

Cub Scout Adventure In a Box



November Adventures

Tiger Bites

INTRODUCTION

Dear parents/leaders, be sure to read this section to or with your scouts to introduce this month's adventure and what you will be learning and doing.

Welcome scouts to the November Adventure In a Box! This month the theme we are exploring is Tiger Bites!

Rationale for Adventure

This adventure will introduce or reinforce healthy eating habits, including making the right food choices and practicing good hygiene. Activities will also focus on good manners at mealtime. In addition, the adventure will give each Tiger an opportunity to perform a useful service for their family.

Takeaways

- Making healthy food choices
 - Trying new fruits and vegetables
 - Developing manners when eating
 - Practicing basic food-related hygiene
- A Scout is clean and helpful and courteous

ADVENTURE REQUIREMENTS

Complete requirements 1 and 2 plus at least two others.

- 1. With your parent, guardian, or other caring adult, or with your den, find out about good food choices and not-so-good choices. Identify three foods that you think would be good choices and three foods that would not be good choices.**
- 2. Explain the importance of hand washing before a meal and cleanup after a meal. Then show how you would do each.**
3. Show that you know the difference between a fruit and a vegetable. Eat one of each.
4. With your parent, guardian, or other caring adult, pick a job to help your family at mealtime. Do it for at least four meals.
- 5. **Talk with your parents, guardian, or other caring adult about what foods**

you can eat with your fingers. Practice your manners when eating them.

(this is a popular requirement choice)

6. With your parent, guardian, or other caring adult, plan and make a good snack choice or other nutritious food to share with your den (family).

MATERIALS LIST

*The following supplies will be needed to complete the activities in this kit. Most of the items will be included in the kit. Any items marked with an * are items that you may find around the house and are not included in the kit.*

ACTIVITIES

1. Activity 1: “Up and Down” Game (Optional)

Play the game “Up and Down” to help Tigers recognize fruits and vegetables and where they grow.

1. Have Tigers stand next to their adult partners in a circle. One at a time, call out the names of fruits or vegetables that grow either above or below the ground. For example, strawberries grow above the ground, but potatoes grow below. When you call a fruit or vegetable that is found above the ground, the players stand; if it’s found below, they sit down. Keep the game quick and lively. Encourage the partners to help Tigers if they are unsure.
2. Suggested fruits and vegetables to call include apples, potatoes, carrots, oranges, strawberries, radishes, tomatoes, grapes, and any others you may want to add. If a specific fruit or vegetable is common to your area, be sure to include it as well.
3. You can also call out different hygiene habits to make the game a little more challenging. Tigers stand if the habit is a good one; they sit if it is not good. Use habits such as: washing hands before handling food, washing hands after going to the restroom, drinking out of someone else’s glass, having dirty fingernails, washing your hair, not brushing your teeth, making sure your cooking area is clean, not throwing away used tissues, taking a bath or shower, not covering your mouth when you sneeze or cough.

Activity 2: Know Your Fruits and Vegetables (Requirement 3)

1. Examine the difference between a fruit and a vegetable. Let the Scouts touch some sample fruits and vegetables to find which ones have seeds and which ones do not. Provide enough samples so that the den can be divided into two teams.
2. Have each team take about five minutes to decide which samples are fruits and which ones are vegetables. Remind them that fruits have seeds and vegetables do not. Present them with some challenging foods such as cucumbers, avocados, or tomatoes.
3. After five minutes of exploration time, talk about the differences between fruits and vegetables. If the samples have not been cut open, do so now to demonstrate those with seeds and those without.

Have the Scouts wash their hands so they can try the different fruits and vegetables. Allow each Tiger to taste at least one fruit and one vegetable. Make sure that samples are properly cleaned and ready to eat.

AFTER YOU HAVE COMPLETED YOUR ADVENTURE

Once you have completed your adventure make sure to let your Den Leader or Advancements Coordinator know! They will mark the requirements complete and prepare the appropriate recognition device for awarding.