

# 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



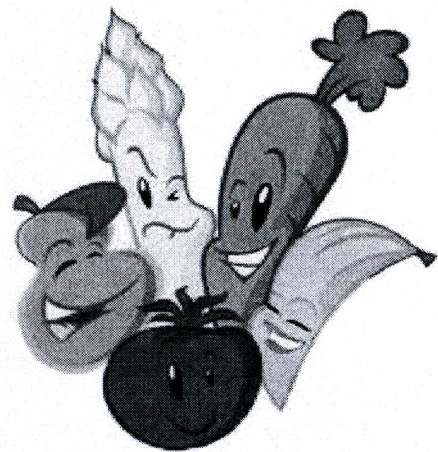
# Food Search



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## 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)

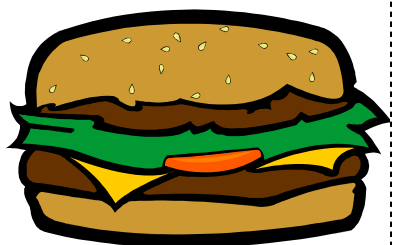
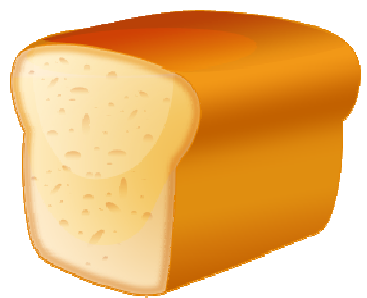
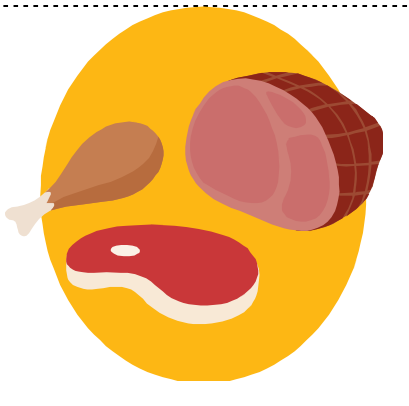
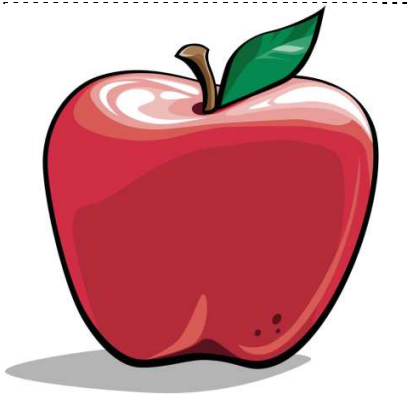
## Overview:

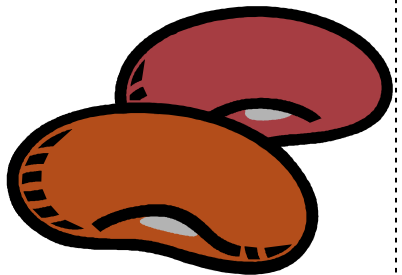
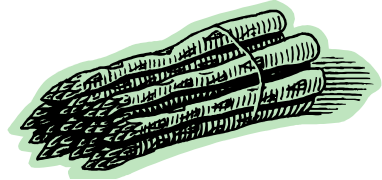
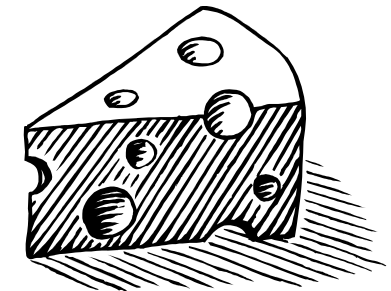
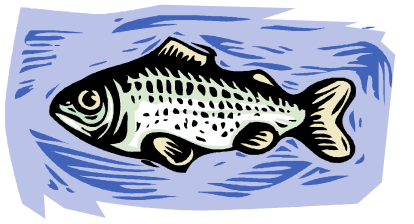
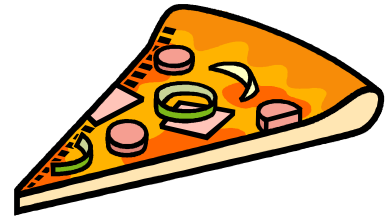
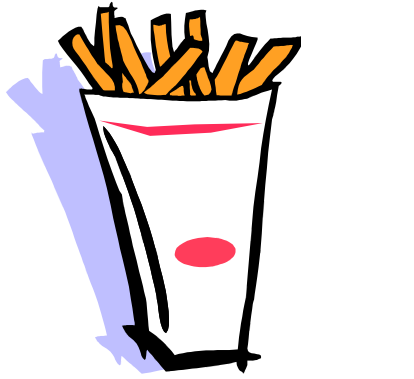
This is basically a game where a team (6-8) Scouts divides the given set of Food Cards into foods that are more healthy for them and less healthy for them.



## 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

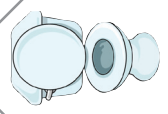
**Cubmaster:** We all know what healthy foods are – they can become a part of us – just like our names. It is sometimes hard to make healthy choices in the food we eat. But we are Cub Scouts and we can do our best to make healthy choices every day.





Hands

I should always wash my hands with soap after I go to the



TOILET

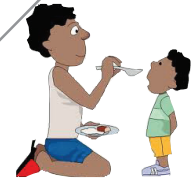
I wash my hands with



Soap

SOAP AND WATER

I should always wash my hands before I



EAT

I wash my hands to make them



CLEAN

SICK



Germ on my hands can make me



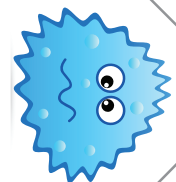
GOOD

GERMS



I wash my hands to kill the

GERMS



Germ

Clean hands feel

Use Soap and water to kill



Water

# How to make the Four Finger Game



- ◆ Cut out the four finger square along the outside line
- ◆ With the printed side up, fold the square in half and then in half again, open the folds.
- ◆ Fold each corner over so they meet in the middle, do not let them overlap.
- ◆ Leave the square folded, and flip the square over.
- ◆ Now fold the corners into the centre make sure they do not overlap.
- ◆ Fold the entire square in half and poke your thumbs and forefingers in under the flaps.
- ◆ Bring your fingers together to make a peak



## You are ready to PLAY!

# Good Health Opening

**Materials:**

None

**Cubmaster:**

We take our bodies and good health for granted when we are well, strong, and feeling good, but injuries and illness can strike at any time. We should do our best to take care of ourselves by practicing good healthy habits and eating the proper foods. Each one of us needs to be strong and healthy in mind and body to be able to contribute to our family, community, and nation.

Join me in saying the Pledge of Allegiance.



## Food Group Game

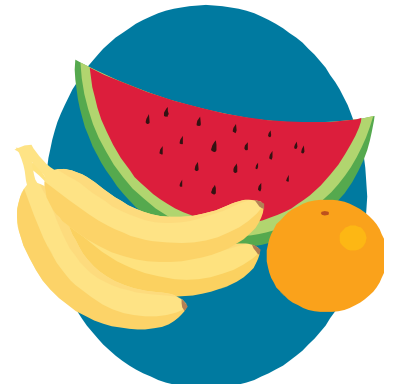
### Materials:

Food Group Game cards (1 set of 30 cards per team – 4-5

Cub Scouts per team)

Scissors

Flat surface for playing



Using the scissors, cut out the cards on the lines.

### Play the game:

*Object of the game:* To match the food cards with the food group. There is no competition amongst the Cub Scout team, their object is to match the cards with the food groups. You can add competition by seeing which team is the first to match all 25 food cards with their food groups.

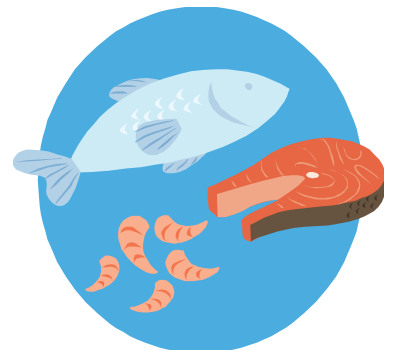
Separate the cards with the words – Fruits, Vegetables, Grains, Dairy, Protein – from the rest of the food cards. Set the word cards face up on a table.

Shuffle or mix up the food cards. Turn the food cards upside down in a pile on the table.

The first player turns over the top food card and tries to put the food card with the correct food group.

Keep going around from player to player until all food cards have been matched to the food groups.

If playing for competition, the first team to work together and match all of their food cards to the food groups wins.



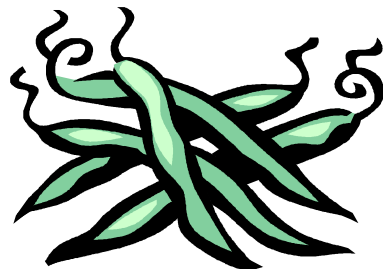
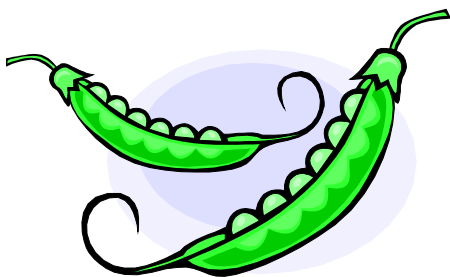
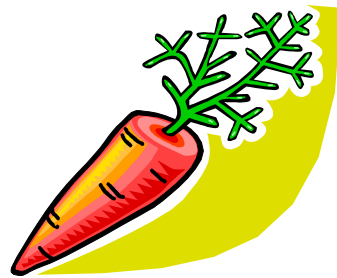
**Fruits**

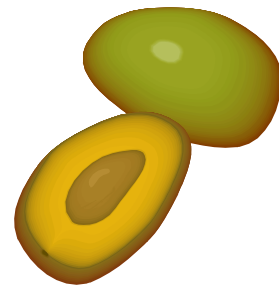
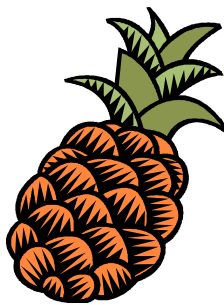
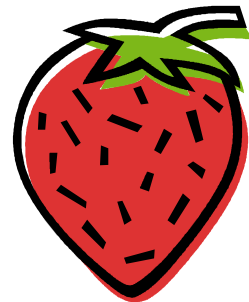
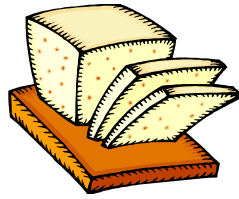
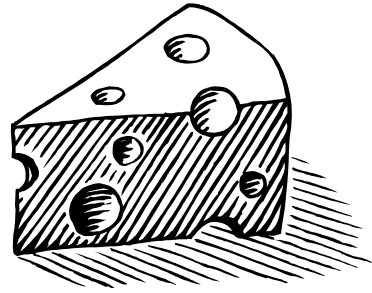
**Vegetables**

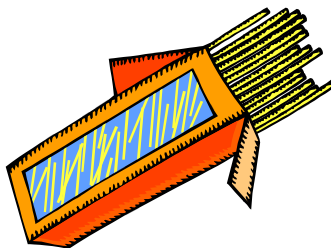
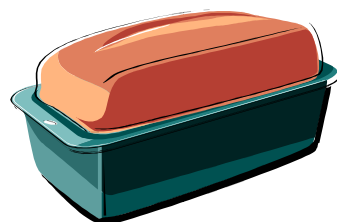
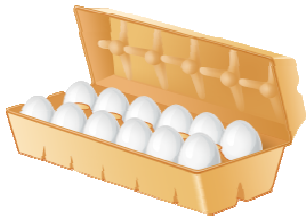
**Grains**

**Dairy**

**Protein**







# Why We Need to Wash Our Hands

## Materials:

Spray bottle filled with clean water

## Instructions:

1. Spray water on the Cub Scouts' hands.
2. Explain to the Scouts that the water on their hands represents the dirt and germs (bacteria, viruses, etc) that come out of the mouth when they cough or sneeze.
3. Have the Cub Scouts touch an object in the room (door, table, chair, etc) – whatever they touch with that wet hand gets damp.
4. Explain how this is what happens when we cough or sneeze into our hands and then touch something else (the germs on our hands get on the object).
5. Ask the Cub Scouts what might happen if a friend touches the object while it is moist (from the water). The friend might pick up the germs and get sick.
6. Explain that if you wash your hands after sneezing or coughing in them the germs will mostly be washed away and there will be less of chance for people to get sick.



## How Do We Wash our Hands?

1. Start a discussion and role play about how we wash our hands. [Answers will vary.]
2. Make sure they understand that they need to use warm, running water, and liquid soap when they can.
3. They should rub their hands together while they count to 10 and even try to wash under their fingernails.
4. Then they rinse their hands in water and dry their hands.

A role play of them rubbing their hands together and actually counting to 10 may help them remember.

Shared from the

Utah Hygiene Education Coalition

2001 S. State S-2500 SLC UT 84190-2150 (801) 468-2700

## Stay Healthy Closing

**Materials:**

Printed lines for Cub Scouts to read

**Den leader or Cubmaster:** Good personal-health habits should be practiced daily.

**Cub Scout #1:** Shower every day, especially after exercising.

**Cub Scout #2:** Brush your teeth every day.

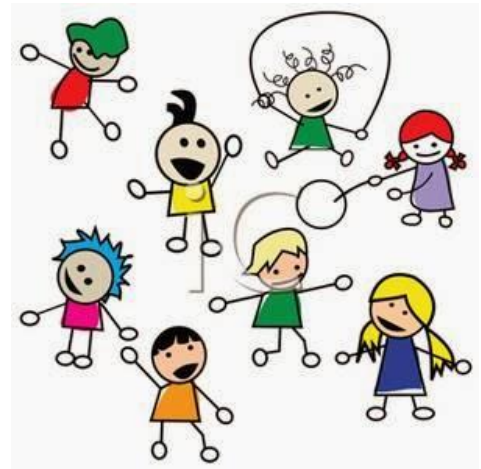
**Cub Scout #3:** Get plenty of sleep.

**Cub Scout #4:** Wash your hands frequently.

**Cub Scout #5:** Eat right! A balanced diet will make you feel good!

**Cub Scout #6:** Get plenty of exercise to make you feel great!

**Den leader or Cubmaster:** Stay healthy, everyone. See you at our next meeting!





## **Stay Healthy Closing (lines to cut)**

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**Cub Scout #3:** Get plenty of sleep.

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**Cub Scout #6:** Get plenty of exercise to make you feel great!