

**Nutrition**  
Session 3

Preparation and Materials needed	<ul style="list-style-type: none"> <li>✓ Materials needed for this session: Flag, Food Safety Activity book, pencils, crayons/markers, paper, Food Cards, Trail mix ingredients, snack sized baggies for each scout, and spoons</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.</li> <li>✓ Have Food Safety Activity book, pencil, and crayons/markers at every seat before the scouts enter the room so they can start immediately.</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	Food Safety Activity Book Gather homework from the Webelos and Bears
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 Safety
Activity	Taste Test Safely make Trail Mix
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, 4, 5 &amp; 6</li> <li>• Wolf – none</li> <li>• Bear – none</li> <li>• Webelos – none</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>

**Talk Time: Food Safety**

Leader: What have you learned about food safety by doing the food safety activity book or over the last 2 sessions?

*Encourage any positive responses*

Leader: Please tell me about:

- Hand Washing
- Separating raw food from fresh food
- How hot food should be when we cook it
- How can we keep cold food cold

*Encourage any positive responses. The answers are in the activity book.*

### **Activity: Taste Testing & Making Trail Mix**

Instructions:

1. Take all of the scouts to wash their hands
2. Ask 2 Tigers to clean the table and explain they are preparing the food prep area.
3. Present the ingredients to the scouts. Have them identify which food group for each ingredient.
4. Ask the scouts what they should do to serve these ingredients safely. (Encourage positive answers. Look for clean the area, use separate clean spoons to serve, wash hands, & do not share anything they put in their mouth)
5. Ask the scouts if they need a fork or spoon to eat trail mix politely or can they use their hands. (Correct answer is use a spoon to serve but can use their fingers to eat from their own bowl/bag.)
6. **Check if any scout has a food allergy and do not give them anything they are allergic to and use a separate spoon for that scout.** Use a clean spoon and give each scout one of each ingredient directly into their hand.
7. Make sure the Tigers eat a vegetable and a fruit.
8. Ask what the scouts liked or did not like. Remind the scouts people have different tastes, so do not yuck someone else's yum.
9. Give each scout a snack size baggie.
10. Allow the scouts to make their own trail mix by taking up to 2 spoonful of each ingredients.
11. After the scouts make their trail mix ask them to sit in groups to play "Food Group Go Fish" while they enjoy their trail mix.

### **Closing:**

Leader: After learning so much about food safety, food groups, good food choices and poor choices I hope everyone makes and eats great food!

If a Tiger attended all 3 sessions and completed their homework they earned their Tiger Bites.