

## LESSON 2C - FEEDING IN THE FIELD

### A. CONNECT

0167. **Aim.** The aim of the lesson is to teach the cadet how to feed themselves in the field.

0168. **Timings.** One 40 minute periods.

0169. **Method.** Basic instructional outdoor periods

0170. **Stores.**

CEFO	1 set per cadet and instructor
24 Hour Ration Pack	1 per cadet and instructor
Hexamine cooker	1 per cadet and instructor
Mess tins	1 set per cadet and instructor
KFS	1 set per cadet and instructor
Water bottle (full) and mug	1 per cadet and instructor

0171. **Preparation.** Reconnoitre a suitable area bearing in mind the fire risk and try to select a site that resembles a 'basha' area.

0172. **Miscellaneous.**

- a. During the lesson the instructor should give additional practical cooking hints from their own experience.
- b. Practice is best conducted by allowing the squad to cook a meal at a later stage in the day or by employing imitation to the demonstration.
- c. There are many varieties of ration packs available and they are constantly being updated, an example is given in this lesson. The same methods should be adopted whichever type is issued but the instructor must familiarise themselves with the contents of the pack being used before instructing.
- d. All rations consumed during lessons should be checked to ensure that they are in date.

### Preliminaries

0173. **Safety Precautions.** Normal.

0174. **Revision.** Revise the standards of personal hygiene as taught in [Lesson 2B](#). Once covered, form the squad into a semi-circle.

0175. **Introduction.** *Explain:* In order for a cadet to sustain themselves whilst on exercise they must learn to prepare meals from the 24 hour ration pack correctly. High standards of hygiene and food safety will support good health and effectiveness.

## B. DEVELOPMENT

0176. **Hygiene.** It may seem difficult to maintain hygiene in the field but by following a few simple rules you can prevent illness and stop yourself becoming a casualty:

- a. Whenever possible, clean your hands before preparing food or opening rations. You can use an alcohol gel in the field.
- b. Only consume issued rations, never try to supplement rations from unknown or unsafe sources.
- c. Only drink issued water (either bottled or from an approved source) or, in emergency, water that has been correctly purified.
- d. Clean all eating and cooking utensils after use.
- e. Proper disposal of rubbish is essential otherwise it will attract flies and rodents.
- f. Keep the 'cooking area' clean and tidy. Use, clean and put away.

### The 24 Hour Multi Climate Ration (MCR) ([Fig 1-5](#)).

0177. *Explain:* The MCR is designed to produce two hot meals per day, a midday snack and lots of drinks. MCRs packs contain a mix of 'boil-in-the-bag' meals in foil pouches, powdered drinks and snacks. There are 38 different MCR packs. All the pouched food within the ration pack is designed to be eaten hot but if the tactical situation means you cannot cook, it can all be eaten cold too. MCRs are carefully designed to provide all the energy and nutrients your body needs to stay effective when working hard and living in the field (a mean average of 4000 Kcals, 550 g Carbohydrate, 133 g Fat, 100 g Protein). If you discard items, it cannot do this: you should aim to consume all the components in order to gain maximum benefit. On a short patrol, this may not matter but if you are reliant upon MCRs for extended periods it will become an important factor. There is now a wide selection of menus including vegetarian, kosher and halal packs. An example MCR (Menu 19) contains:

- a. Breakfast. Sausage, omelette and beans.
- b. Snacks. Mexican Tuna pasta, raspberry fruit grains, fruit and nut mix, golden oats snack bar, raspberry shortcake biscuit.
- c. Main Meal. Beef with Cassava, Fruit Cocktail in syrup.
- d. Sundries and Drinks Pack. Chewing gum, Tabasco sauce, weatherproof matches, paper tissues, water purification tablets, beverage whitener, sugar, tea, coffee, chocolate drink, an isotonic drink, wet-wipes and a menu sheet.



Fig 1-5- 24hr MCR

0178. **Cooking the Food.** *Explain and demonstrate:* Every cadet develops their own style of cooking rations and this is just a guide. To prepare your meal, follow the procedure below:

- a. *Lighting your Hexi Stove.* Find or make a level surface which is sheltered from the wind. An area twice the size of the stove should be cleared to ground level to prevent fire. You may need to dig a small hole to achieve this (make sure you replace the turf afterwards). Unfold the hexi stove, place it in position and break up a couple of hexi blocks onto it. Light the hexi blocks. If it is very wet and windy, the waterproof 'lifeboat' matches in the Ration Pack will always work.
- b. *Boiling Your Meal.* Check the foil pouch of the 'boil-in-the-bag' meal and if it is punctured discard it. Place the pouch into your mess tin or metal mug and cover it with water. Then put the mess tin or mug on the hexi stove. Do this carefully, spilt boiling water is at best irritating but could also scald you or your mates. Covering the boiling vessel with a lid reduces the time it takes to boil and, therefore the amount of fuel you use up too. Make sure that the water is properly boiling (ie bubbling a lot) and leave your meal in it for a couple of minutes. Lukewarm meals are miserable.
- c. *Eating your Meal and Making a Hot Drink.* Take the meal out of the boiling water carefully, perhaps using a spoon or the pliers on a multi-tool. It is obviously very hot and you may want to hold it in a gloved hand, cradled in a hat or similar. Use the boiling water to make a hot drink. Any extra hot water could be used for washing and shaving, or poured back into the water bottle. Never waste water!

0179. *Confirm by questions.*

### **Tactical Cooking**

0180. *Explain:* The tactical situation and surroundings must be considered before a meal is prepared. Cooking can be risky therefore:

- a. A sentry or a number of sentries must be posted depending on the threat.
- b. An area twice the size of the cooker should be cleared to ground level to avoid fire. Once the cooking is complete the ground used should be cleared and camouflaged.
- c. The burning of hexamine creates smells which can travel some distance, so it may be necessary to eat all meals cold. This is known as Hard Routine.
- d. The burning of paper, uneaten food as well as extinguishing hexamine with water causes smoke.
- e. Fire can be seen at night, so cooking should always take place during daylight hours.

0181. *Confirm by questions.*

### **Cooking in Extremes of Weather**

0182. *Explain:* In extreme weather conditions remember:

- a. When very cold there is a need to consume hot food and plenty of hot drinks. This will prevent the body temperature falling and also provide energy. The main meal, if possible, should be eaten late in the day, because it will keep energy levels high and provide warmth through the night. A main meal eaten prior to arduous exercise tends to burn off energy immediately.

b. In extreme heat there is a need to increase the intake of fluids and additional salt with food to replace those lost through sweating. The controlled intake of water after arduous exercise is essential. Any fluid taken during exercise will be sweated out immediately.

0183. *Confirm by questions.*

### **End of Meal Drills**

0184. *Explain and demonstrate:* After eating always:

- a. Wash mess tins, KFS and mug thoroughly before they are packed away.
- b. Pebbles, sand or grass tufts can be used to clean mess tins.
- c. Mess tins and KFS clean better when warm.
- d. The quantity of rubbish produced by the individual is small. The clear wrap used on the pouch meals may be used as rubbish bags.
- e. Hexamine is poisonous if ingested; therefore it should not be stored in mess tins.
- f. Rubbish should never be buried or left on the training area. Take your rubbish with you
- g. Scorch marks left from cooking should always be camouflaged before leaving.

0185. *Confirm by questions.*

## **C. CONSOLIDATION**

### **Conclusion**

0186. **End of Lesson Drill.**

- a. Questions from and to the squad on the lesson.
- b. **Normal safety precautions.**
- c. Summary. To include the following:
  - (1) The importance of preparation and personal cooking skills tempered with hygienic practices in the field.
  - (2) The importance of maintaining energy output and conserving water.
- d. A forecast of the squad's next lesson.