

WEEK 25 - NUTRITION

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, Meal Shopping List and Cost sheets for all 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 open in the booklet, 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. ✓ Ensure all of the scouts are focused and ready to begin
Talk Time	Food Chant song (optional)
Activity	<p>Lions, Tiger, & Wolf – Food Card “Go Fish”</p> <p>Bear & Webelos – Meal Shopping List and Cost</p> <p>Optional – This session is all sitting...Plan some time to allow the scouts to play an active game.</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 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.

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 scout's 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.

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:

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.

Activity: Food Card “Go Fish”

Lions, Tigers, and Wolves

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.