

NUTRITION

Overview

Number of Meetings: 3

Advancements:

Tiger	<p>Tiger Bites</p> <ol style="list-style-type: none"> 1. Identify three good food choices and three foods that would not be good choices. 2. Show that you know the difference between a fruit and a vegetable. Eat one of each. 3. With your adult partner, pick a job to help your family at mealtime. Do it every day for one week. (homework) 4. Show you can keep yourself and your personal area clean. (homework) 5. Talk with your adult partner about what foods you can eat with your fingers. Practice your manners when eating them. (homework) 6. With your adult partner, plan and make a good snack choice or other nutritious food to share with your den.
Wolf	<p>Running with the Pack</p> <ol style="list-style-type: none"> 6. Demonstrate what it means to eat a balanced diet by helping to plan a healthy menu for a meal for your family. Make a shopping list of the food used to prepare the meal
Bear	<p>Bear Necessities</p> <ol style="list-style-type: none"> 5. With your den, plan a cooked lunch or dinner that is nutritious and balanced. Make a shopping list, and help shop for the food. On a campout or at another outdoor event, help cook the meal, and help clean up afterward.
WELEBOS	<p>Cast Iron Chef</p> <ol style="list-style-type: none"> 2. Set personal nutritional goals. Keep a food journal for one week; review your journal to determine if the goals were met. 3. Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. Shop for the items on your menu while staying within your budget. 5. Demonstrate an understanding of food safety practices while preparing the meal.
Arrow of Light	None
Webelos/Arrow of Light Elective Adventure	None

Supplies Needed:

Trail mix ingredients. Must include:

- ✓ 2 different dried fruits
- ✓ 2 different dried vegetables
- ✓ 2 different proteins (nuts/seeds)
- ✓ 2 different grains (pretzels/oats/etc.)

- ✓ Snack sized baggies for each boy
- ✓ Containers to divide and transport the trail mix ingredients to the packs
- ✓ Spoons to serve the ingredients
- ✓ 7 large manila envelope per pack

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Copies (1 per scout unless specified differently):

Session 1	<ul style="list-style-type: none">✓ Fruits and Vegetables Word Search✓ Food cards printed on card stock and cut; 1 set per 10 scouts.✓ Tiger Homework (half sheet)✓ Webelos Homework
Session 2	<ul style="list-style-type: none">✓ Outdoor Recipes & Cooking Strategies for Cub Scouts (1 per 4 Wolf, Bear and Webelos)✓ Meal Shopping list and Cost (1 for each Wolf, Bear, & Webelos)✓ Fork or Spoon worksheet
Session 3	<ul style="list-style-type: none">✓ Food Safety Activity book