) [N/A]

Material Needs

[Please put “NOAC Training Committee” under “Source” if you need a material and cannot source it yourself - we will try to source it for you. Please note that we would strongly prefer training materials to be in a digital format and would advise against flipcharts and other physical materials. If you need microphones, extension cords, etc., please also specify those needs here.]

Material	Quantity	Source
Projector	1	NOAC Training Committee

Session Preparation Steps

[Please list all steps you or another trainer would need to take to be prepared to teach this session. For example, if the trainer needs to add personal experiences, print handouts, or prepare items for a game, those should be listed here. **The goal is for someone to be able to read this syllabus and understand how to teach your session in the future!**]

Step 1: Read through this syllabus and associated training slides.

Step 2: Add trainer information to **Slide 1**, **Slide 2**, and **this document**.

Step 3:

Additional Staff Members

[If you are having additional trainers assist you with your session, please fill out their contact information below. Please note that due to the conference sell-out, we are limited in our ability to register additional staff members on the training committee. We recommend that your additional trainers come from contingents or other staff members that can break from their duties to facilitate the session.]

Trainer Name	Email	Phone #

Lesson Plan

[The main body of your presentation should be here. Remember to adjust the timing for each session as you add/edit topics. **Remember, be as specific as possible - the goal is for someone to be able to read this syllabus and understand how to facilitate your session in the future!**]

Helpful Templates:

Activity

Copy and paste this box wherever you have an activity in this session!

Materials Needed: [materials]

Length of Activity: # [min]

Activity Description: [description]

Trainer Action

If at any point the trainer needs to complete an action (play a video clip, prompt questions, etc.) copy paste this box and edit this text to specify what!

Introduction

5 minutes

Slides 1-3

- Trainer introduction
- Overview of objectives: we are learning about what it means to be Kosher and how to integrate Kosher principles in a camping setting.

Trainer Action

Ask participants who has experience with Kosher living before. Ask what brought them to this class and what they are looking to learn.

Topic 1: Kosher Basics

15 minutes

Slides 4-10

- What is Kosher?
 - Food prepared according to Jewish dietary laws
 - Rooted in Tradition: Kashrut (or kashrus) encompasses these laws, ensuring that food aligns with religious guidelines.

- Torah Connection: Kashrut is recorded in the Torah (Jewish sacred teachings), specifically in Leviticus and Deuteronomy.
- What is the importance?
 - Kosher practices intertwine faith, health, ethics, and community, enriching lives and deepening connections.
 - Spiritual Connection: observance connects individuals to their faith, tradition, and community. Following these laws demonstrates obedience to divine commandments.
 - Holiness and Purity: Kosher food is considered pure and sanctified. By consuming kosher, adherents elevate everyday acts into sacred ones.
 - Health and Well-Being: Kosher guidelines promote hygiene, cleanliness, and mindful eating. Rigorous inspections reduce the risk of contamination.
 - Unity and Identity: Shared dietary practices foster a sense of belonging among Jewish communities. Kosher meals reinforce cultural identity and continuity.
 - Ethical Considerations: Kosher slaughter (shechita) emphasizes compassion and humane treatment of animals. The process prioritizes minimizing suffering.
- Kosher symbols
- Permissible and Prohibited foods
 - Meat (Fleishig)
 - Definition: Fleishig refers to foods derived from kosher animals that have been properly slaughtered (shechita).
 - Examples: Beef, lamb, veal, and poultry (chicken, turkey, duck) are considered meat. Processed meat products (sausages, deli meats) fall into this category.
 - Rules:
 - Separation: Meat cannot be mixed with dairy in the same meal or cooked in the same utensils.
 - Waiting Period: After consuming meat, wait a designated time (usually 3–6 hours) before eating dairy.
 - Dairy (Milchig)
 - Definition: Milchig includes dairy products from kosher animals (e.g., cows, goats, sheep).
 - Examples: Milk, cheese, yogurt, butter, and cream are dairy items. Foods containing these ingredients (e.g., lasagna with cheese) fall into this category.

- Rules:
 - Separation: Dairy cannot be mixed with meat in the same meal or cooked in the same utensils.
 - Waiting Period: After consuming dairy, wait a designated time (usually 1 hour) before eating meat.
- Pareve (Neutral)
 - Definition: Pareve foods are neither meat nor dairy. They are neutral and can be combined with either category.
 - Examples: Fruits, vegetables, grains, fish, eggs, and nuts are pareve. Non-dairy desserts (e.g., fruit salad) fall into this category.
 - Rules:
 - Versatility: Pareve foods can be eaten with both meat and dairy.
 - No Waiting Period: No waiting time is required after consuming pareve items.
- Foods prohibited include: Pork and its By-Products: Pork is strictly prohibited in kosher dietary laws. Shellfish and Seafood without Fins and Scales: Creatures like shrimp, lobster, and clams fall into this category. Birds of Prey. Mixing Dairy and Meat Products.

Topic 2: Kosher Camping Ingredients

10 minutes

Slides 11-14

- Non-Perishable Options: Share a list of non-perishable kosher foods suitable for camping (e.g., sealed tuna, dried fruits, nuts, grains, crackers).
- Fresh Ingredients: Discuss how to select and store fresh kosher ingredients (e.g., fruits, vegetables, and eggs) during camping trips.
 - Fresh produce: look for Kosher labels. Wash fruit so there are no insects. Opt to avoid grapes due to widespread insects.
 - Eggs: look for Kosher labels. Keep separated from meat and dairy.
- Storing and keeping fresh ingredients
 - Storage Containers: Use airtight containers to prevent moisture and pests from affecting your non-perishable items. Label containers clearly to differentiate between meat, dairy, and pareve ingredients.
 - Coolers and Ice Packs: Separate perishables (like eggs) from ice packs to avoid cross-contamination.
 - Proper Food Handling: Wash hands thoroughly before handling food. Keep raw meat away from other ingredients. Use separate cutting boards and utensils for meat and dairy.
 - Cooking Hygiene: Clean cooking surfaces and utensils thoroughly after each

use. Boil water for at least 1 minute to ensure it's safe for cooking and drinking.

- Insect Inspection: Check fresh produce carefully for insects. Some fruits and vegetables may require soaking and rinsing. Use a fine-mesh strainer or colander to wash leafy greens and berries.

Topic 3: Cooking Techniques

5 minutes

Slides 15-18

- Campfire Cooking: Demonstrate cooking methods over a campfire, including foil packets, skewers, and Dutch oven recipes.
 - Foil Packets: Wrap kosher ingredients (e.g., vegetables, fish, and seasonings) in aluminum foil and cook directly on the fire.
 - Skewers: Thread marinated kosher meat or vegetables onto skewers and grill over the flames.
 - Dutch Oven Recipes: Prepare stews, soups, or casseroles in a cast iron Dutch oven placed on hot coals.
- Recipes: Provide simple kosher camping recipes and discuss adaptations for outdoor cooking.
 - Shakshuka (Campfire Version):
 - Ingredients: Eggs, Canned tomatoes, Bell peppers, Onion, Garlic, Spices (paprika, cumin, chili flakes)
 - Instructions: Simmer the tomato-pepper-onion mixture in a cast iron skillet over the campfire. Create wells in the mixture and crack eggs into them. Cook and cover until eggs are set.
 - Tahini S'mores:
 - Ingredients: Graham crackers, Marshmallows, Dark chocolate, Tahini (spread on the graham crackers)
 - Instructions: Roast marshmallows over the campfire. Assemble s'mores with tahini-spread graham crackers and melted chocolate.

Reflection & Open Discussion

5 minutes

Slides 19

- Discuss challenges faced during cooking and share tips for successful kosher camping meals. Allow sharing of best practices.

Trainer Action

Prompt discussion on challenges, tips, best practices, etc

Conclusion & Takeaway Challenge**5 minutes***Slides 20*

[Each session should end with a challenge for every participant to write down key points to take with them and encourage them to reflect upon the session. The wording of the takeaway challenge will depend upon the session. For example:]

Please take out your notebook and pen. For the final three minutes, think about your current and future roles in the OA, in Scouting, and in life. Write down three key takeaways from this session that will enable you to Seek New Heights in those current and/or future roles. For example, [I can take these new skills and help teach others, or with this information, I can help my family cook new meals]. Later today, feel free to share these key ideas with others in your chapter or lodge.

Appendix: Resources and Source Material

[Please add all referenced sources or handouts that would be useful to share with session attendees.]

Resource	Link
Order of the Arrow, Mission & Purpose	Available online at: https://oa-bsa.org/about/mission-purpose
Online Kosher Recipes	Kosher.com
<i>A Minimalist Guide to Kosher Camping</i> by the National Jewish Committee on Scouting	https://www.jewishscouting.org/wp-content/uploads/2018/07/A-Minimalist-Guide-to-Kosher-Camping.pdf