

## BPE DofE Expedition Bitesize 05: Food & Menu Planning

Not eating enough of the right food will mean you have little energy reserves. At best, this can mean that you'll find the journey harder (especially when climbing hills); at worst, a lack of energy can lead to poor judgment, increasing the risk of getting lost, or suffering from hypothermia or exhaustion. Remember:

1. Energy - This is strenuous activity, and you will burn 3000+ calories during the day.
2. Efficiency - Plan as a team; you only have a single burner - save time and fuel.
3. Taste - Plan your menu with care, make sure you have plenty of the right food, and that you like it!
4. Drink plenty of water – at least 2 litres of water per day. You can fill up at points along your journey.

### Breakfast

- Need plenty of carbohydrates – especially quick-release for the day.
- Having muesli or porridge? Try mixing in milk powder at home and add raisins or sultanas.
- Pitta bread or oatcakes, with honey, jam or marmalade make a good addition.

### Lunch & Snacks

- “Graze” during the day. Light lunch, high in quick-release carbohydrates to top-up energy levels.
- Flat breads (pitta bread or wraps) with chocolate spread, peanut butter or Nutella.
- Dried fruit (e.g. raisins, sultanas), malt loaf, Jaffa Cakes, Peperami all suitable for lunch & snacks.

### Evening Meal

- 3 Course Meal with plenty of slow-release carbohydrates.
- Starter – soup, tea, coffee, hot chocolate
- Main meal – Pasta or rice with Bolognese sauce, curry or casserole/stew.
- Dessert – Cake & custard, chocolate,
- Add pinch of salt, pepper, herbs or spices to enhance flavours – even packets of ketchup!
- Quick cook will reduce fuel consumption and time. Boil in the bag reduces waste and washing-up!
- Expedition Foods are also a good food source, designed for this type of activity.

### Avoid....

- Heavy/breakable items – glass bottles, jars, and tins must not be carried.
- Low energy foods – avoid Pot Noodles as they have little energy content.
- Diuretics – Fizzy drinks (Coca-Cola etc) will impact your performance and make you go to the loo!
- Food needing refrigeration – fresh meat & dairy produce – will go off and lead to food poisoning.



Muesli



Porridge



Cereal Bars



Marmalade



Pitta Bread



Oatcakes



Wraps



Honey



Chocolate Spread



Peanut Butter



Tuna



Malt Loaf



Dried Fruit



Raisins



Flapjacks



Fig Rolls



Quick-Cook Pasta



Bolognese Sauce



Boil-in-the-bag Rice



Curry



Flavour with Salt & Pepper



Tomato Ketchup



Wayfarer Meals



Beyond the Beaten Track



Cup-a-soup



Hot Chocolate



Treacle Pudding & Custard



Water