

Cub Scout Den Meeting Outline

Month: **January**

Week: **2**

Point of the Scout Law: **Obedient**

	Tiger	Wolf	Bear	Webelos	Arrow of Light
Before the Meeting	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.	Gather materials for gathering and other activities, games and have home assignments (if any) ready.
Gathering	Food Word Search				
Opening	Good Friends Opening				
Activities/Project	Food Choices with Groups				
Game/Song	The Food Game/Fruit Basket				
Business items/Take home	Tiger Bites 2, 3, 5, 6; Games Tigers Play 5	Running with the Pack 6	None	Cast Iron Chef 2, 3, 4, 5	None
Closing	Healthy Food Names Closing				
After the meeting					

Materials:

Gathering: copies of word search, pencils/pens

Opening: flag

Project/Activity: none

Game/Song: scissors, food game cards copied

Closing: none

Home assignments: See home assignment sheets

Advancement:

Tiger - Tiger Bites 1, 2, 3, 5, 6; Games Tigers Play 5

Wolf – Running with the Pack 6

Bear – None

Webelos – Cast Iron Chef 2, 3, 4, 5

Arrow of Light – None

Food Search

S L O F I R U O M R A V F J Y
H K A R T S N E Y U R D U Z O
O Z A U F E A K N M K K V D W
P W S I W L B E O Y M R H O A
P S I T T L M P L A N U S O N
I B E I Y H T L A E H P Y F I
N R M C D N V E G E T A B L E
G E B I I M A K O P O G N B T
H Z V A X O Y R I A D R M M O
F T E B L S H B U D G E T Y R
D A T G N A Y C G J A H J L P
I H M I A T N D G L X S U O E
E V A I U V E C S O Q R P M Z
T R J X L N X B E E O N D F H
G T Z M P Y U H J D R D O Z P

Find the following words:

Balanced
Budget
Choices
Dairy
Den
Diet
Family
Food
Fruit
Good

Grains
Healthy
Meals
Mealtime
Menu
Plan
Protein
Shopping
Vegetable
Yummy



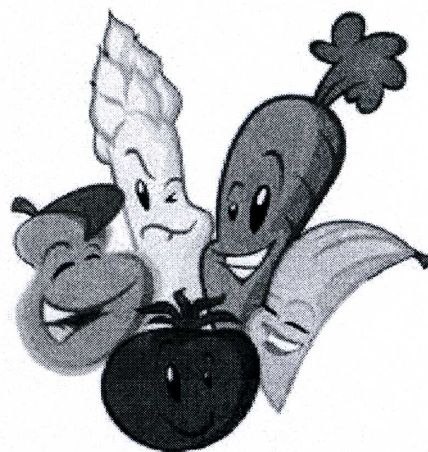
Food Search



Find the following words:

- Balanced
- Budget
- Choices
- Dairy
- Den
- Diet
- Family
- Food
- Fruit
- Good

- Grains
- Healthy
- Meals
- Mealtime
- Menu
- Plan
- Protein
- Shopping
- Vegetable
- Yummy



Good Friends Opening

Have the Cub Scouts form a circle. Cubmaster stands in the middle with flag.

Materials

US Flag

Cubmaster:

Here am I with the flag of the United States of America. It is a good friend. Let us honor our flag by saying the Pledge of Allegiance.

[Group all says the Pledge of Allegiance.]

Cubmaster:

Here am I with excited and enthusiastic Cub Scouts. They are all my good friends. They are ready to help one another and obey in the fun of Cub Scouting. Let us begin this day by saying the Scout Oath and Law.

[Group all says the Scout Oath and Scout Law.]



Food Groups Discussion

Part of being healthy and fit is by having a “balanced diet”. **What do you think a “balanced diet” is?**

A balanced diet means that when you eat meals that it is made up of different kinds of food. We sometimes call the different kinds of food – the food groups.



There are five different food groups. **Can anyone name these five food groups?**

Fruits

Vegetables

Grains

Protein

Dairy

What kinds of food make up each group?

Here are some examples of foods that make up each food group. Let the Cub Scouts think of foods and what groups they can fit into. Also, you could give them a food and ask them which group we would put them.

Fruits	Vegetables	Grains	Protein	Dairy
Apples	Broccoli	Brown rice	Beef	Milk
Bananas	Lettuce	Oatmeal	Ham	Pudding
Grapefruit	Squash	Popcorn	Lamb	Yogurt
Grapes	Carrots	Whole wheat bread	Pork	Ice cream
Kiwi fruit	Corn	Millet	Chicken	Ice milk
Oranges	Spinach	Bulgur	Turkey	Cheese
Peaches	Tomatoes	Cornbread	Eggs	Ricotta cheese
Pears	Pepper	Whole wheat pasta	Nuts	Cottage cheese
Pineapple	Green beans		Beans	Butter
Strawberries	Okra		Fish	
Blueberries	Tofu		Crab	
Raspberries	Potatoes		Shrimp	

What is “junk food”?

“Junk food” simply defined is food that has too many calories and too few nutrients. Some people may call these foods with “wasted calories”. Foods with a lot of sugar or foods with lots of fat might not have the vitamins and minerals you need.

What are some examples of “junk food”?

Popsicles, cookies, chips, onion rings, candy bars, other candy, etc...

The Food Game

Materials:

Food Cards (one for each team of 6-8 Cub Scouts)
(Cut out food cards before game play – will need scissors)

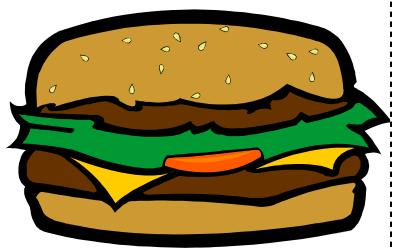
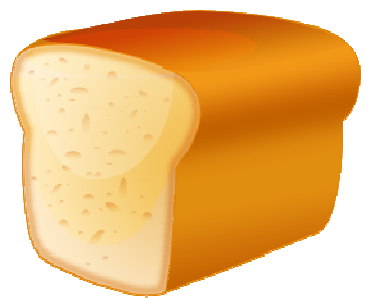
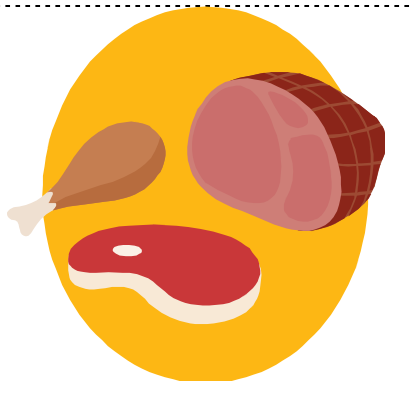
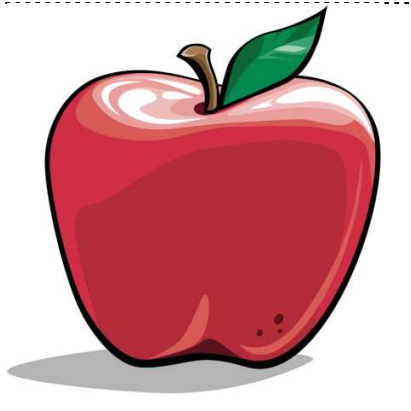
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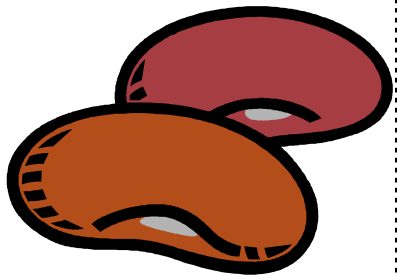
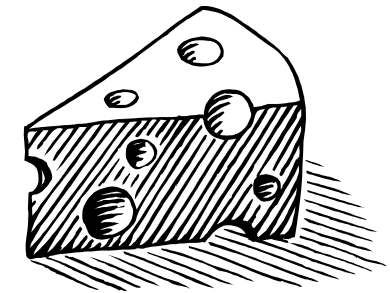
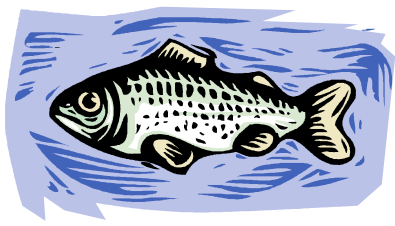
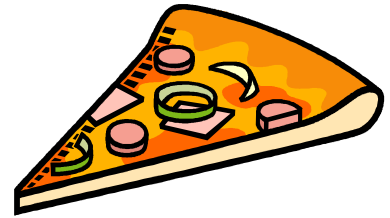
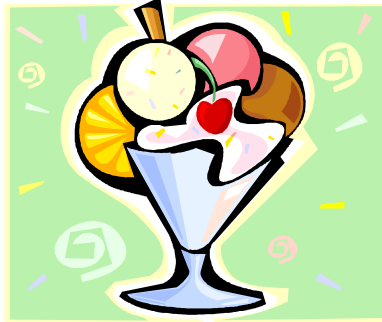
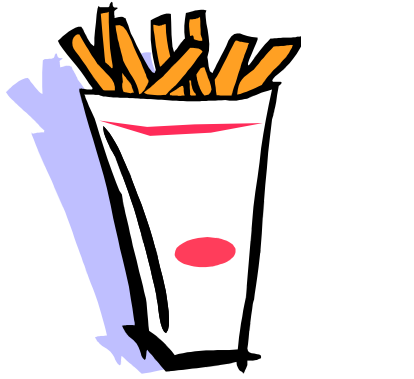
This is basically a game where a team (6-8) Scouts divides the given set of Food Cards into foods that are more healthy for them and less healthy for them.



Instructions:

1. Divide Scouts into teams.
2. Give each team a set of cards and a set amount of time to divide the foods into groupings of food that are good for you and not so good for you.
3. As the teams finish, go through the groupings that the teams made and discuss the foods that were grouped together and why they were grouped together.
4. One thing that you could discuss is that unhealthy food or “junk food” has too many calories and too few nutrients. Foods with a lot of sugar might not have the vitamins and minerals you need. (Bear achievement 9d)





Fruit Basket Game

This game is best played in groups of 8-10 people.

Materials:

Chairs for all players MINUS one or tape to mark spots on the floor.



Setup: If you have individual chairs, make sure you have one chair for every player MINUS one. Set up the chairs in a circle. If you do not have individual chairs, use tape to mark spots on the floor to sit on – one spot less than the number of people in the group. Mark the spots in a circle. Everyone sits in a chair or on a spot except one person.

How to play: Let each player choose a fruit. Depending on the number of the players, you can do this several different ways. Instruct players to remember their fruit. It's okay if multiple people have the same fruit, so you might have only two or three fruits.

One player will be left standing – say it's Joseph. He's It. Joseph starts the game by calling out the name of a fruit, like "strawberries!" As soon as he calls out a fruit name, any player sitting in the circle with that fruit would jump up and try to find a new seat. Joseph would also try as fast as he could to sit in one of the open seats. In the end, a player would be left without a seat. That player would then call out another fruit and the game continues.

If you have some players that are the only ones with their fruit name, it would be a good idea to have Joseph call out more than one fruit. In this case, you can make a rule that the person in the middle always calls out two fruits, or you could leave it up to the person to call out however many fruits he wanted. Either way you play, at any time, the player in the middle also has the option of calling out "Fruit basket!" When that happens, *all* players get up from their chairs and find a new one. Mass pandemonium and good fun ensues as everyone tries not to be left without a seat. The game continues until you want to stop.

Rules: You can set a rule that a player getting up from a chair must find a new one at least two seats away (to encourage players to get up and run around). Also, if you're halfway through your game and realize that there's one or two fruits that no one's calling because everyone's forgotten about them (like the Cub Scout that chose "mango"), you might want to remind everyone of everyone's fruit.

Challenge the Cub Scouts to go home and play this game with their families.

Variations: Besides fruit, try any other group of names. You could do dinosaurs and instead of saying "Fruit Basket" you could say "Jurassic Park"! Or try favorite movies and instead of saying "Fruit Basket" you could say "Popcorn". Another idea is to do this with vegetables – and say "Tossed Salad" for everyone to switch chairs.

Healthy Food Names Closing

Materials:

None

Instructions:

Have Cub Scouts stand in a circle.

Cub Scouts and Cub Scout leaders will each take a turn at saying their first name and a healthy food or food dish whose first letter begins the same as their first name.



Examples: **A**llen **A**pple, **B**obby **B**eans, **W**ayne **W**heat bread, **C**arlos **C**arrot, **S**teve **S**alad, etc

Cubmaster: We all know what healthy foods are – they can become a part of us – just like our names. It is sometimes hard to make healthy choices in the food we eat. But we are Cub Scouts and we can do our best to make healthy choices every day.

Name _____

January Week 2

Home Assignment – Tiger

Tiger Bites

____ 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.

____ 5. Talk with your adult partner about what foods you can eat with your fingers. Practice your manners when eating them.

____ 6. With your adult partner, plan and make a good snack choice or other nutritious food to share with your den.

Akela's OK

Date

Return this paper to Cub Scout meeting after you have completed the assignments.

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January Week 2

Home Assignment – Tiger

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Name _____

January Week 2

Home Assignment – Wolf

Running with the Pack

_____ 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.

Akela's OK

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January Week 2

Home Assignment – Wolf

Running with the Pack

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January Week 2

Home Assignment – Webelos

Cast Iron Chef

____ 2. Set personal nutritional goals. Keep a food journal for one week; review your journal to determine if goals were met.

____ 3. Plan a menu for a balanced meal for your family.

Determine the budget for the meal. Shop for items on your menu while staying within your budget.

____ 4. Prepare a balanced meal for your family. Use one of the methods below to prepare 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.

Akela's OK

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Home Assignment – Webelos

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