Cub Scout Nutrition

Cub Scout Academics and Sports Workbook

This workbook is not required but can help you with this award. Belt Loops and Pins may be earned more than once. Links to other workbooks and resources are at the end of this workbook: Online Resources.

Send comments to the workbook developer: craig@craiglincoln.com. Workbook updated: March, 2011.

Scout’s Name: ___________________________________ Pack: ____________________

Cub Scout Nutrition Belt Loop (See the Pin Requirements below.)

Complete these three requirements:

1. Make a poster of foods that are good for you. Share the poster with your den. _______________________________________

2. Explain the difference between a fruit and a vegetable. Eat one of each. _______________________________________
   _______________________________________
   _______________________________________

3. Help prepare and eat a healthy meal of foods that are included in a food pyramid. (With your parent’s or partner’s permission, see http://www.mypyramid.gov.) _______________________________________
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Cub Scout Nutrition Pin

Earn the Cub Scout Nutrition belt loop, and complete five of the following requirements:

☐ 1. Make a poster that shows different foods that are high in each of the vitamins. Using your poster, explain to your den or family the difference between a vitamin and a mineral and the importance of each for a healthy diet. ______________________________
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☐ 2. Read the nutrition label from a packaged or canned food item. Learn about the importance of the nutrients listed. Explain what you learned to your den or family. ______________________________
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   _______________________________________
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   _______________________________________
3. Make a list of diseases that can be caused by a diet that is poor in nutrition.

4. Talk with your school cafeteria manager about the role nutrition plays in the meals your school serves.

5. With an adult, plan a balanced menu of breakfasts, lunches, and dinners for your family for a week.

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6. Make a list of healthy snack foods. Demonstrate how to prepare two healthy snacks.

7. With an adult, go grocery shopping. Report to your den or other family members what you learned about choosing good foods to eat.

8. Demonstrate how to safely prepare food for three meals.

9. Demonstrate how to store leftover food to prevent spoilage or contamination.

10. Help with a garden. Report to your den or family about what is growing in the garden and how you helped. Show a picture of or bring an item harvested from your garden.

11. Visit a farm or ranch. Talk with the owner about how the farm or ranch produces food for families.

12. Explain how physical exercise works with nutrition in helping people be fit and healthy. Demonstrate three examples of good physical activity.
Online Resources  *(Use any Internet resource with caution and only with your parent’s or guardian’s supervision.)*


Webelos Activity Badge Workbooks: ► [usscouts.org](http://usscouts.org) -or- ► meritbadge.org