

**Cooking and Nutrition Theme**

1. **Summary:** When the LOD responsibility is passed off to us on day 4, we will have a brief meeting with the group that night to prepare them for the next day. They will rest up and be ready to learn at 8:45 AM. Kayla will teach a lesson on nutrition. The group will then hike from camp on JMT (with a few rest stops) until lunch stop. We will eat lunch, then we will conduct an activity about creating meal plans. Once the activity is done, we will pack up and hike past Station Camp to Duncan Hollow creek to where we will camp. We will set up camp, have a lesson taught by Chris, eat dinner, and then we will hand off the responsibility to the next LOD pair. There will be approximately 1,000 feet in elevation change. The total hiking time anticipated to be 3.5 hours, hiking approximately 4.5 miles.

2. **DLOs:**

1. Students will be able to create a backcountry meal plan that meets nutritional needs.
2. Students will be able to identify personal barriers to maintaining a safe backcountry kitchen.
3. Students will be able to prepare diverse, nutritious meals in the backcountry.

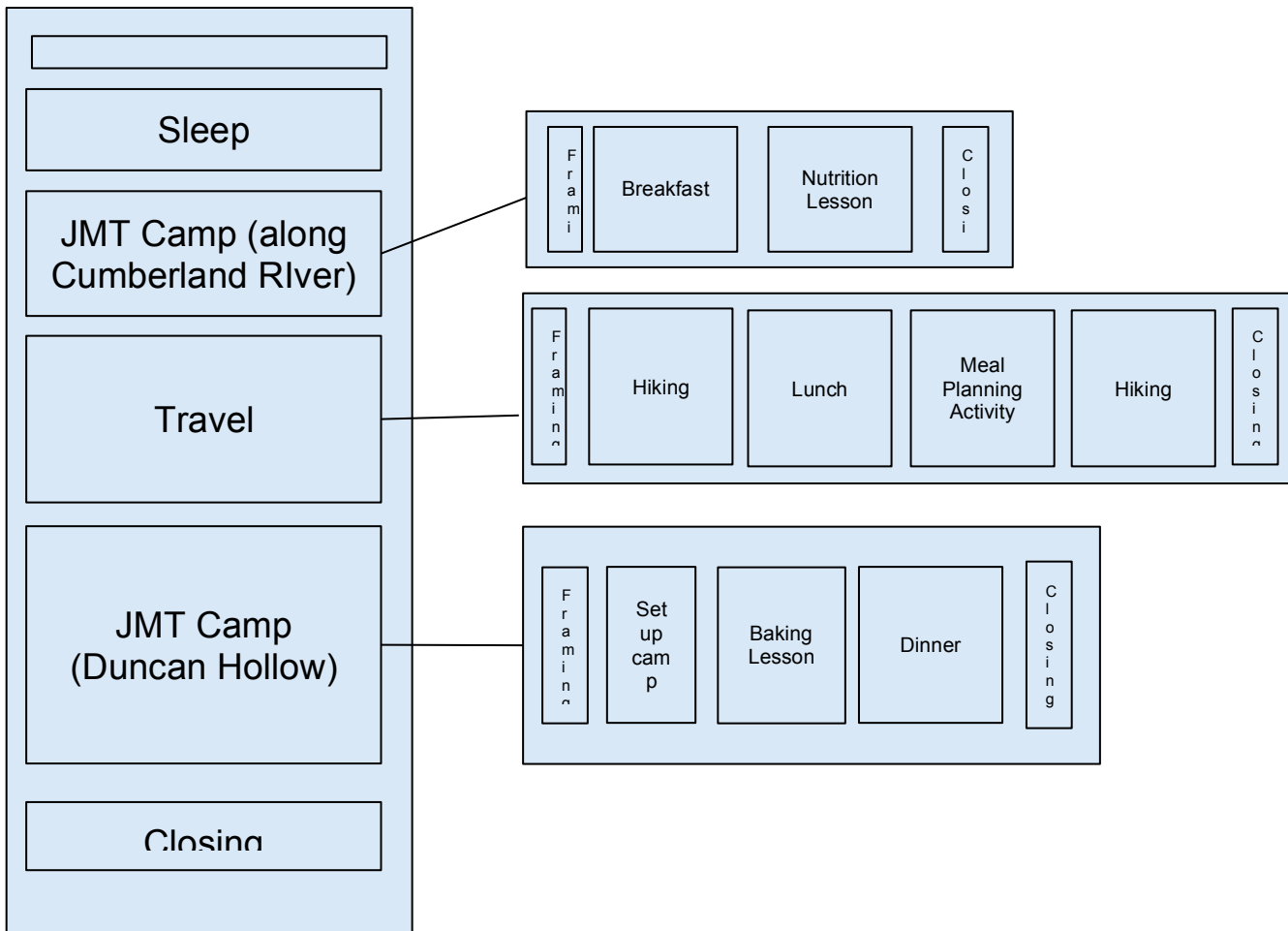
3. **Anatomy (FAC):**

- **FRAMING** for the day: We will start our LOD in the evening of day 4 when the responsibility is passed off to us. We will explain that the next day will be about cooking and nutrition. Students are ready to learn at 8:45. We will hike to Laurel Fork Creek, then up to Duncan Hollow on JMT to camp. Our focus of this day is to dive deep into what nutrition and cooking in the backcountry looks like.
- **CLOSING** for the day: We will have dinner and gather the group for a short talk before we transfer the responsibility to the next LOD pair. Explain that the goals of today were to make progress in establishing good habits in cooking and personal nutrition. As we go from there, we will encourage them to keep in mind how they can use the tools they learned throughout the day to move forward in being mindful about cooking/nutrition.

4. **Route**

Leg	Start	Stop	Route Description, including elevation change, distance, hazards, foreseeable issues, etc.	Activities
1	JMT Camp	Laurel Fork Creek	Hike 1.7 miles (about an hour) to Laurel Fork Creek, 100 feet of elevation change.	Breakfast, Lesson Plans, Lunch, get water
2	Laurel Fork Creek	JMT - Duncan Hollow Creek	Hike 2.3 miles (about 2 hours) to Duncan Hollow, 1,000 feet of elevation change. Foreseeable issue of finding correct trail at junction.	Camp near Duncan Hollow, Dinner, Lesson plans

**5. B&N:**



**6. Positioning:**

- For the first hiking block, Rachel will be the lead and Mary Beth will be in the middle. It would be beneficial to have an LOD lead the group since we are more knowledgeable of the trail, and having Mary Beth in the middle will allow her to check in with the group. The trail arrangement of lead and middle will allow someone who knows the trail well to be in the front and set the pace, and Mary Beth will be in the middle to provide moral butter for those in the group. She can check-in with the group members to see if a rest/water break is necessary.
- For the second hiking block, we will switch so we have different perspectives. Situational assessment will be important as we will be hiking a difficult trail that may or may not have water further down. It will be important to check in with how the group is feeling and to ensure that everyone has water.