



Tiger Adventure: Tiger Bites



Purpose 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 for Cub Scouts:

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

Adventure Requirements: (Tiger Handbook, page 68)

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 parent, guardian, or other caring adult about what foods you can eat with your fingers. Practice your manners when eating them.
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.

Requirement 1:

Grocery Scavenger Hunt

Materials: pencils or markers; scavenger hunt cards

1. Just as real tigers need to hunt for their food, these Tigers are going on a hunt. Pair each Tiger with their adult partner. (Partners should adjust their level of assistance to the child's reading ability.)
2. Use the grocery scavenger hunt card (see Additional Resources) to fill out during the hunt. Tigers will find one food that fits in each box for the five categories (grains, vegetables, etc.). Then Tigers will identify good choices and not-so-good choices. First, allow them to look over the cards so you can answer any questions. Then announce how much time they have to complete their cards, and let the game begin!
3. As den leader, keep track of the time, and monitor each group as they move around the store, market, or farm.
4. When time is up, have everyone gather with their hunt cards to share their findings. The cards will help Tigers separate good food choices and not-so-good choices.
5. Be ready to suggest a few other foods and ask them to categorize each suggestion as "nutritious" or "not nutritious." (Here are some examples: Nutritious—a can of soup or beans, a bag of rice, dried fruit, tuna, or cheese. Not nutritious—chocolate syrup, french fries, cupcakes, candy, doughnuts, or fast-food burgers.)

Requirement 2:

While preparing a snack with your Tiger, be sure to practice good hygiene. Encourage your Tiger to show how to wash their hands before a meal and clean up after a meal.

Requirements 3:

- A. 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.

- B. Have your Tiger 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.
- C. 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.
- D. 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.

Requirement 4:

Help your Tiger observe and/or participate in the jobs that need to be done when preparing a meal. After they have observed, allow them to choose a specific job they would like to assist in for at least four meals. Create a mealtime job chart for them to keep a record of their work. Sample questions to ask your Tiger:

- What did you like best about doing this job during the week?
- What was difficult?
- Would you like to continue to do it, or change and do something else?
- Why do you think it is important to help out at home?
- How did it make you feel to know that you were helping your family?

Additional Resources:

YouTube:






<https://www.scouting.org/programs/cub-scouts/den-meeting-resources/den-leader-tips-tricks-video-series/#video-gallery-b696e22-18>

Workbook:

<http://usscouts.org/advance/cubscout/workbooks/Tiger/Tiger-Bites.pdf>

Scavenger Hunt Card:

FOOD SCAVENGER HUNT

 GRAINS	 VEGETABLE	 FRUIT	 DAIRY	 PROTEIN
A lunch grain: 	One you have never seen before: 	One you have never seen before: 	A dairy product that is a solid (not liquid): 	One you have never tried before:
A snack: 	One that is grown near you: 	One that is grown far away: 	Your favorite: 	Your favorite:

On all the foods that you have found, put a happy face on the foods that you think are good, healthy choices.



Put a sad face on those that are not good choices.

Find two other foods that you love to eat:

_____ , _____

Find two foods that are interesting to you because you like the color, the shape, the smell, or the size:

_____ , _____