



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EDIBLE FIRES

Component: STEM

Time: 30 minutes

Building an EDIBLE FIRE



Goal: To engage kids in a brief talk about fire safety while making something edible.

Materials:

- Paper plates (safety circle)
- Small cup (water bucket)
- Fork (rake or shovel)
- Toothpick (match)
- Cheerios (fire ring)
- Shredded cheese (tinder)
- Pretzel sticks (kindling)
- Baby carrots (fuel)
- Red hots (sparks, small fire)
- Candy corn (large fire)

Procedure:

1. Engage and Connect: Ask the kids if they have ever helped build a campfire. Ask them if they know any of the precautions you should take when building a fire. Talk about the importance and rules of fire safety.
 - Having a cleared area (including above!) so that sparks will not set anything unintended on fire
 - Having tools to put the fire out nearby before you start it
 - Never *pouring* water on a fire (this is an excellent way to get badly burned - always sprinkle water on the coals in small amounts)
 - Tying back long hair and making sure that none of your clothing could catch fire as you are building or tending the flames.
2. Introduction and Set Up: Tell the kids that today they are making fires they can eat.



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Explain that you will talk them through each step of building their very own fire and that at the end they may eat it. (Or put it in a ziplock bag to eat later)

3. The Activity: Talk the kids through each step and see if any of them can predict what comes next. Pass out the materials only as they need them. (Note: pictures do not match since we are using some alternate ingredients but are included for reference)

**1. Collect your supplies
and pull back all long hair! (Pass out
each supply to the kids as they use it)**



**2. Clear a safety circle 5 feet out from
the fire circle**



3. Have your water bucket & tools nearby



4. Make your fire circle ring



**5. Make an "A" or "V" frame of logs
Open end facing the wind**

**6. Make a teepee or lean to of tinder
inside the logs in a corner of the A or V**



7. Light the tinder with a match, add sparks



8. When a small fire is started add kindling leaving room for air to flow



9. Now the fire is burning brightly



10. Completed Edible Fire!



With a real fire, when done the fire bucket would be used to put out the fire and the rake or shovel would be used to stir it up until cold to the touch.

However, in this case just eat the fire and drink from the fire bucket and leave a clean fire area!