



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>.) _____

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. _____

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. _____

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.. _____

	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

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.)*

Tiger: <http://meritbadge.org/wiki/index.php/Tiger>

Wolf: <http://meritbadge.org/wiki/index.php/Wolf>

Bear: <http://meritbadge.org/wiki/index.php/Bear>

Webelos: <http://meritbadge.org/wiki/index.php/Webelos>

Cub Scout Workbooks: ► <http://meritbadge.org/wiki/index.php/CSW> -or- ► [Academics](#) / [Sports](#)

Webelos Activity Badge Workbooks: ► usscouts.org -or- ► meritbadge.org

Boy Scouts of America: <http://www.scouting.org/> ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines for Activities](#)