

Beavers My Skills Challenge Badge

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

FOOD - Filling Your Plate[©]

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

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WARNING

If you are using a colour printer and do not intend to print in colour you must change your print settings to “Greyscale” if you don’t do this the pictures will not print clearly (your print settings are found in the print dialog box).

Overview

For this part of the badge the children will do a fun activity where they can learn about different types of foods and how much of it they should be eating.

Preparation Before The Meeting

1. Print out enough copies of the ‘Blank Plate’ and the ‘Foods’ handouts found in this document for each child (cut off the top writing off the food handout this is for your reference)

Materials Needed

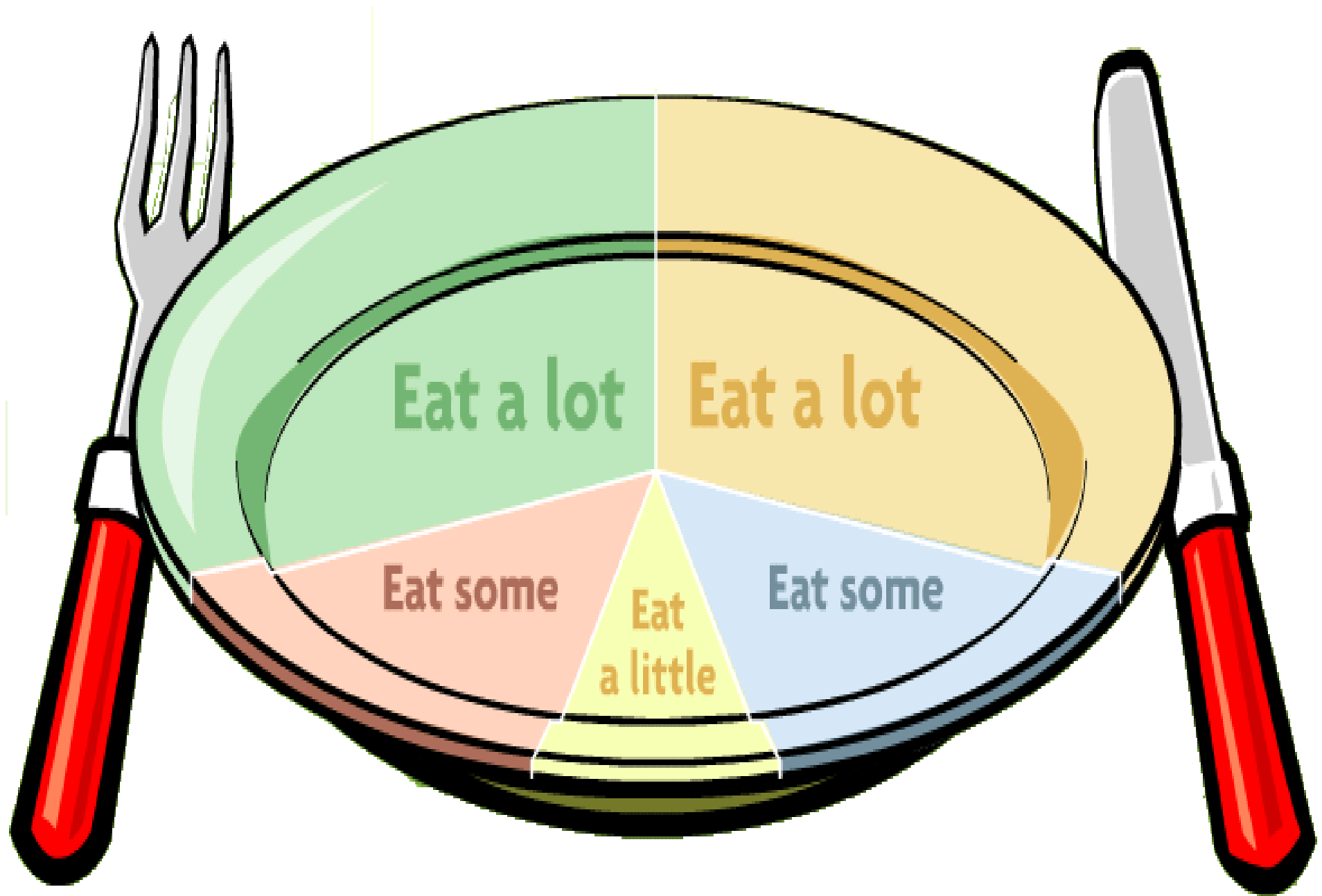
- Scissors for each child

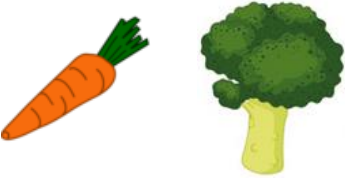
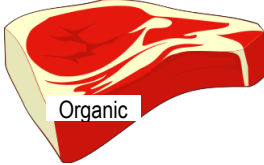
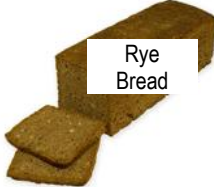
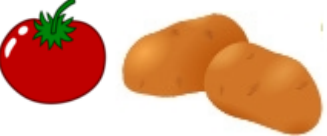
Directions/Leader Speak

1. **Speak** – Staying with the keeping our body fit and healthy subject for the ‘My Skills Challenge Award’ we are now going to look at what foods we should eat a lot of and what foods we should keep to a minimum
2. **Action** - Hand out the ‘Plate’ handout to each child
3. **Speak** - There are 5 sections on this plate. You should eat different amounts of foods depending whether it’s good for you or not. I am going to give you some food and using scissors I want you to cut out your food and put it where you think it should go on each part of the plate

Please Note: If you are new to nutrition as a leader this information may feel strange to you. However after many years of research it has been proven that the over consumption of Dairy Foods (cheese, milk etc.) and Animal Protein (Processed Meats and Fish etc.) cause many illnesses in our bodies. For that reason I have chosen not to use food groups but to get the kids to recognise individual foods that should either be kept to a minimum or eaten more of.

4. **Action** - When they have finished check that each child has placed their food correctly if not ask them to move it to correct part of the plate
 - a. Eat A Lot = Fruit, Vegetables, Organic Nuts & Legumes (Beans e.g. Lentils, Chickpeas etc.)
 - b. Eat Some = Meat, Fish, Eggs, Bread, Pasta
 - c. Eat Little = Fat & Sugar etc.



Fruit & Vegetables EAT LOTS	Legumes (Beans), Nuts EAT LOTS	Bread, Rice, Pasta EAT SOME	Fat & Sugar EAT A LITTLE	Meat, Fish, Eggs EAT SOME
	 Chickpeas			 Organic
	 Lentils	 Rye Bread		 Organic
	 Unsalted Nuts			 Organic
			 Low Fat Organic	
	