



# TIGER BITES



## RATIONALE 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 his 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. 

*Tiger Handbook, page 78*

## ADVENTURE REQUIREMENTS

1. Identify three good food choices and three foods that would not be good choices.
2. Show that you know the difference between a fruit and a vegetable. Eat one of each.
3. With your adult partner, pick a job to help your family at mealtime. Do it every day for one week.
4. Show you can keep yourself and your personal area clean.
5. Talk with your adult partner about what foods you can eat with your fingers. Practice your manners when eating them.
6. With your adult partner, plan and make a good snack choice or other nutritious food to share with your den.

### NOTES TO DEN LEADER

Meeting 3 will be a den outing to a grocery store, farmer's market, or farm. In advance of the outing, the leader will need to make arrangements with the outing location and confirm the outing plan with families, including transportation and any additional items they need to bring. Make sure a tour and activity plan has been submitted, if required, and activity consent forms are distributed, signed, and collected.

See the Appendix for optional den meeting activities, including openings, gatherings, and closings.

## MEETING 1 PLAN

### PREPARATION AND MATERIALS NEEDED

- Materials for Gathering game: 5 (or more) paper lunch bags each containing a fruit or vegetable
- Materials for relay game: 2 plastic cups; 1 paper plate; plastic fork, knife, and spoon (1 set per boy); 1 copy per Tiger of the polite/impolite manners cards, cut into squares
- With the adult partners, determine if any of the Tigers or their parents has food allergies.
- Read the Backyard Jungle adventure in the *Tiger Handbook*.

## GATHERING

Set out the five different lunch bags on one surface. As the boys arrive, invite them to reach into the bags without looking inside. Have them guess the fruit or vegetable in each bag, while adult partners record their guesses. Choose a nice range of fruits and vegetables for the bags—not limited to the most common choices.

## OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and, as appropriate, the Scout Oath and Scout Law.
- Optional Opening: Invite the boys and their adult partners to form a circle. Recite the Pledge of Allegiance and the Scout Oath with support from partners. Invite the boys to give a big Tiger growl in unison. Then ask them to give a Tiger growl as if the tiger were hungry.

## TALK TIME

- Introduce the Tiger Bites adventure to the den. Build interest by describing the goals of the adventure and some of the activities that are planned.
- Carry out business items for the den.
- Share with Tigers and adult partners that they will complete requirements 3 and 6 at home. Explain that the snack in requirement 6 only needs to be enough for everyone to taste if all the Tigers are bringing their snacks to the same den meeting.
- Now that everyone has made their guesses in the Gathering activity, reveal what was in each bag.
- Ask the Tigers what all the items from the bags have in common. See if the Tigers can name all the items, and ask if they have eaten those fruits or vegetables before. This is a brief sharing time, so allow each Tiger a moment to tell what he knows about fruits and vegetables.
- Have an adult partner prepare these fruits and vegetables for tasting later in the meeting. Tell the Tigers that they will have some “Tiger Bites” to try at the end of the meeting!

## ACTIVITIES

### ◆ Activity 1: “Up and Down” Game

Play the game “Up and Down” to help Tigers recognize fruits and vegetables and where they grow.

1. Have Tigers stand next to their adult partners in a circle. One at a time, call out the names of fruits or vegetables that grow either above or below the ground. For example, strawberries grow above the ground, but potatoes grow below. When you call a fruit or vegetable that is found above the ground, the players stand; if it’s found below, they sit down. Keep the game quick and lively. Encourage the partners to help Tigers if they are unsure.
2. Suggested fruits and vegetables to call include apples, potatoes, carrots, oranges, strawberries, radishes, tomatoes, grapes, and any others you may want to add. If a specific fruit or vegetable is common to your area, be sure to include it as well.
3. You can also call out different hygiene habits to make the game a little more challenging. Tigers stand if the habit is a good one; they sit if it is not good. Use habits such as: washing hands before handling food, washing hands after going to the restroom, drinking out of someone else’s glass, having dirty fingernails, washing your hair, not brushing your teeth, making sure your cooking area is clean, not throwing away used tissues, taking a bath or shower, not covering your mouth when you sneeze or cough.

## ◆ Activity 2: Know Your Fruits and Vegetables (Requirement 2)

1. Examine the difference between a fruit and a vegetable. Let the boys 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.
2. Have each team 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.
3. 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.
4. Have the boys wash their hands so they can try out the different fruits and vegetables. Allow each Tiger to taste at least one fruit and one vegetable.

## CLOSING

- Gather the Tigers in a circle. Using a ball, gently toss it to each boy, asking him to name one fruit, vegetable, or polite manner. When everyone has had a turn, close the meeting with Tiger growl, in unison, to show how happy the tiger is after his “Tiger Bites.”



### **Do-at-Home Project Reminder:**

Hand out the Do-at-Home Project that needs to be completed before the next meeting. (See Meeting 1 Resources.) Tigers will assist with meal preparation, bring a nutritious snack to share, and practice good hygiene during food preparation.

## AFTER THE MEETING

- Clean up after everyone has finished with the fruits and vegetables.
- Record advancements at the meeting for requirement 2.

# MEETING 1 RESOURCES



## Do-at-Home Project:

The activities below will be completed at home in preparation for the next den meeting. Enjoy this activity with your Tiger, and help him achieve the requirements as noted for this adventure.

### Mealtime Preparation Job (Requirement 3)

Help your Tiger observe and/or participate in the jobs that need to be done when preparing a meal. After he has observed, allow him to choose a specific job he would like to assist in for one week. Create a mealtime job chart for him to keep a record of his work during the week.

### Snack Sharing Activity (Requirement 6)

Get together with your Tiger, and discuss what might be a good, nutritious snack to prepare and share with the den during the next meeting. Ideas include:

- Create a smoothie using 2 bananas, 2 cups of strawberries, 1 cup of milk, and 1 cup of yogurt.
- Ants on a log: Put peanut butter, cream cheese, or pimento cheese on a celery stick, and then put raisins on the topping so it looks like ants walking on a log.
- Spread cream cheese on a tortilla (hard or soft shell) or a graham cracker. Then add fruit or veggie slices to create a face.
- Cut up your favorite fruits for a fruit salad. Serve it on a piece of lettuce.
- Find or invent your own healthy snack!

After you've discussed ideas, agree upon one snack, and plan how that snack will be prepared. Take the snack to the next den meeting to share with other Tigers.

### Food Preparation Hygiene (Requirement 4)

While preparing the snack, be sure to practice good hygiene. Encourage your Tiger to show how he can keep himself and his personal area clean.



# MEETING 2 PLAN

## PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- “Made From Corn” list for Gathering (See Meeting 2 Resources.)
- Activity 2 Table Manners Relay cards (See Meeting 2 Resources.)

## GATHERING

Print out or write the list of items from the Meeting 2 Resources, and cut it into strips of paper. Set up two pieces of chart paper on the floor, one marked “MADE FROM CORN” and the other marked “NOT MADE FROM CORN.” Ask the boys to place each strip of paper onto the chart paper they believe is correct. If an item can be made from corn (even if it is not always or entirely made from corn), drop it in the “MADE FROM CORN” cup. Adult partners can help to read or explain as needed. At the end, reveal that ALL of the things listed on the strips can be made from corn.

## OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and, as appropriate, the Scout Oath and Scout Law.
- **Tiger Opening Ceremony:** Write the statements below on posters or cards for the adult partners to read. Have each Tiger hold a poster with one of the letters on it. After he shouts his letter, his adult partner will read the statement matching the letter.

**ADULT 1:** T is for TEAM, the Tiger team, a boy and his adult partner having fun together.

**ADULT 2:** I is for INTRODUCTION, showing us what Cub Scouting is all about.

**ADULT 3:** G is for GOOD TIMES, having fun together as a den and with your family.

**ADULT 4:** E is for EXPLORING, searching out new things to see and do.

**ADULT 5:** R is for READY, ready for new adventures together as a team.

**ADULT 6:** S is for SHARING, taking time to talk to each other about the fun things we get to do.

## TALK TIME

- Carry out business items for the den.
- Remind everyone that the next meeting will take place at a local grocery store or other predetermined place, such as a farmer’s market or a farm. Give the time, as well as the place where everyone should plan to meet. Remind the Tigers to arrive in uniform!

## ACTIVITIES

### ◆ Activity 1: Mealtime Job Chart

Have each Tiger share his completed mealtime job chart from their Den Meeting 1 Do-at-Home Project. Sample questions to ask include:

- 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?

## ◆ Activity 2: Play “Table Manners Relay” (Requirement 5)

**Materials:** manners cards (See Meeting 2 Resources.)

Have each adult partner hand his Tiger a plate labeled “Polite Manners,” a cup marked “Impolite Manners,” and silverware. The Tiger will run to the finish line and set the “table” with his supplies.

He will then run back to his adult partner, who will draw a card from the ones given for the game. Together, they will decide if the action on the card is polite or impolite. Once they have decided, the Tiger will run to the table and place the card where it belongs—on the plate or in the cup.

The relay continues until all cards have been placed. The first team to finish placing their cards wins!

## ◆ Activity 3: Nutritious Snack Sharing

Invite Tigers and their adult partners to tell about the snack items they brought to share with the den. Remind Tigers of good manners for eating finger foods, and encourage them to try a variety of snacks—especially those that are new to them.

## CLOSING

- Remind everyone of the outing planned for the next meeting, when they will go to a local grocery store, farmer’s market, or farm.
- Make sure all Tigers and their families know the plans.

## AFTER THE MEETING

- Record completion of requirements 3, 4, 5, and 6.
- Work together to clean up the meeting place.

# MEETING 2 RESOURCES

## Made From Corn Game List

<b>Baby foods</b>	<b>Cosmetics</b>	<b>Paints</b>
<b>Batteries</b>	<b>Crayons</b>	<b>Paper</b>
<b>Candy</b>	<b>Diapers</b>	<b>Paste and glue</b>
<b>Canned/frozen corn</b>	<b>Dyes</b>	<b>Plastics</b>
<b>Ceramics</b>	<b>Fireworks</b>	<b>Safety glass</b>
<b>Chalk</b>	<b>Glue</b>	<b>Salad dressings</b>
<b>Chewing gum</b>	<b>Hominy and grits</b>	<b>Soaps</b>
<b>Cooking oil</b>	<b>Insecticides</b>	<b>Sweeteners</b>
<b>Corn syrup</b>	<b>Margarine</b>	<b>Textiles</b>
<b>Corn flakes</b>	<b>Matches</b>	<b>Toothpaste</b>
<b>Cornmeal</b>	<b>Medicines</b>	<b>Varnishes</b>
<b>Cornstarch</b>	<b>Rubber tires</b>	<b>Vinegar</b>

## Table Manners Relay Cards

GOOD MANNERS	POOR MANNERS
Saying “please” and “thank you”	Chewing with your mouth open
Washing your hands before eating	Keeping your elbows on the table during mealtime
Using a napkin or plate when eating finger foods	Dipping a chip again when it is half-eaten
Chewing food with your mouth closed	Letting crumbs fall on the floor instead of onto your napkin
Asking to be excused before leaving the table	Not using a napkin at mealtime
Using serving utensils instead of your hands	Reaching across the table for food without asking someone to pass it to you
Remembering not to slurp, smack your lips, or blow your nose at mealtime	Starting to eat before everyone has been served
Asking if you can help clear dinner plates	Telling the cook you don’t like the food

# MEETING 3 PLAN (Den Outing)

## PREPARATION AND MATERIALS NEEDED

- Select a local grocery store, farmer’s market, or farm to visit. (The scavenger hunt may not be possible if the den visits a farm, but a tour there would be just as interesting.)
- Unit den leader should have in possession (if required by local council practices) the tour and activity plan, signed activity consent forms, and a copy of the *Guide to Safe Scouting*.
- Copies of the “Grocery Scavenger Hunt” chart for Activity 1 (See Meeting 3 Resources.)

## GATHERING

As the Tigers arrive, invite them to try some traditional tongue twisters such as—

*Peter Piper picked a peck of pickled peppers.*

*Did Peter Piper pick a peck of pickled peppers?*

*If Peter Piper picked a peck of pickled peppers,*

*Where’s the peck of pickled peppers Peter Piper picked?*

Another choice: *Freshly fried flying fish.*

Or have them try to solve these funny food riddles:

- What did the baby corn say to the mama corn? (Where’s pop corn?)
- What did the nut say when it sneezed? (Cashew!)
- Why was the cucumber mad? (Because it was in a pickle!)
- What bird is with you at every meal? (A swallow!)
- Why did the banana go to the doctor? (Because it wasn’t peeling well!)
- What do you call a shoe made from a banana? (A slipper!)
- What does a mixed-up hen lay? (Scrambled eggs!)
- What do you call a bear with no teeth? (A gummy bear!)
- Why do seagulls fly over the sea? (Because if they flew over the bay they would be called bagels!)

## OPENING

- Say the Pledge of Allegiance and, as appropriate, the Scout Oath and Scout Law. If the den does not have a United States flag on the outing, ask one Scout to display the flag on his uniform for the group.
- Gather the Tigers together in a circle, and recite the Scout Law. Ask them to listen for any words that describe how they should act during their outing. Accept all answers. If they have trouble remembering, you can prompt them with any of these: courteous, kind, obedient, cheerful, helpful, friendly.

## TALK TIME

- Carry out business items for the den.

## ACTIVITIES

### ◆ Activity 1: Grocery Scavenger Hunt

**Materials:** pencils or markers; scavenger hunt cards (See Meeting 3 Resources.)

1. Just as real tigers need to hunt for their food, these Tigers are going on a hunt. Divide everyone into teams, or pair each boy with his adult partner. (Partners should adjust their level of assistance to the boy's reading ability.)
2. Give each team or pair a grocery scavenger hunt card 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 poor 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 the boys 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, donuts, or fast-food burgers.)

### ◆ Activity 2: Exploration

If time allows, invite the Tigers and their adult partners to further explore the facility together.

## CLOSING

- If someone from the facility has been helping or showing the Tigers around, be sure to thank him or her.
- When all Tigers have completed the hunt, acknowledge their fine work.
- The meeting will end the same way it began, with the Tigers in a circle. Before each Tiger leaves, name a category from the hunt, and have the Tiger tell you the matching food item.

## AFTER THE MEETING

- Prepare thank-you notes for those who helped with the outing.
- Record completion of requirement 1 and those completed at home.

Upon completion of the Tiger Bites adventure, your Tigers will have earned the adventure loop shown here. Make sure they are recognized for their completion by presenting the adventure loops, to be worn on their belts, as soon as possible according to your pack's tradition.



# MEETING 3 RESOURCES

## FOOD SCAVENGER HUNT

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

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:

\_\_\_\_\_ , \_\_\_\_\_