

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 <p>Germ's Alive:</p> <ol style="list-style-type: none"> 1. Wash your hands while singing the "Germ song". 2. Use sanitizer or school glue to play the Germ Magnet game. Wash your hands afterwards. 3. Make a clean room chart. Do those chores for at least a week. 4. Grow mold <p>Call of the Wild:</p> <ol style="list-style-type: none"> 1. To keep from spreading your germs.
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

Developed at Crossroads of America Council - After School District - Lead by Josette Crawford

Committee members:

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Supplies Needed:

Trail mix ingredients. Must include:	✓ Snack sized baggies for each boy
✓ 2 different dried fruits	✓ Containers to divide and transport the trail mix ingredients to the packs
✓ 2 different dried vegetables	✓ Spoons to serve the ingredients
✓ 2 different proteins (nuts/seeds)	✓ 7 large manila envelope per pack
✓ 2 different grains (pretzels/oats/etc.)	

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 ✓ Germ song ✓ Grow mold using Bread and water in a baggie ✓ Germ Magnet game
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 ✓ Sink the germs game
Session 3	<ul style="list-style-type: none"> ✓ Food Safety Activity book ✓ Make snack

Session 1

Preparation and Materials needed	<ul style="list-style-type: none"> ✓ 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 ✓ 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. ✓ 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. ✓ Have the attendance sheet out and ready ✓ 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.
Gathering	Fruits and Vegetables word search
Opening	<ul style="list-style-type: none"> ✓ Pick 2 scouts to hold the flag, 1 scout to lead the Oath, and 1 scout to lead the Law. ✓ Ensure all of the scouts are focused and ready to begin
Talk Time	Food Group Relay

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Activity	<p>“Germ song”</p> <p>“Germ Magnet” game</p> <p>Grow mold</p>
Closing	<ul style="list-style-type: none"> ✓ Point out positive behaviors and activities shown during this session. ✓ Tell the scouts what next session will be. ✓ Have the scouts clean up the room ✓ Homework for Tigers and Webelos
After the meeting	<ul style="list-style-type: none"> ✓ Enter the advancements per rank. <ul style="list-style-type: none"> • Tiger – Tiger Bites 1 & 3 • Wolf – Call of the Wild 5c, Germs Alive! • Bear – None • Webelos – Cast Iron Chef 2 • Arrow of Light – None ✓ Enter attendance ✓ Turn in any needed documents into the district/council ✓ 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.

Gathering: Fruit and veggie word search

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

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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 help everyone remembers to be safe and germ free, we get to learn a new song called the Germ Song

Sing the “Germ song” while washing your hands.

Germ Song

Sing to the tune of Happy Birthday

No dirty paws for me,
No dirty paws for me,
A Wolf Scout is clean,
No dirty paws for me.

Clean paws keep me strong,
Clean paws keep me strong,
A Wolf Scout is smart,
Clean paws keep me strong!

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Activity 1: Food Group Relay

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

- Divide the scouts into equal groups.
- At one end of the space set up the large envelopes labeled
- Divide the sets of food cards equally
- To race, give the first scout a food card. The scouts runs to the envelopes and puts it in the accurate envelope, runs back to the group and sits. As soon as the scout sits, the next person can go. Repeat until everyone has gone or you are out of cards.

Activity 2: “Germ Magnet” game:

You can either form a line and spread the “germs” down the line or you can play germ tag. To do “down the line” you line up the boys, add hand sanitizer or glue to the first boy in line, the boys shake hands with the person next to them, and go all the way down the line.

For the germ tag, put sanitizer or glue in the hand of the boy that is “it”. They have to then tag the other boys to spread the germs. * If you are playing germ tag make sure the boys only touch arms and not clothes.

Have the scouts check to see who has glue or hand sanitizer on themselves at the end. Explain the hand sanitizer or glue is just like germs. The only way to make sure you do not get someone else’s germs is to wash your hands.

Go wash hands and do the Germ Song while washing.

Activity 3: Growing Mold

Step 1:

Gather the necessary materials. To grow mold on bread you will need to collect the following materials: a slice of bread (any kind), a sealable plastic bag, a spray bottle, and water. You can use any type of bread, but know that store-bought sandwich bread contains preservatives and will take longer to grow mold. Fresh bread will grow mold faster.^[1]

- A spray bottle is not entirely necessary, but it is an easy way to evenly coat the bread in a fine mist of water.
- Fill the spray bottle with water before beginning the experiment.
- If you don’t have a plastic bag, you can replace it with some other sealable clear container. You want it to be clear so you can observe the mold growth and sealable to contain the mold. An old plastic or glass jar would also work.

Step 2:

Spray the bread with water. Using the spray bottle, lightly spray the piece of bread with a coat of mist. You don’t want the bread to be soaked, you just want there to be some moisture to stimulate the growth of the mold. One spray is sufficient.^[2]

- Alternative methods for keeping the environment moist include:
 - Placing a wet paper towel in the plastic bag with the bread.
 - Sprinkling some water over the top of the piece of bread.
 - Spraying the inside of the bag instead of directly on the bread.

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Step 3:

Seal the bread in the plastic bag. Place your moistened piece of bread into the plastic bag and seal it closed. For the remainder of the experiment you'll want to keep this bag sealed to avoid exposing yourself to the mold spores that will grow on the bread.

Step 4:

Store the bread in a damp, warm area. Mold thrives in warm environments with moisture in the air.¹ Find a warm place in your home and store the sealed bread here. You've already supplied sufficient moisture to the bread for growth.

- Mold does not need sunlight to create food; it gets food from the bread itself. This is why mold often grows in dark, damp areas such as basements.

Step 5:

Observe the mold growth. Make daily observations of your bread and track the growth of mold. It should take around 7-10 days before you will be able to see significant growth on the bread. You could see growth as soon as 5 days depending on the type of bread you used. Remember, fresh bread will mold faster than store-bought bread containing preservatives.¹⁵

- If you notice the bread has dried out, you may need to add more water. If this is the case, wear rubber gloves and a mask to protect yourself from being exposed to the mold spores.

Step 6:

Throw away the baggie and wash your hands.

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.

Session 2

Preparation and Materials needed	<ul style="list-style-type: none"> ✓ 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 & Cookbook for Cub Scouts. Have the homework for the Wolves, Bears, and Webelos ✓ 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. ✓ 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. ✓ Have the attendance sheet out and ready ✓ 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.
Gathering	<p>Fingers or Fork Work Sheet</p> <p>Gather homework from the Webelos and Tigers</p>
Opening	<ul style="list-style-type: none"> ✓ Pick 2 scouts to hold the flag, 1 scout to lead the Oath, and 1 scout to lead the Law.

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	<ul style="list-style-type: none"> ✓ Ensure all of the scouts are focused and ready to begin
Talk Time	Food Chant song (optional)
Activity	Tiger – Food Card “Go Fish” Wolf, Bear, & Webelos – Meal Shopping List and Cost <i>Optional – This session is all sitting...Plan some time to allow the scouts to play an active game.</i>
Closing	<ul style="list-style-type: none"> ✓ Point out positive behaviors and activities shown during this session. ✓ Tell the scouts what next session will be. ✓ Have the scouts clean up the room ✓ Homework for Wolves, Bears, and Webelos
After the meeting	<ul style="list-style-type: none"> ✓ Enter the advancements per rank. <ul style="list-style-type: none"> • Tiger – Tiger Bites 1, 2, & 5 • Wolf – Running with the Pack 6 • Bear – Bear Necessities 5 • Webelos – Cast Iron Chef 3 • Arrow of Light – None ✓ Enter attendance ✓ Turn in any needed documents into the district/council ✓ 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.

Gathering: Fork or Fingers

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.

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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: 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. Move around and among with the scouts to help them complete the worksheet.

Depending on your pack size and ability group you can either make this a sitting activity or they can decide their meals at the tables and then move to another table to “shop”. The other table should have the pictures of food on it that they can use to “make” their meal.

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: Lions & Tigers Food Card “Go Fish”

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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: 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.

Session 3

Preparation and Materials needed	<ul style="list-style-type: none"> ✓ 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 ✓ Set up the room to give the scouts space to write, and sit in groups of 4-6 to play a card game. ✓ Have Food Safety Activity book, pencil, and crayons/markers at every seat before the scouts enter the room so they can start immediately. ✓ Have the attendance sheet out and ready ✓ 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.
Gathering	<p>Food Safety Activity Book Gather homework from the Webelos and Bears</p> <ul style="list-style-type: none"> ✓ Pick 2 scouts to hold the flag, 1 scout to lead the Oath, and 1 scout to lead the Law. ✓ Ensure all of the scouts are focused and ready to begin
Talk Time	Food Safety
Activity	Safely make Trail Mix

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Closing	<ul style="list-style-type: none">✓ Point out positive behaviors and activities shown during this session.✓ Tell the scouts what next session will be.✓ Have the scouts clean up the room✓ Homework for Wolves, Bears, and Webelos
After the meeting	<ul style="list-style-type: none">✓ Enter the advancements per rank.<ul style="list-style-type: none">• Tiger – Tiger Bites 1, 2, 4, 5 & 6• Wolf – none• Bear – none• Webelos – none• Arrow of Light – None✓ Enter attendance✓ Turn in any needed documents into the district/council✓ 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.

Gathering: Food Safety Work Book

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.)

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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 spoonfuls 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.

Go through the workbook with the kids and ask questions related to food safety.

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!