

# Student Resource: Staying Healthy Outdoors - Self-Check (intermediate)

1. Think about what types of foods you should take on a day hike. Give an example of each.

non-perishable: [insert example]

lightweight: [insert example]

high-energy: [insert example]

2. Identify 2 of the nutrients your body needs to stay healthy:

3. Give an example of each that would be good to take on a hike.

Carbohydrate: [insert example]

Protein: [insert example]

Healthier fat: [insert example]

4. Two rules for staying healthy while being active in the outdoors are “Eat before you’re [insert response]” and “Drink before you’re [insert response]”.

5. What 2 things should you think about when deciding on your fuel source for cooking on a hiking trip?

6. If you were teaching someone about cooking and staying healthy when participating in outdoor education activities what are 3 things you would focus on?

**Answers:**

Question 1: Non-perishable (for example, fruit, vegetables, nuts), lightweight (for example, dried or freeze dried fruit and vegetables), high-energy (for example, energy or granola bars, trail mix nuts).

Question 2: Carbohydrates and fats.

Question 3: Carbohydrate (for example, rice cakes, whole grain bread or pasta, fruits, vegetables), Protein (for example, soybeans, cheese, eggs, dried meat), Healthier fat (for example, avocado or seeds or seed butters).

Question 4: “Eat before you’re hungry” and “Drink before you’re thirsty”.

Question 5: Is there a fire ban? Is there access to wood? What kind of stove to use?

Question 6: Staying hydrated, eat properly, think about your fuel source, bring foods with minimal packaging, choose foods that are easy to cook with minimal time, dishes and little preparation and take home everything you brought with you.