

Cub Scout Adventures to Highlight

The Cub Scout adventures below offer opportunities to plan, shop, and cook or prepare food. The adventures also provide instructional support on nutrition.

Tiger—Tiger Bites, Family Stories (requirement 7)

Wolf—Running With the Pack (requirement 6)

Bear—Bear Picnic Basket; Bear Necessities (requirement 5)

Webelos—Cast Iron Chef

Arrow of Light—Scouting Adventure (requirement 4—participating in a Boy Scout troop's campout or outdoor activity)

All adventure requirements related to cooking encourage Cub Scouts to get involved in planning the cooking project. Tigers can help prepare a meal for their family and help shop for items on the grocery list. Wolves and Bears do the same, and then gather all the ingredients, utensils, and pots and pans when it comes time to cook. Webelos do all of the above and learn about budgeting so they can help when purchasing the items.

Cub Scout Interest Topic: Cub Scout Cooking

Cooking is a very important life skill. If we begin with the basics at an early age, we can foster a sense of pride and accomplishment, as well as foster healthy habits that will serve our Scouts throughout their life's journey. It is important that Cub Scout cooking be taught as an age-appropriate activity, and that cleanliness and hygiene be included in the teaching.

Cub Scout Interest Topic Game: The Measures of Cooking

Equipment—Two sets of the following: measuring spoons, measuring cups, and cards with measurements. For example, one card might read 1¼ teaspoon. Card samples are provided at the end of this resource sheet. The leader will judge if the correct item has been selected.

This is a relay game, so divide into two groups. The measuring spoons and cups are on a table, one set (spoons, cups, and cards) on each end. The two sets of cards are stacked face down. On "go," the first person on each team will run to the table, select the top card from their stack, find the correct item, and show it to the judge. After getting the judge's approval, they return the item to the table, put the card on the bottom of the stack, run back, and tag the next person. The first team to finish wins.

Tips for Pack Activity

Ask the participants for ideas on ways the pack can encourage cooking. Some examples might include pack cooking contests, recipe development events, international cuisine tasting at a pack meeting, etc.

Sample recipes to share are found at the end of this resource sheet. Consider making one for the refreshment portion of this session.

Closing

Participants may clean the cooking demonstration area during this time. Then share information on the SCOUTStrong awards for Scouts and units. (See handouts at the end of this plan).

SEPTEMBER 2016 CUB SCOUT LEADER COMBINED SESSION

For the Cub Scout Cooking interest topic, it is recommended that the group stay together. Depending on the size of your group, you may want to establish a rotation schedule to different stations. Possible helpers for this session include

- District leaders with cooking skills
- Webelos Scouts and Boy Scouts with cooking skills (leadership opportunity)
- Local nutritionists

Teaching Cub Scouts to cook helps them to learn about nutrition and how to select healthy foods. Taking the time to cook together promotes self-confidence as Scouts accomplish tasks and each boy contributes to the activity. Cooking supports teamwork, creativity, and an introduction to basic planning skills.

Cooking with Cub Scouts creates fun experiences they can look back on as they grow older. It's also a great time to teach them about the STEM components of cooking and even the geographical origins of some recipes.

Hand out the following tips to each participant. Review the tips, but allow time as well for the hands-on portion of this session.

Helpful Tips When Cooking With Cub Scouts

The age and ability of each Cub Scout rank is taken into consideration in every aspect of the program, including cooking and nutrition.

Tigers (ages 6–7)

Tigers are developing their dexterity and awareness, but they still have short attention spans. With the help of their adult partners, the boys can build on cooking skills such as measuring by volume, washing vegetables, pouring ingredients into a bowl, sprinkling cheese, stirring ingredients, and even helping to knead a bread recipe. Starting with simpler recipes at this age helps to build their confidence and enthusiasm for cooking. Let them touch, taste, and make a mess.

Wolf and Bear (ages 8–9)

Cub Scouts at this age have a longer attention span and a little more patience. Measuring and weighing ingredients reinforces what these boys are already learning in school—reading and arithmetic.

With supervision from an adult, they can handle more complex cooking tasks such as accurately measuring ingredients, using kitchen scissors to cut food, and learning how to grease and flour pans. They understand that they can grow their own herbs and vegetables to use in recipes and will be excited to explore this.

Webelos (ages 10–11)

Webelos Scouts can read and understand labels, follow recipes, and prepare meals for themselves with adequate supervision. They will expand their cooking skills as you help them to feel comfortable cutting and chopping vegetables, cooking with heat, and using cooking appliances.

At this age, boys often enjoy suggesting items to add to the recipe, which will make the meal their own creation. They really like cooking outdoors using camp cooking equipment. Encourage their creativity. With our help, they'll be ready to help cook outdoors in their patrol or crew when they become Boy Scouts or Venturers.

Cooking Hygiene and Safety

Making a mess is all part of cooking, even for the adults, but proper hygiene and cooking safety are very important.

- Make sure the Cub Scouts wash their hands before, during, and after the cooking process.
- Have them help keep the food preparation surfaces clean.
- Use cold water to wash vegetables and fruit before using.
- A Bear or Webelos Scout must request permission before working with a knife. Knife safety rules are to be reinforced (see *Bear Handbook*, page 35).
- Reinforce that Cub Scouts of any age should ask permission to cook and be supervised accordingly.
- Closed-toe shoes should be worn to protect feet from falling plates or hot liquid spills.

- Wear oven mitts when using an oven or microwave and when handling hot dishes.
- When cleaning up, wash all cooking utensils, dishes, bowls, pots, and pans in hot, soapy water.

Leave No Trace Principles (Pack and Family Campouts)

Know Before You Go—Find out in advance about the place where you are going to camp. Are there rules you need to follow? Cooking policies? Is water available? Never assume that “everyone knows.”

Trash Your Trash—Pack it in, pack it out. Follow campground rules for handling dishwater. Pack all your trash out unless the campground has trash pickup. Keep the water in the area clean: Don't put soap or food in the lakes and streams.

Be Careful With Fire—Cook on a camp stove or grill whenever possible. It's easier and less messy than cooking over an open fire. Only build fires in designated fire rings. Always have someone keep an eye on your fire until it is dead out. Observe all local and state fire bans.

Respect Wildlife—Never feed the animals while camping. Human food is unhealthy for all animals, and feeding them starts bad habits. Protect wildlife and your food by keeping food and trash stored so that animals cannot get into them.

Opportunities to Learn

Several of the Cub Scout adventures offer opportunities to plan, shop, cook, or prepare food and provide instructional support on nutrition:

Tiger: Tiger Bites; Family Stories, requirement 7—sharing with the den a favorite snack or dessert that reflects your cultural heritage

Wolf: Running with the Pack, requirement 6—helping to plan a healthy menu for a family meal and making a shopping list of the food needed for the meal

Bear: Bear Picnic Basket; Bear Necessities, requirement 5—planning, shopping for, and cooking a nutritious, balanced meal with your den at a campout or another outdoor event

Webelos Scout: Cast Iron Chef

Arrow of Light: Scouting Adventure, requirement 4—participating in a Boy Scout troop's campout or outdoor activity

As we cook with Cub Scouts, it's a great time to teach them about cooking techniques, the STEM components of cooking, and even about the geographical origins of some recipes.

Planning

All adventure requirements related to cooking encourage Cub Scouts to get involved in the planning of their cooking projects. Tigers can help prepare a meal for their family and help shop for items on the grocery list. Wolves and Bears can plan a meal for their family, shop for items, and gather all the things needed when it comes time to cook, including the recipe, ingredients, utensils, and pots and pans. Webelos Scouts can do all of the above, understand budgeting, and help when purchasing the items needed.

Hands-On Time

Demonstrate one or two recipes that a Cub Scout can cook with little or no help. (Boy Scouts can assist with this portion.)

Resources for Cub Scout Cooking

- Local nutritionists
- Boy Scouts or Venturers
- Cub Scout handbooks
- SCOUTStrong—www.scouting.org/Home/BSAFit/fitfuelfun/healthy_unit.aspx
 - Includes Snack Smart tips and Healthy Unit Award trackers for for Tigers, Wolves, Bears, and Webelos Scouts
- Healthy Unit Emblem, Item No. 620583
- Demonstration recipes can be found online; search for “backpacking recipes,” “Cub Scout cooking,” etc.

The Measure of Cooking Game

Print the following sample cards and cut apart into two sets.

¼ cup	⅓ cup	½ cup	¾ cup	1 cup
¼ teaspoon	½ teaspoon	1 teaspoon	½ tablespoon	1 tablespoon
¼ cup	⅓ cup	½ cup	¾ cup	1 cup
¼ teaspoon	½ teaspoon	1 teaspoon	½ tablespoon	1 tablespoon

Sample Recipes to Share

Ants on a Log

Ingredients: celery sticks, peanut butter, raisins, crisped rice cereal, and chocolate chips

Wash and cut celery into 2-inch sections. Spread peanut butter into the hollow of the celery. Gently press raisins, crisped rice, and chocolate chips into the peanut butter.

Pecan Cranberry Ranch Chicken Salad

Ingredients (serves two): 7-ounce pouch chicken breast (already cooked), ½ cup finely chopped pecans, ½ cup dried cranberries, ranch dressing to taste

Mix pecans, cranberries, and ranch dressing in the chicken pouch. Then eat from the pouch, on a tortilla, with crackers, or on bread.

INTEREST TOPIC HANDOUT: SCOUTSTRONG HEALTHY UNIT AWARD

Personal fitness is one of the aims of Scouting. To show a commitment to this value and earn the SCOUTStrong Healthy Unit Award, follow three healthy practices at all meetings and gatherings:

- Snack smart: Serve fruits or vegetables, when you have snacks (three meetings).
- Drink right: Make water the main beverage (six meetings).
- Move more: Include 15 minutes of fun physical activity (nine meetings).

Scouts can earn the SCOUTStrong Healthy Unit Award with their den, pack, troop, or crew. Visit <http://www.scouting.org/scoutstronghealthyunit.aspx> to record progress toward the award using the Healthy Unit Award tracker for each rank.

If you are a Cub Scout adult leader tracking progress toward the award for pack meetings, use the Boy Scout version of the tracker.

Several SCOUTStrong resources are available:

- Tips for adding healthy practices to Scout meetings
- Snack Smart: tips and ideas for healthy snacks, and letters for snack volunteers
- Drink Right: Sugar Detectives (extra activity listed on the tracker)
- Move More: ideas for active games
- Unit certificates (printable)



Once the SCOUTStrong requirements have been fulfilled, a patch is awarded in recognition of completion. The patch is available at scoutstuff.org.

The SCOUTStrong Healthy Unit Award was developed in partnership with Healthy Kids Out of School, an initiative of ChildObesity180 at Tufts University. Regional funding for Healthy Kids Out of School is provided by the Harvard Pilgrim Health Care Foundation.



SCOUTStrong Healthy Unit Award Tracker

TIGERS



Track your progress toward becoming a SCOUTStrong Healthy Unit

Healthy Unit Activities	Record the Meeting / Event / Outing Dates:									
<p>3  Serve fruit or vegetables at 3 meetings.</p>	<table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 25%;">1</td> <td style="width: 25%;">2</td> <td style="width: 25%; border: 2px solid green;">3</td> <td style="width: 25%;"></td> </tr> </table> <div style="background-color: #70AD47; color: white; padding: 5px; border-radius: 10px; display: inline-block; font-size: small;"> A healthy snack is part of Tiger adventures <i>Games Tigers Play</i> and <i>Tiger Bites</i>  </div>	1	2	3						
1	2	3								
<p>6  Serve water as the primary beverage at 6 meetings.</p>	<table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 20%;">1</td> <td style="width: 20%;">2</td> <td style="width: 20%;">3</td> <td style="width: 20%;">4</td> <td style="width: 20%;">5</td> <td style="width: 20%; border: 2px solid blue;">6</td> <td style="width: 20%;"></td> </tr> </table> <p>Extra activity: Sugar Detectives Find this activity at www.scouting.org/scoutstronghealthyunit</p>	1	2	3	4	5	6			
1	2	3	4	5	6					
<p>9  Do 15 minutes of physical activity at 9 meetings.</p>	<table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 12.5%;">1</td> <td style="width: 12.5%;">2</td> <td style="width: 12.5%;">3</td> <td style="width: 12.5%;">4</td> <td style="width: 12.5%;">5</td> <td style="width: 12.5%;">6</td> <td style="width: 12.5%;">7</td> <td style="width: 12.5%;">8</td> <td style="width: 12.5%; border: 2px solid orange;">9</td> </tr> </table> <div style="background-color: #E67E22; color: white; padding: 5px; border-radius: 10px; display: inline-block; font-size: small;"> Physical activity is part of Tiger adventure <i>Games Tigers Play</i>  </div>	1	2	3	4	5	6	7	8	9
1	2	3	4	5	6	7	8	9		

Has your unit completed the 3-6-9 requirements? Congratulations, you are a SCOUTStrong Healthy Unit!

Help Scouts learn healthy habits by continuing these practices at meetings throughout the year. You can lead a SCOUTStrong unit every year - find trackers for each rank at www.scouting.org/scoutstronghealthyunit