

Food and Drink



Why are food and drink so important?

- They effect your energy levels
 - They will have a massive impact on whether you enjoy your trip
 - They can set you up or bring you down!
- Both food and drink are nutrition and make up your health and well being
- They're what keeps us bouncing along!



What affects the amount of energy needed by us?

- Our age
- height
- body weight
- sex
- How far we're walking
- What the terrain is like
- Our metabolic rate

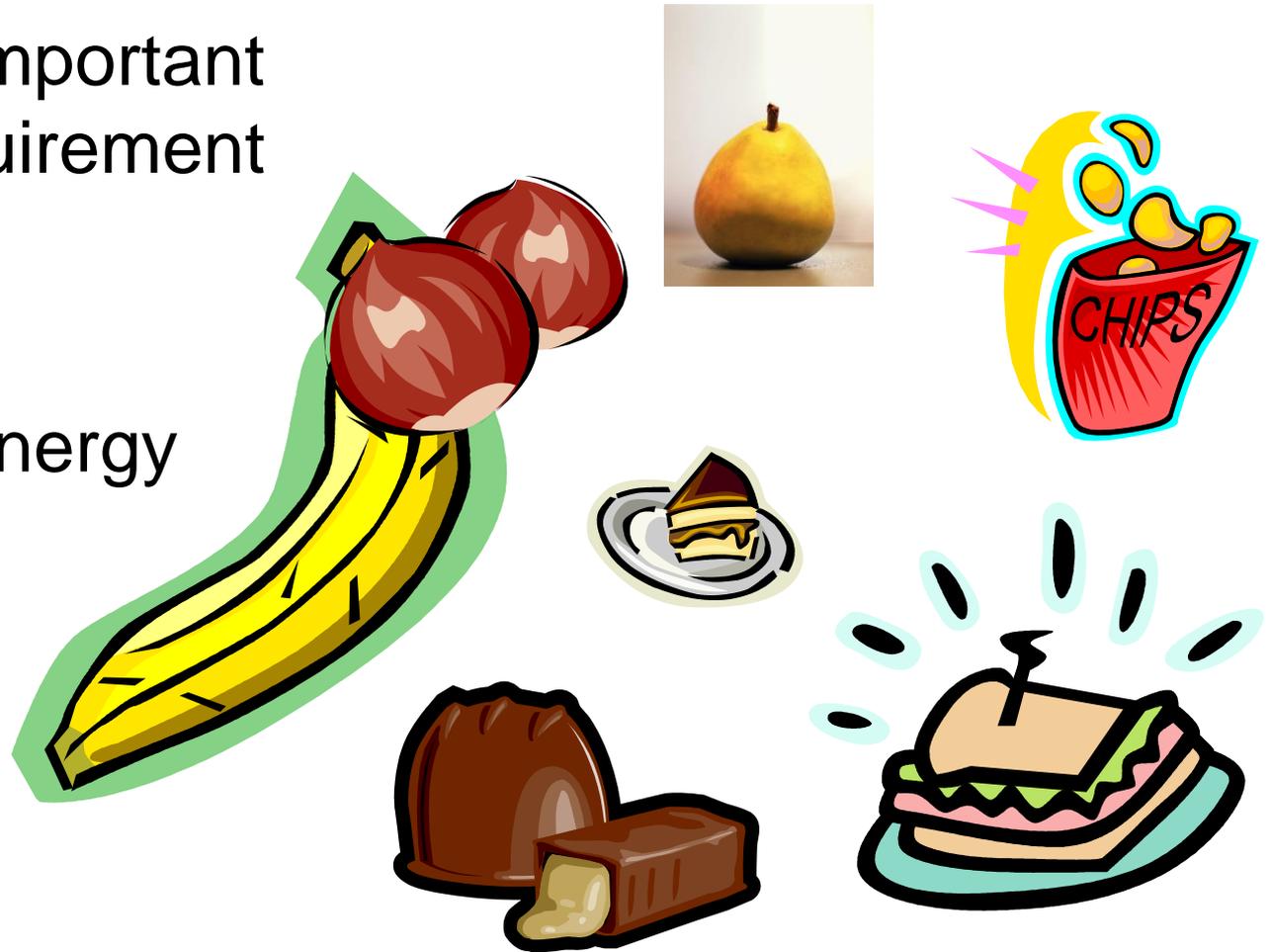


What's the starting point?

- A daily allowance of:
- 3,500 Kilocalories
- With adjustments for larger bodies, heavy loads or strenuous outings

For a day trip

- The most important dietary requirement is:
- Sufficient energy input



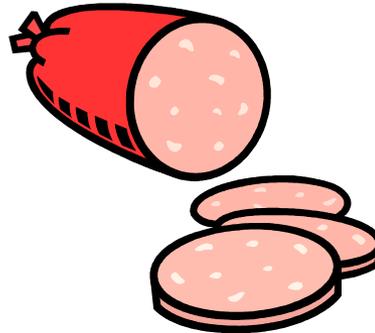
You need:

- A good breakfast,(1/4 of the day's intake)
mixing simple carbohydrates for instant energy with complex carbohydrates that are broken down more slowly, providing energy over a longer time.
- A good evening meal (1/3 of the day's intake)
- And inbetween...small installments through the day



For trips lasting longer than a day:

- A balance of nutritional requirements becomes more important:
- In addition to Carbohydrates, the body needs:
- Protein
- Fat
- Vitamins
- Minerals



We will need to plan for three meals

- Evening meal DAY ONE



- Breakfast DAY TWO



- Lunch DAY



How much energy do we use?



3.7
K.Cals/minute

70kg
11Stones

4
Km/Hr

1 Hour's walking will use 220
Kilocalories

Carrying a rucksack, walking uphill or at a faster pace:



**9.7 K.cals/minute
or 580 K.cals/Hr**

+ 7 Kilogram,
Rucksack

Or

at faster pace



**Energy
from 1
mars used
up in 35
minutes!**

If the food has to be carried while walking:

- Weight becomes an issue
- Packaging is dead weight from a nutritional point of view
- Any containers you take must be carried so:
 - AVOID TINNED FOOD
 - Transfer the contents into a lighter container

Comparing cooking times

- Can also help less fuel to be required?
- What takes longer to cook...

Pasta
or
Rice?



- Which requires more cooking time...

Packet soup
or
Instant soup



De-hydrated or Boil in the Bag?

- What are the possible pros and cons of these two types of meal?
- Dehydrated meals are light

BUT

require a considerable amount of fuel to re-hydrate

- Boil in the Bag meals are slightly heavier

BUT

They take much less time to cook so are not as extravagant in weight as they might seem

Meeting Dietary Requirements

- Some people are limited in their choice of food, either by religious or ethical convictions, or their own preferences.
- Everybody needs to be involved in the choice of food.
- In the UK it is relatively easy to find vegetarian meat substitutes and to use soya curd, beans and textured vegetable protein, which may also appeal to non-vegetarian members of the group

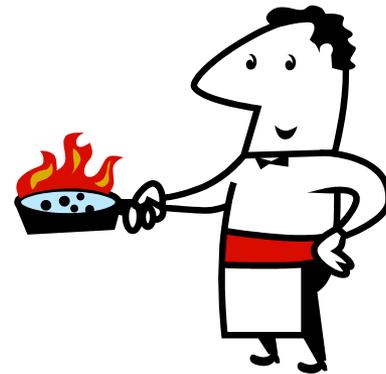


VARIETY

- Is most definitely the spice of life!!
- If your trip lasts more than a day, think carefully about the types of food you are bringing and how well the food will keep – Do you want to be eating soggy sandwiches AGAIN for lunch on day 3?
- Also think about how your food is stored and packed – lunch and snacks need to be easily accessible.

COOKING

- Can be fun and should include everyone in the group, but must be done safely and carefully.
- Stoves should only ever be used **OUTSIDE** the tent - if it's raining, take it in turns to be outside!
- The stove should be balanced and secure and there should be minimal movement around it, once lit.



Ignition...

- A stove is useless if it cannot be lit!
- Self igniting switches can be very effective, but an alternative flame source should always be taken:
- Matches – must be stored in waterproof container
- Cigarette lighters-must be checked regularly for fuel
- Fuel **MUST** be stored safely in a recognisable, safe container, in a designated fuel store.



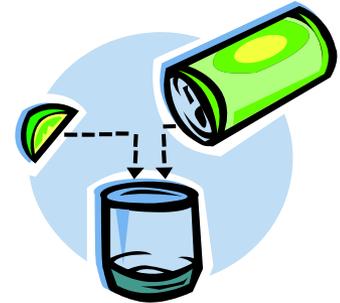
What can help reduce fuel consumption?

- Use a 2nd)larger) pan containing water as a lid, placing a well-fitting lid on top of this. Rising heat is thus utilised to warm additional water.
- Store excess hot water in a flask
- If cooking boil-in-the-bag, use the water afterwards to make soup or custard
- Pasta & rice can be partially cooked then set on one side with sufficient hot water to continue re-hydrating.



Drink!!

- Re-hydration is absolutely vital to the body's well being during exercise...why?
- The body uses water to maintain its optimum temperature of
- 37°C
- Without regular replacement of liquid the body becomes dehydrated, leading to ...
- Exhaustion or heat stroke



What to drink?

- Alcohol consumption would be inappropriate why?
- Impairs co-ordination and decision making ability
- Compromises the safety of others
- Makes us lose heat as veins come to the surface



Instead...

- **Drink: water,**
Fruit squash,
Isotonic Sports drinks
which help the body to re-hydrate
- **Adding small quantities of sugar**
and salt helps replace salt lost
through sweating
- **But most importantly...**
- **DRINK REGULARLY!**

