



TIGER BITES



For more slides and support materials - Use this Google Classroom Code: ukw7727

Still need Bobcat?? Start with this Google Classroom: 6odhkcw

Complete Requirements 1 & 2 - plus at least two others:

1. With your parent, guardian, other caring adult, or 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 clean-up after a meal. Then show how you would do each.
3. Show 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 4 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.

Resources and Ideas:

1. You can get healthy eating ideas here: <https://www.choosemyplate.gov/>

Three GOOD Food Choices:

1)_____ 2)_____ 3)_____

Three Not-So-Good Food Choices

1)_____ 2)_____ 3)_____

2. Hand Washing: <https://www.cdc.gov/handwashing/index.html>
3. Fruits vs Veggies: <https://www.youtube.com/watch?v=XREZJELo2bs>
4. Meal Time Jobs - These are some ideas - Use any of them you'd like:
 - a. Set or Clear Table Table: 1)___ 2)___ 3)___ 4)___
 - b. Wash or Dry Dishes: 1)___ 2)___ 3)___ 4)___
5. Finger Foods - See how many you can list

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6. Have a Den Cooking Show Zoom - During a normal zoom meeting with your Tigers...Have each Scout make their snack and showcase it for the others. They can eat it and describe what they like or don't like about their choice. You can do the cooking show in person if your CO allows it.

