

# Orienteering for Food

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## Goal

The purpose of the activity is to organize an orienteering race before a meal, in which the participants must find and use the natural ingredients they have gathered in their cooking. This is done here by introducing them to the Vild Mad (Wild Food) app, which makes it easy to determine which plants are edible.

The activity works well as the end of a course on foraging in school. That way, you are sure that the participants are already good at recognizing edible ingredients.



**Participants:** 16-20

**Groups:** 4

**Time:** 1-3 hours

**Target audience:** 11+ years old

## Materials and apps:

- Vild Mad-app
- One outdoor cooking set per group (Trangia)
- A Tower of Hanoi puzzle
- 4 ropes
- Twine
- Basic dinner:
  - White fish
  - Parmesan
  - Flour
  - Yeast
  - Potatoes
  - Nuts
  - Kale
  - Cooking oil

## Introduction

### Part 1:

The participants must visit four posts. By solving the post tasks, they can win basic ingredients for their next meal.

The posts must be distributed so that the participants go through different types of posts and have plenty of time to move between the posts.

In between posts, the participants should spend their time foraging for plants that can make their dish more interesting. Participants must use the **Vild Mad** app determine which plants are edible and to find inspiration for preparing them.

## The Posts

*The posts are meant as inspiration. You can come up with other items based on the time and tools available to you.*

### Post 1: assemble a cooking set

Reward: white fish + parmesan

Each participant receives one or more parts of a cooking set. They may only touch the parts they have been given. All participants are blindfolded. The team must now assemble the set. May take a maximum of 5 min.

### Post 2: Hanoi towers

Reward: wheat + flour

Participants must solve a tower of Hanoi puzzle together. They take turns moving a piece and must not talk to each other during the process. May take a maximum of 10 min.



### Post 3: geometry

Reward: Potatoes + nuts

The team must use a long rope (possibly several ropes tied together) to make a 2x2 square with a circle inside. The participants are all blindfolded and may talk to each other along the way. One of the participants is pricked by a teacher as the 'mute' one after they are blindfolded. The 'mute' must end up in the middle of the circle and the square at the end.

### Post 4: spiderweb

Reward: kale + cooking oil

The team must go through a spiderweb made of twine. Each hole in the spider web may only be used by one participant, and participants may not go around the spider web to get to the other side. May take a maximum of 10 min.

### Part 2:

Food competition. The participants have 2-3 hours to cook their food over a fire. The instructors assess the food based on the taste, appearance and foraging.

Dishes can be made from the ingredients listed here, or you can come up with your own dishes. The important thing is that the participants have won the necessary ingredients along the way.



This activity was prepared by Daniel Graungaard, Tine Skovbo Bunk and Mette Ozol at a senior course in FDF, 2018. Translated by Yana Nikolova for Natural Technology in 2023.