

## Nutrition

### Session 1

Preparation and Materials needed	<ul style="list-style-type: none"> <li>✓ Materials needed for this session: Flag, copies of Fruits and Vegetables word search, pencils, crayons/markers, paper, Food Cards, manila envelopes labeled "Fruit," "Grain," "Vegetable," "Protein," "Dairy," "Food Safety" and "Poor Choice/Junk food." Have the homework for the Tigers and Webelos</li> <li>✓ Set up the room to give the scouts space to write, sit in groups of 4-6 to play a card game, and space to do a relay race.</li> <li>✓ Have Food Group Worksheets, pencil, and crayons/markers at every seat before the scouts enter the room so they can start immediately. They can complete the worksheet and/or color the picture.</li> <li>✓ Have the attendance sheet out and ready</li> <li>✓ Review the session to be prepared to lead the discussion. Do not read it to the scouts, be prepared ahead of time to smoothly lead the session.</li> </ul>
Gathering	Fruits and Vegetables word search
Opening	<ul style="list-style-type: none"> <li>✓ Pick 2 scouts to hold the flag, 1 scout to lead the Oath, and 1 scout to lead the Law.</li> <li>✓ Ensure all of the scouts are focused and ready to begin</li> </ul>
Talk Time	Food Group Relay
Activity	"Go Fish" with Food Cards
Closing	<ul style="list-style-type: none"> <li>✓ Point out positive behaviors and activities shown during this session.</li> <li>✓ Tell the scouts what next session will be.</li> <li>✓ Have the scouts clean up the room</li> <li>✓ Homework for Tigers and Webelos</li> </ul>
After the meeting	<ul style="list-style-type: none"> <li>✓ Enter the advancements per rank.               <ul style="list-style-type: none"> <li>• Tiger – Tiger Bites 1 &amp; 3</li> <li>• Wolf – none</li> <li>• Bear – None</li> <li>• Webelos – Cast Iron Chef 2</li> <li>• Arrow of Light – None</li> </ul> </li> <li>✓ Enter attendance</li> <li>✓ Turn in any needed documents into the district/council</li> <li>✓ Call, text, or e-mail 2 parents to share something positive about their scout. Make sure every scout has a positive comment before you return to these scouts.</li> </ul>

# Fruit and Vegetable Word Search

Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.



B F S E A Y A P A P  
 R C Q L S R P E A R  
 O H U P B A N A N A  
 C P A P Y R E L E C  
 C S S A Y A M S T E  
 O A H E G N A R O K  
 L E C A R R O T S I  
 I P G R A P E S K W  
 B E G G P L A N T I

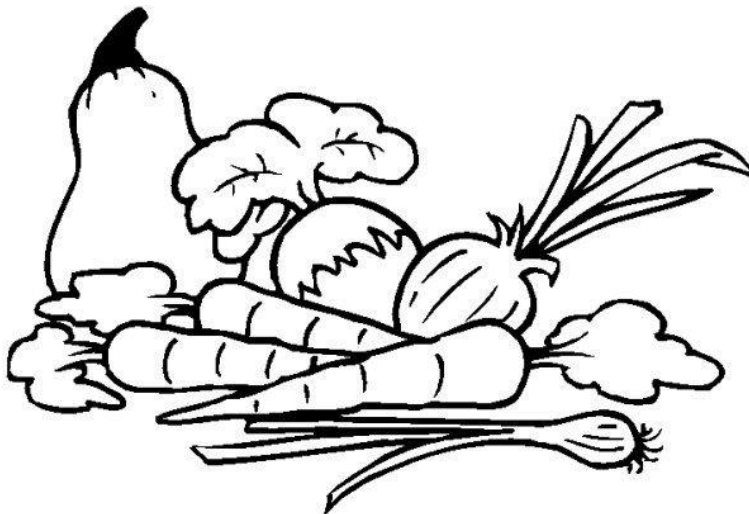


Apple  
 Banana  
 Broccoli  
 Carrots

Celery  
 Eggplant  
 Grapes  
 Kiwi

Orange  
 Papaya  
 Pear  
 Peas

Squash  
 Yams



## Answer Key

B F S E A Y A P A P  
R C Q L S R P E A R  
O H U P B A N A N A  
C P A P Y R E L E C  
C S S A Y A M S T E  
O A H E G N A R O K  
L E C A R R O T S I  
I P G R A P E S K W  
B E G G P L A N T I

### Talking Time: Food Group Relay

**Leader:** For the next 3 sessions we are going to be talking about nutrition. Today we are going to focus on the food groups, poor choice or junk food, and food safety. The food groups are Grains Group, Vegetables Group, Fruit Group, Milk Group, the Meat & Beans Group, and poor choices or Junk food group.

**Grains** are foods like cereal, bread, spaghetti, rice and crackers. Grains give you energy. Try to make half of your servings are whole grains. You can tell if something is a whole grain because the name usually has the word “whole” in it.

**Vegetables** are foods like broccoli, carrots, green beans, potatoes, spinach, and corn. Vegetables help keep you healthy and feeling good. You should try to eat at least one dark green vegetable or one orange vegetable each day.

**Some fruits** are apples, pears, cantaloupe melon, watermelon, grapes, and blueberries. Fruits fight off infections and help you heal when you get hurt. Fruits are a tasty snack to eat every day.

**The milk group** includes foods like milk, yogurt, cheese, ice cream and pudding. Foods from the milk group have calcium, which helps to grow strong bones and healthy teeth.

**The meats and beans group** includes foods like hamburgers, chicken, fish, eggs, beans and nuts. Foods from the meat and beans group are full of protein to help you build strong muscles. Try to eat leaner, less fatty meats to keep your heart healthy.

**Poor Choices or Junk food** are foods we like to eat, but are not very healthy. Examples of poor choices or junk food are candy, potato chips, chocolate, pork rinds, or soda.

**Food Safety** is very important any time we work with food. Important parts of food safety is washing hands, doing dishes, cleaning our cooking area, cooking food completely, keeping cold food cold, coking food completely, and cleaning raw food before eating it.

To practice the food groups we are going to play two games. The first game is the food group relay.

**Instructions:** Place the labeled manila envelopes at one end of the relay space. Divide the scouts into two equal groups. Use the Food Group Cards. Show the cards to the scouts and explain to boys they are to take a card, run to the envelope, put the cards in the right envelope, run back to their team and the next person takes the next card. The group that has sorted all of the cards first wins.

After both teams have finished sorting the cards check to see if cards in the correct envelope. Repeat the relays as many time as the leader would like, but make sure there is time for the “Go Fish” game.

### **Activity: Food Card “Go Fish”**

Instructions:

- Divide the scouts into groups of 4-6 boys.
- Give each 30 cards (make sure the cards are shuffled from the previous game)
- The scouts take turns being the dealer. The dealer shuffles the cards, gives each player 4 cards, and leave the rest of the deck in the middle of the table.
- The first person left of the dealer goes first. The player checks to see if they have any “pairs” and places them on the table in front of them. The pairs are pairs of the food groups (fruit and fruit, vegetable and vegetable, protein and protein, food safety and food safety). The player picks another player and ask them for something to pair up in their hand. The other player has to give them a card if they have one, if they do not have one the say “Go Fish.” The player goes fish by taking one card from the center. And the next person to the left goes next.
- The scouts continue playing until all of the pairs are found. The winner is the scout with the most pairs.

### **Closing:**

Leader: Did you learn about something new about food groups? Did the pictures of the foods make you hungry? At the next session we will look at the Cub Scout Outdoor Cookbook and learn how to plan a yummy meal either at home or outdoors.

## Tiger Homework

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Tiger Bites:

\_\_\_\_\_ 3. With your adult partner, pick a job to help your family at mealtime. Do it every day for one week.

Adult Partner, please allow your Tiger to do a job to help at meal time. Sign below after completing the requirements and return this paper to the Cub Scout meeting.

\_\_\_\_\_  
(Adult Partner's signature)

\_\_\_\_\_  
(Date)

## Tiger Homework

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Tiger Bites:

\_\_\_\_\_ 3. With your adult partner, pick a job to help your family at mealtime. Do it every day for one week.

Adult Partner, please allow your Tiger to do a job to help at meal time. Sign below after completing the requirements and return this paper to the Cub Scout meeting.

\_\_\_\_\_  
(Adult Partner's signature)

\_\_\_\_\_  
(Date)

# Webelos Homework

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Cast Iron Chef:

\_\_\_\_\_ 2. Set personal nutritional goals. Keep a food journal for one week; review your journal to determine if the goals were met.

Adult Partner, please help your Webelos set personal nutritional goals and do a food journal for a week. Work together to complete the form below and bring it back to the next scout meeting.

Personal Nutritional Goals	Met goal Yes or No
1.	
2.	
3.	

**Food Journal:** Write down everything you eat for 1 week.

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
snacks							

\_\_\_\_\_ (Adult Partner's signature)

\_\_\_\_\_ (Date)