

Beavers My Skills Challenge Badge

Take Part In Three Activities On How To Keep Your Body Fit And Healthy

My Teeth[©]

By Samantha Eagle

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Requests for permission or further information should be addressed to Samantha Eagle, PO Box 245, La Manga Club Murcia, 30389, Spain.

Published by Samantha Eagle
PO Box 245, La Manga Club Murcia, 30389, Spain.
Email: sameagle@scoutingbadgeshelp.com

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My Skills Challenge Badge

Take Part In Three Activities On How To Keep Your Body Fit And Healthy

My Teeth[©]

Overview

For this part of the badge the children will do a quick fun activity that will show them what good and bad foods they should eat for healthy teeth.

The Week Before

1. The **week before** ask the children to bring in pictures of food that they think are good **and** bad for their teeth – You may need to bring some in as a backup because some will forget

Preparation Before The Meeting

1. Print out copies of the teeth pictures handout – found in this document – you need one for each team of 4. Tear the sheet in half

Materials Needed

- Scissors

Directions/Leader Speak

1. **Speak** – The next task you need to do for your 'My Skills Challenge Award' is to take part in activities that help to keep your body fit and healthy. The first activity you are going to do is to look at how you can keep your teeth healthy
2. **Speak** - I want everyone to get into teams of four and sit at your tables/floor area
3. **Action** - Place the pictures of the Healthy White Teeth and the Decayed Teeth on the table
4. **Speak** - Now I want you to cut out your food and place the food which you think will give you healthy white teeth on the 'Healthy Teeth' picture and the food that you think will give you bad teeth on the 'Decayed Teeth' picture
5. **Action** - Walk around to check that they are placing the correct food on the right picture
6. **Speak** - Everyone seems to know what the bad food and good food is for their teeth, well done. So if you want Healthy White teeth you must eat plenty of fruits and vegetables and wash your teeth at least twice a day
7. **Speak** - If you don't you could end up in all sorts of pain and even having to have your teeth removed

Good Foods/Drinks	Bad Foods/Drinks
Natural juices squeezed at home	Fizzy Drinks/ Fruit Drinks/ Sports Drinks
Fruits	Sweets/Chocolate/Cakes
Vegetables	Sliced Bread
Water	Carton Milk
	All Processed Foods have sugar in them you just have to eat them in moderation and keep your teeth clean

