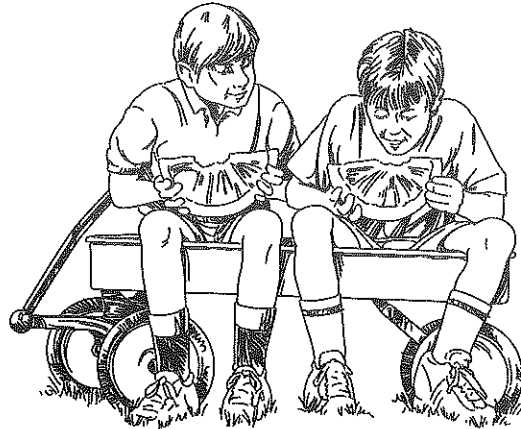
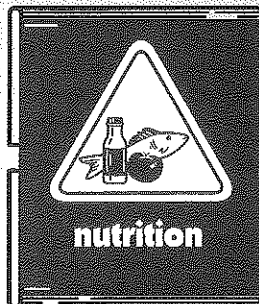


# Cub Scout Academics: Nutrition



## REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

### Belt Loop

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 adult partner's permission, see <http://www.mypyramid.gov>.)

### Academics Pin

Earn the 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.
- \_\_\_\_\_ 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.

Eating a balanced diet means eating foods that are good for you and that give your body the vitamins and other nutrients it needs to stay healthy.