

Preparation and Materials needed	<ul style="list-style-type: none"> ✓ Materials needed for this session: Flag, Cub Scout booklet, 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, and space to do a relay race. ✓ Have nutrition page of the booklet out, 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
Activity	<p>Grow mold</p> <p>“Germ Magnet” game</p> <p>“Germsong”</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.

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, cooking food completely, and cleaning raw food before eating it.

To practice the food groups we are going to play the food group relay.

Divide the scouts into groups, give them equal numbers of cards. The goal of the game is to divide the cards correctly. Each scout takes a card, runs to the envelopes and puts the card in the right envelope, runs back and send the next scout. The first team that sorts every card correctly wins.

Activity – Grow mold:

Now that we have touched everything, let's see if we can grow some 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.

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.^[4] Find a warm place in your home and store the sealed bread here. You've already supplied sufficient moisture to the bread for growth.

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- 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.^[5]

- 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.

Activity 2 - "Germ Magnet" game:

Mold is going to grow on the bread because we have germs on our hand. Do you ever think about how we get and/or spread germs. We are going to "SEE" how that happens right now!

Line up the scouts, add glue to the first scout in line, the scout shake hands with the person next to them, and go all the way down the line. See how many people have glue on their hands by the end.

Activity 3 – Germ Song:

Now that we are all germy, let's go wash our hands and learn a Cub Scout Song doing it.

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 Cub Scout is clean,
No dirty paws for me.

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

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.