

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

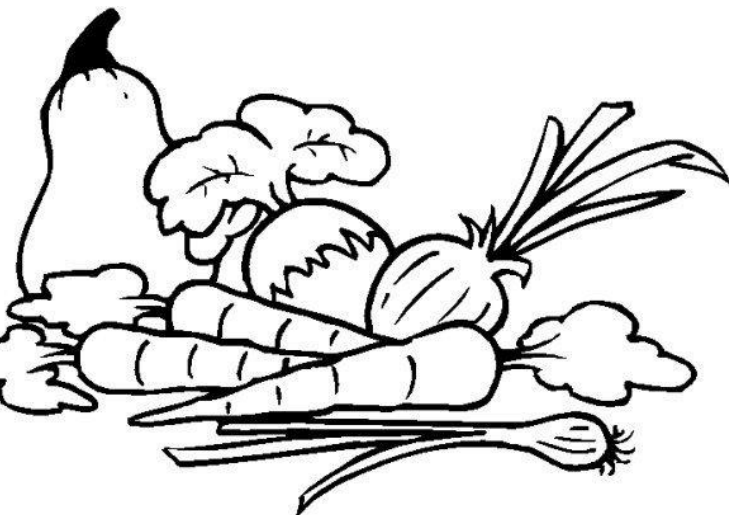


Apple
 Banana
 Broccoli
 Carrots

Celery
 Eggplant
 Grapes
 Kiwi

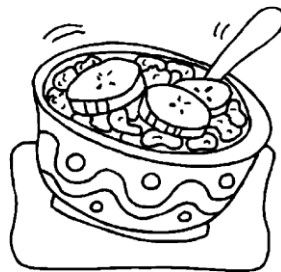
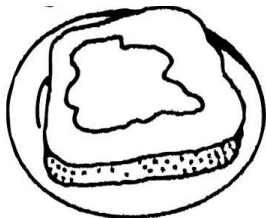
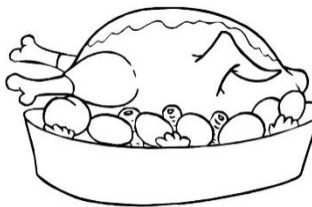
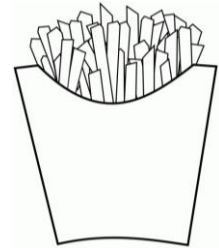
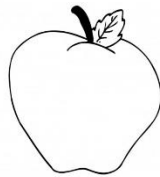
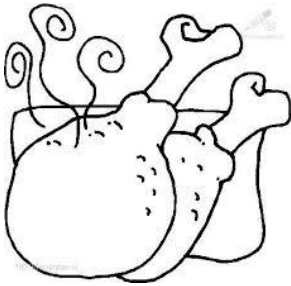
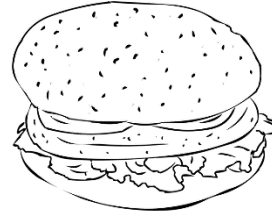
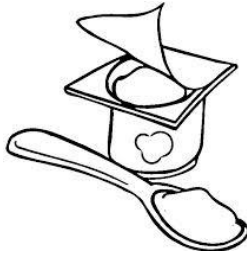
Orange
 Papaya
 Pear
 Peas

Squash
 Yams



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.



Meal Shopping List and Cost

Instructions: The Leader will give you your budget to feed a meal to your family while camping. Use the Cub Scout cook book and pick the main dish and side dish for your meal of choice. Write the name of the dish and the ingredients needed to make the meal. Use the prices of the ingredients below to make sure you pick a meal you can make within your budget.

Food	Price	
American cheese slices	3.85	16 slices
barbecue sauce	3.49	18 ounces
bisquick baking mix	2.3	20 ounces
bread rolls	2.99	12 rolls
butter	1.95	1 pound
carrots	1.69	16 ounces
cashews	7.98	18 ounces
chicken breast	1.59	per piece
chicken legs	0.49	per piece
cooking spray	2.68	14 once can
corn chips	2.68	9 ounces
corn flakes	3.13	33 ounce box
corn on the cob	0.83	per cob
coucous	1.95	3 servings
cream of mushroom soup	0.99	6 ounces can
croissant rolls	1.98	8 rolls
deli sliced meat	4.5	per pound
eggs	2.57	dozen
garlic powder	0.99	per container
green peppers	1.99	per pepper
ground beef	1.06	per serving/person
ground ginger	0.99	per shaker
italian dressing mix	1.98	per packet
ketchup	2.29	20 ounces bottle
chocolate pudding	0.98	3 oz.
olly Ranchers	3.74	20 oz.
cocoa powder	2.5	.08 oz.
vanilla	4.99	1 oz.
refrigerated biscuits	2.19	16.3 oz.

Food	Price	
lettuce	1.51	per head
milk	3.86	gallon
mushrooms	5.51	6 ounces
mustard	1.49	8 ounces
olive oil	4.64	8 ounces
onion soup mix	1.56	3 packets
onions	0.27	per onion
paprika	0.99	shaker
parsley	3.2	small bunch
pepper	0.99	per shaker
pepperoni	2.63	6 ounces
pizza crust	3.98	1 lg crust
powdered sugar/confectioners' sugar	4.12	48 ounces
red potatoes	0.36	per serving/person
salsa	2.08	16 ounces
salt	0.99	per shaker
seasoned stuffing	2.51	12 ounces
shredded cheese	4.39	8 ounces
sour cream	1.59	8 ounces
spaghetti sauce	2.08	24 ounces
summer squash	0.49	per squash
taco seasoning mix	1.02	per package
tomato	0.69	per tomato
zucchini	0.53	per zucchini
cream cheese	3.09	8 oz. block
bottled water	3.64	12
brown sugar	1.36	16 oz.
cinnamon sugar	1.69	16oz
dowel rod	2.49	per rod

Chosen Dish: _____

Ingredients: _____

Cost: _____

Ingredients: _____

Cost: _____

Total Cost: _____

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:
- Camp stove
 - Dutch oven
 - Box oven
 - Solar oven
 - 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:
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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)

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)