Earth (Fiji) Oven

The Activity:
Build a Earth oven on an activity or camp

Activity Type:
Patrol Activity
Troop Activity

Roles:
Activity Leaders
Quartermasters
Cooks

The Crean Award:
Discovery:  
Patrol Activity Skills

Terra Nova:  
Task/Role in Patrol
Patrol Activity Skills

Endurance:
Planning
Develop Teamwork

Polar:
Patrol Activity Skills

SPICES
Physical
Intellectual
Plan

Introduction
This method of backwoods cooking is a great Patrol activity that requires patience and teamwork. It is a slow burning oven used by native people in the Fiji Islands. It is best suited to sandy soil conditions but will work anywhere.

Fire lighting and cooking skills are required.

Food will need to be prepared

A shovel will also be required to dig the pit for the fire.

You will need:-
• Selection of food to be cooked – beef or fish, vegetables
• Tinfoil
• Cabbage leaves
• Saw for cutting fire wood
• Shovel for digging pit
Do

Step One
Dig a pit about 1.5ft deep and 1ft x 1ft wide and line the bottom with stones.

Step Two
Light a fire inside pit let it burn for about 30 minutes.

Step Three
Cover the fire with a thin layer of earth.

Step Four
Place meat wrapped in tin foil or cabbage leaves on the thin layer of earth.
Do

Step Five
Fill in the rest of the pit with earth.

Step Six
Light a second fire on top of the pit. Let it burn for about 1 hour for meat (less for fish).

Step Seven
Dig up the meat carefully.

Step Eight
Clean up and remember to Leave No Trace!
Patrol Review

Did you successfully build the oven?

What was the hardest and easiest part?

Do you need to practice your fire lighting or cooking with foil skills more?

What did you learn from it?

What SPICES are relevant?
Check them off on the next page
Review SPICES

**Social**
- Relationships
- Communication Skills
- Other Cultures
- Community Involvement
- Promise and Law

**Character**
- Promise and Law
- Friends and Friendships
- Plan before do
- Ensuring Fairness
- Respect
- Differences and Views
- Following Dreams
- Live the Scouting Spirit

**Physical**
- Eat Well
- Personal Hygiene
- Balanced Lifestyle
- How the Body Works
- Physical Limitations
- Health Choices
- Access Help

**Emotional**
- Aware of Feelings
- Asking/Giving Help
- Responsibility for Emotions
- Controlling Emotions
- Going Further
- Beliefs and Values
- Developing Talents

**Intellectual**
- Achieving Goals
- New Ideas
- Develop Creativity
- Learn from Discussions
- Team Member

**Spiritual**
- Promise and Law
- Impact on the Environment
- Reflection
- Changing Beliefs