



TRUE NORTH FIELD STUDIES

Campfire Kitchen: Outdoor Cooking, Science & Practical Skills

Curriculum Submission Overview (ESA)

Program Description

Campfire Kitchen is a structured, instructor-led educational program that integrates basic culinary skills, applied science, and practical life skills through outdoor, hands-on learning experiences.

Students are introduced to foundational concepts related to food preparation, heat transfer, and safe cooking practices while developing planning, measurement, and problem-solving skills. The program connects scientific principles with real-world application in an outdoor setting.

Grade Level

Kindergarten – 8th Grade
(Instruction is differentiated by age and ability)

Subject Areas

- Life Science (nutrition and food systems)
 - Physical Science (heat transfer and energy)
 - Mathematics (measurement, fractions, sequencing)
 - Health & Safety
 - Career & Technical Education (culinary fundamentals)
-

Instructional Format

Instruction is delivered through a combination of:

- Direct teaching
- Guided hands-on food preparation
- Demonstration of safety procedures
- Small group collaboration
- Instructor-led discussion and reflection

Students participate in structured learning segments focused on cooking processes, safety, and real-world application of scientific and mathematical concepts.

Program Duration

- Total Instruction Time: 4 hours
 - Format: In-person, instructor-led outdoor program
-

Learning Objectives

Students will:

- Demonstrate understanding of basic outdoor cooking methods
 - Identify safe practices for food handling and heat sources
 - Apply measurement and sequencing skills in food preparation
 - Explain simple scientific principles related to heat and cooking
 - Develop planning and organizational skills
 - Build confidence in practical, real-world life skills
-

Assessment Methods

Student learning is assessed through:

- Instructor observation during guided activities
 - Participation in food preparation and safety procedures
 - Verbal responses and discussion
 - Informal performance-based tasks
 - Student reflection (written or verbal, age-appropriate)
-

Standards Alignment (Arizona)

Science (K–8):

- Physical Science: Heat transfer and energy use
- Life Science: Basic nutrition and food systems
- Scientific practices: Observation and application

Mathematics (K–8):

- Measurement and data
- Fractions and ratios (upper grades)
- Multi-step problem solving

Health & Safety:

- Personal safety practices
- Responsible decision-making

Crosscutting Concepts:

- Cause and effect
- Systems and processes
- Energy and matter

(Detailed standards alignment available upon request.)

Materials

All instructional materials, tools, and food preparation supplies are provided by the instructor. No additional materials are required from families.

Instructor Qualifications

Instruction is provided by True North Field Studies, specializing in hands-on, outdoor, and experiential learning programs for homeschool students.

Additional Notes

This program is educational in nature and designed to supplement science, mathematics, and life skills instruction through applied, real-world experiences.

Food preparation activities are conducted under direct supervision with age-appropriate safety guidelines.

Faith-based perspectives may be incorporated as an optional component to support themes of responsibility, stewardship, and practical life skills.

Detailed lesson plans, instructional materials, and proprietary activities are provided exclusively during instruction.