



Camp Mealtime Scenarios

Challenge #1

You've implemented some of the strategies for increasing social skills, such as table topics. Lately the campers have been too social and the dining hall has become loud and chaotic. You're concerned that some campers are social they are forgetting to eat.

Challenge #2

You really like the idea you learned at the 4-H camping conference to serve meals family-style at your camp. When you share this idea with your camp director, you realize your camp kitchen has only one set of serving bowls and utensils.

Challenge #3

Your camp planning committee brainstorms a list of 30 different "manners" for mealtimes. It seemed like a good idea at the time, but now that you're at camp it's taken about a half an hour to explain all these etiquette guidelines at the first meal. The 9 and 10-year old campers look totally overwhelmed.

Challenge #4

You choose to label the food at your camp with Physical Activity (PA) Equivalents. On the third day of camp, a young woman faints after going on the afternoon hike. You learn she didn't eat lunch because she thought she wouldn't exercise enough to burn off the calories.

Challenge #5

You are so excited to implement taste testing at your camp! You think it's going really well, until Jamie (who happens to be a natural leader) exclaims "This is disgusting!" All the other campers quickly agree. Your taste testing has been completely sabotaged.