



BASILDON | BRAINTREE | BURY ST EDMUND | CAMBRIDGE | CHELMSFORD | COLCHESTER GRAYS | HAVERHILL | HUTTON | IPSWICH | KINGS LYNN
PETERBOROUGH CENTRAL | PETERBOROUGH PORTUGESE | SOUTHEND



SEC AREA 8 PATHFINDERS



GUIDE E CAMP PACK



During this camp you will complete the following honours and some requirements as well:





Travel

1. List as many modes of transportation you can think of that people use to get around the planet.

Narrow down the previous list to a “Top Five” most common modes of transportation. List the pros and cons of each of the “Top Five.”

1. _____
2. _____
3. _____
4. _____
5. _____

2. List some of the pros and cons of the following types of lodging:

Hotel/motel

Pros

Cons

Youth hostel

Pros

Cons

Friends/family

Pros

Cons

RV/trailer/camping

Pros

Cons

Resorts

Pros

Cons

3. What types of documentation may be necessary for travel?
Explain the purpose of each type of document.

4. Watch a travelogue program that shows travel scenery and
geography of a unique location.

5. Discuss in a group setting what kind of attitude travelers
should have when traveling abroad.

Date completed _____ Instructor's Signature _____
Nutrition



1. Describe the food pyramid guide.

List the number of servings required from each group per day.

Food Pyramid	Number of servings
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

Why is it important to eat a balanced diet?

2. Explain the difference between the following:

Lacto-ovo vegetarian _____

Ovo vegetarian _____

Vegan vegetarian _____

3. Plan a two-day menu, containing a balanced lacto-ovo vegetarian diet utilizing the food pyramid guide. (Complete chart)

4. What is another name for

Vitamin B1 _____

Vitamin B2 _____

5. List at least three significant food sources of the following nutrients:

	Source 1	Source2	Source 3
Vitamin C	_____	_____	_____
Vitamin A	_____	_____	_____
Vitamin B1	_____	_____	_____
Vitamin B2	_____	_____	_____
Iron	_____	_____	_____
Calcium	_____	_____	_____

6. Why is it important to drink plenty of water every day?

How much water should you drink every day?

7. Name three common diseases that can be controlled by diet.

1. _____ 3. _____
2. _____

8. What is the difference between whole-wheat flour and white flour?

Whole-wheat flour _____

White flour _____

Which one has the higher nutritive value?

9. What does RDA stand for?

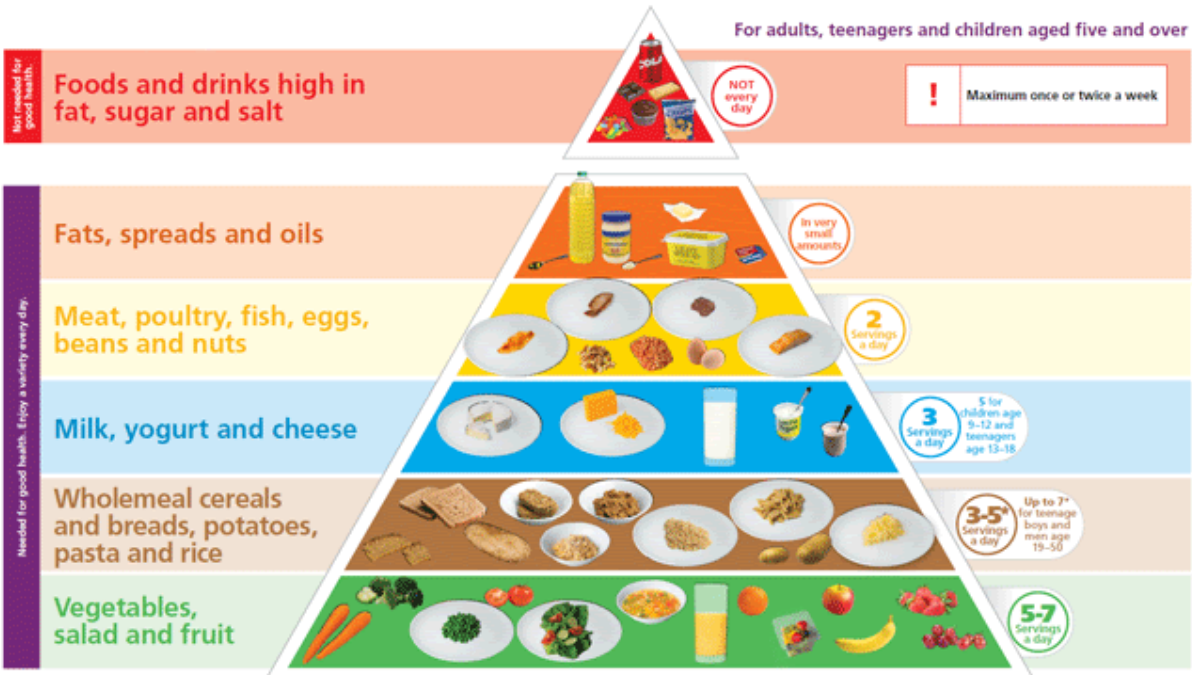
What does it mean?

10. Why is it important not to take excessive amounts of some vitamins and minerals?

Nutrition Chart

Plan a two-day menu containing a balanced lacto-ovo vegetarian diet from the food pyramid.

Breakfast	Lunch	Dinner





Ecology

1. Construct a diagram of a fresh-water pond ecosystem with pasted-on animal cut outs.

2. Pick one mammal, bird, reptile, and amphibian from your home environment, and for each construct a diagram of its ecological pyramid.

Mammal _____ Bird _____

Reptile _____ Amphibian _____

3. Know the meaning of the following terms:

Ecology

Community

Food chain

Commensalism

Ecological succession

Plankton

Conservation

Climax community

Eutrophication

Biome

4. Make detailed field observations and a careful library book study of the habitat of some small animal in your own environment. Write a report of about 700 words, one-half from your field observations and one-half from your book study.

5. Define an ecosystem and state what the basic biological and physical factors are that keep it a balanced system.

Ecosystem _____

Biological factors _____

Physical factors _____

6. Investigate the disposal of trash in your community. How much is disposed per family per day?

per week? _____

per year? _____

How better can it be taken care of?

7. Check the daily paper for one month for the nearest large city for the air pollution level or air quality and plot on graph paper the results for the month. Find out what caused the peaks on your graph.

8. List ten ways in which you might actively work to improve the environment in which you live. Put four of these into practice.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

9. Find a Spirit of Prophecy quotation and a Bible text pertinent to ecology, and be able to explain their relevance and application to our day.

Spirit of Prophecy _____

Bible Text _____

Explanation _____

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Sanctuary Honour

□ 1. Name the three main parts of the sanctuary and the courtyard.

1. _____
2. _____
3. _____

Tell what was in each part.

1. _____

2. _____

3. _____

Tell what each piece of furniture represents.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

2. Draw a scale model of the sanctuary, the courtyard and the position of all the furnishings. (Remember to add N, S, E, W)

3. How many coverings were over the sanctuary?

List the type of coverings in the order from inside to outside.

Tell what each covering represented.

1. _____

2. _____

4. The following colors were used in the sanctuary and in the priests clothing. Tell what each color represented.

Red _____

Blue _____

Purple _____

White _____

Black _____

Gold _____

Silver _____

Brass _____

5. Discuss and memorize 1 John 1:9, Daniel 8:14, and Exodus 25:8.

6. The priests were from which of the 12 tribes?

Why? _____

7. Describe the robe of the common priest.

The high priest.

8. Read and discuss The Great Controversy page 488 and Hebrews 4:14-16.

9. What kinds of animals were brought daily to the courtyard?

10. Write a paragraph or tell how you see Christ represented in the sanctuary and its services.

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Organization and Leadership Development

1. Following discussion, prepare a flow chart on denominational organization, with special details for your Division.



Camp Safety

1. Why is it important to find out what the local laws are before starting a camp fire? Where should you get that information?

2. Identify 3 reasons why a camp fire should never be left unattended.

-
-
-

2. List 10 rules for fire safety to consider when camping.

1)

2)

3)

4)

5)

6)

7)

8)

9)

10)

4. Identify the temperature the following foods should be kept at, and explain why this is important when camping:

a. Hot foods

b. Cold foods

5. List 5 things you can do to prevent animals from coming into your campsite.

•

•

•

•

•

6. What safety precautions should you consider when building a latrine?

7. Make a list of items that should be in a "First Aid Kit" and inspect your Pathfinder Club's camping first aid kit and make recommendations of any missing items as applicable.

8. List 5 things to consider when practicing good hygiene at a campsite where there is no running water (ie showers, flush toilets, sinks, or faucets).

9. Demonstrate 3 ways you can purify water when camping.

Type	Method

10. Identify 2 types of fuel used for camp cooking and explain what precautions should be used when using each type of fuel.

Fuel	Precaution

Discuss 5 guidelines for safely handling the following camping items:

a. knives

b. axes

c. saws

--

d. hatchets

e. machetes

11. Assist your club or conference leadership in a campsite safety inspection using the current Adventist Risk Management Pathfinder Camp Safety Inspection Form or its equivalent. (available for download from adventistrisk.com) – see attached