

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)

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		Food	Price	
american cheese slices	3.85	16 slices	lettuce	1.51	per head
barbecue sauce	3.49	18 ounces	milk	3.86	gallon
bisquick baking mix	2.3	20 ounces	mushrooms	5.51	6 ounces
bread rolls	2.99	12 rolls	mustard	1.49	8 ounces
butter	1.95	1 pound	olive oil	4.64	8 ounces
carrots	1.69	16 ounces	onion soup mix	1.56	3 packets
cashews	7.98	18 ounces	onions	0.27	per onion
chicken breast	1.59	per piece	paprika	0.99	shaker
chicken legs	0.49	per piece	parsley	3.2	small bunch
cooking spray	2.68	14 once can	pepper	0.99	per shaker
corn chips	2.68	9 ounces	pepperoni	2.63	6 ounces
corn flakes	3.13	33 once box	pizza crust	3.98	1 lg crust
corn on the cob	0.83	per cob	powdered sugar/confec	4.12	48 ounces
coucouis	1.95	3 servings	red potatoes	0.36	per serving/person
cream of mushroom soup	0.99	6 ounces can	salsa	2.08	16 ounces
crescent rolls	1.98	8 rolls	salt	0.99	per shaker
deli sliced meat	4.5	per pound	seasoned stuffing	2.51	12 ounces
eggs	2.57	dozen	shredded cheese	4.39	8 ounces
garlic powder	0.99	per cantainer	sour cream	1.59	8 ounces
green peppers	1.99	per pepper	spaghetti sauce	2.08	24 ounces
ground beef	1.06	per serving/person	summer squash	0.49	per squash
ground ginger	0.99	per shaker	taco seasoning mix	1.02	per package
Italian dressing mix	1.98	per packet	tomato	0.69	per tomato
ketchup	2.29	20 ounces bottle	zucchini	0.53	per zucchini
chocolate pudding	0.98	3 oz	cream cheese	3.09	8 oz block
Jolly Ranchers	3.74	20 oz	bottled water	3.64	12
cocoa powder	2.5	.08 oz	brown sugar	1.36	16 oz
vanilla	4.99	1 oz	cinnamon sugar	1.69	16oz
refridgerated bicuits	2.19	16.3 oz	dowel rod	2.49	per rod

Chosen Dish: _____

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:

- 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.

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- 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)