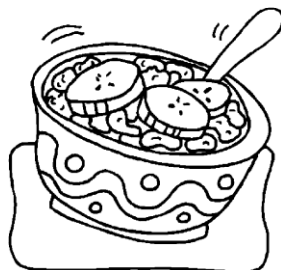
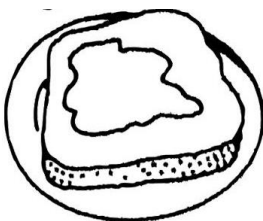
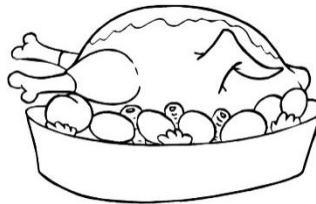
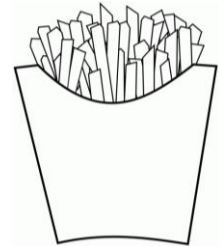
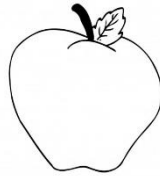
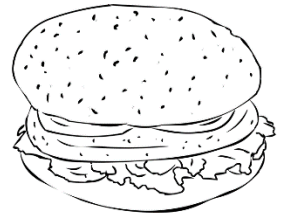
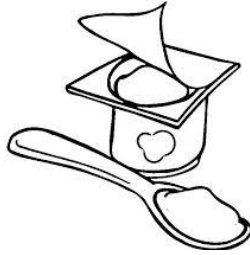


**Nutrition**  
Session 2

Preparation and Materials needed	<ul style="list-style-type: none"> <li>✓ Materials needed for this session: Flag, copies of Finger or fork worksheet, pencils, crayons/markers, paper, Food Cards, Meal Shopping List and Cost sheets for all Wolves, Bears, and Webelos, and Outdoor Recipe &amp; Cookbook for Cub Scouts. Have the homework for the Wolves, Bears, and Webelos</li> <li>✓ Set up the room to give the scouts space to write, and sit in groups of 4-6 to play a card game or look at the cookbook.</li> <li>✓ Have Fingers or Fork 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	<p>Fingers or Fork Work Sheet Gather homework from the Webelos and Tigers</p>
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	Fast Food Song / Chant
Activity	<p>Tiger – Food Card “Go Fish” Wolf, Bear, &amp; Webelos – Meal Shopping List and Cost <b><i>Optional – This session is all sitting...Plan some time to allow the scouts to play an active game.</i></b></p>
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 Wolves, Bears, 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, 2, &amp; 5</li> <li>• Wolf – Running with the Pack 6</li> <li>• Bear – Bear Necessities 5</li> <li>• Webelos – Cast Iron Chef 3</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>

# Finger or Fork?!?!?!?

Circle the foods you can POLITELY eat with your fingers and  
put an X on things you should use a fork or spoon.



## **Talking Time: Fast Food Song / Chant**

Leader: Ask the scouts if fast food is a good choice to eat every day?

Allow the scouts to respond and encourage any positive responses.

Leader: Fast food can taste good and you can get some good nutritious food at some fast food places, but fast food is “sometimes” food. Which means we should not eat it very often.

We are going to do the fast food song. You can sing it, talk/chant it, or make your own rap. But there are fun motions for the chants.

***Leaders say the names of the places and do the motions to show them to the scouts.***

Pizza Hut - Make a big triangle/pizza slice with raising arms up with the elbows bent at a 90 degree and have the finger tips meet together over the scouts head.

Kentucky Fried Chicken - Make chicken wings by having the scouts put their hands in their arm pits and flap their elbows/wings.

McDonalds - Make a big “M” with arms above their head and their fingertips meet on their head.

Burger King - Make a crown on the scouts heads by spreading all finger and put their hands on either side of their head.

Long John Silvers - Have the scouts look over the sea by shading their eyes with their hand on their forehead.

Red Robin - The scouts be a Robin by straightening their arms and back with their palms down like a wings, bend forward at the waist to look like a bird and shake their tail feathers/behind.

### **The Fast Food Song**

A Pizza Hut a Pizza Hut  
Kentucky Fried Chicken and a Pizza Hut  
A Pizza Hut a Pizza Hut  
Kentucky Fried Chicken and a Pizza Hut  
McDonalds McDonalds  
Kentucky Fried Chicken and a Pizza Hut  
McDonalds McDonalds  
Kentucky Fried Chicken and a Pizza Hut

A Burger King, A Burger King

Long John Silvers and a Burger King.  
A Burger King, A Burger King.  
Long John Silvers and a Burger King.  
Red Robin, Red Robin.

Long John Silvers and a Burger King.  
Red Robin, Red Robin.  
Long John Silvers and a Burger King!

**Activity:**

Tiger's – Food Group "Go Fish" instructions in session 1

Wolves, Bears, & Webelos – Meal Shopping List and Cost

Leader:

Fast food is a sometimes food. That means most of the time we eat a home that someone prepared. Today we are going to look at the Outdoor Recipes & Cooking Strategies for Cub Scouts. We are going to pick out a meal we would like to eat, make a shopping list, and figure out how much it will cost to make the meal. Bears and Webelos, if you want to earn your badges, you have to go home and cook these meals for your family or make it at a camp out. But, today, we are going to do all the prep work.

Instructions: Give each scout the Meal Shopping List and Cost worksheet. Put the scouts in groups of 4 to share the cookbook. Give the scouts a budget amount, suggest \$5 per household member, to complete the worksheet. Move around and among with the scouts to help them complete the worksheet.

***This session is all sitting. If the scouts are wiggly, plan a fun, active game such as the food group relay form session 1.***

**Closing:**

Leader: At the next session we will be making a healthy snack from the Outdoor Recipes & Cooking Strategies for Cub Scout cookbook. Think about what we will have to do to make a snack. Think about food safety, using manners, and be prepared to try to taste something you might not have eaten before.

Bears, and Webelos you have homework. Try to make the food you picked out today. Write the recipe on the back of your homework sheet.

## Bear Homework

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

### Bear Necessities

\_\_\_\_\_ 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.

Partnering Adult, Please help your Bear to use the shopping list they created and make the meal they planned. After the requirement has been met, please sign below and bring it back to the next scout meeting.

\_\_\_\_\_  
(Partnering Adult)

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

## Bear Homework

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

### Bear Necessities

\_\_\_\_\_ 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.

Partnering Adult, Please help your Bear to use the shopping list they created and make the meal they planned. After the requirement has been met, please sign below and bring it back to the next scout meeting.

\_\_\_\_\_  
(Partnering Adult)

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

# Webelos Homework

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

## Cast Iron Chef

- \_\_\_\_\_ 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.
- \_\_\_\_\_ 4. Prepare a balanced meal for your den or family; utilize one of the methods below for preparation of part of your meal:
- a. Camp stove
  - b. Dutch oven
  - c. Box oven
  - d. Solar oven
  - e. Open campfire or charcoal
- \_\_\_\_\_ 5. Demonstrate an understanding of food safety practices while preparing the meal.

Partnering Adult, please help your Webelos to complete this requirement. He has already planned the meal and made the shopping list, please help them shop for the food, cook the meal using the above methods. Help them make sure they washed their hands and use food safety. Sign below that they completed the requirements and return this form for credit.

\_\_\_\_\_  
(Partnering Adult Signature)

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

# Webelos Homework

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

## Cast Iron Chef

- \_\_\_\_\_ 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.
- \_\_\_\_\_ 4. Prepare a balanced meal for your den or family; utilize one of the methods below for preparation of part of your meal:
- a. Camp stove
  - b. Dutch oven
  - c. Box oven
  - d. Solar oven
  - e. Open campfire or charcoal
- \_\_\_\_\_ 5. Demonstrate an understanding of food safety practices while preparing the meal.

Partnering Adult, please help your Webelos to complete this requirement. He has already planned the meal and made the shopping list, please help them shop for the food, cook the meal using the above methods. Help them make sure they washed their hands and use food safety. Sign below that they completed the requirements and return this form for credit.

\_\_\_\_\_  
(Partnering Adult Signature)

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