

# Beavers My Skills Challenge Badge

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

## **Food - Filling Your Lunchbox<sup>©</sup>**

---

**By Samantha Eagle**

© All Rights Reserved 2015

# Copyright Notices

© Copyright Samantha Eagle

All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means mechanical or electronic, including photocopying and recording, or by any information and retrieval system, without permission in writing from the publisher.

The purchaser is authorised to use any of the information in this publication for his or her **own** use ONLY.

For example, if you are a leader trainer you are within your rights to show any or all of the material to other leaders within your possession. However it is strictly prohibited to copy and share any of the materials with other leaders or anyone.

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](mailto:sameagle@scoutingbadgeshelp.com)

## Legal Notices

While all attempts have been made to verify information provided in this publication, neither Author nor the Publisher assumes any responsibility for errors, omissions, or contrary interpretation of the subject matter given in this product.

# My Skills Challenge Badge

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

## Food - Filling Your Lunchbox<sup>©</sup>

### 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 a healthy choice of what food to put in their lunchbox.

### Preparation Before The Meeting

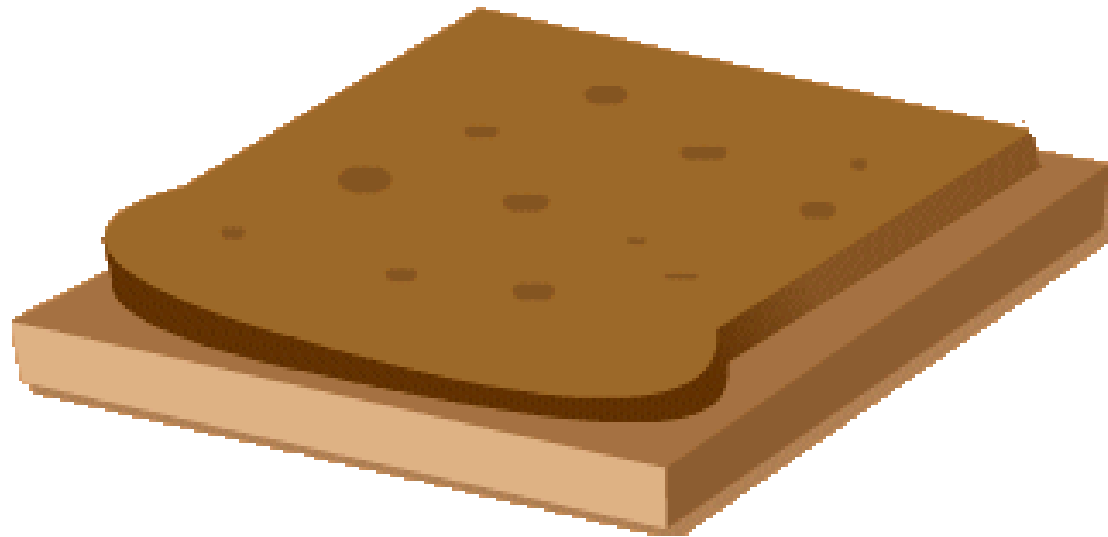
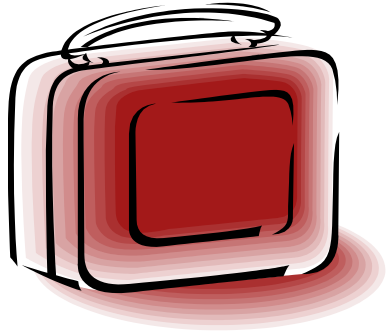
1. Print out enough copies of the ‘Blank Lunchbox and the ‘Foods’ handouts found in this document for each child

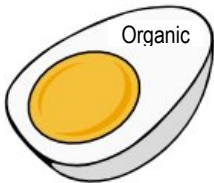
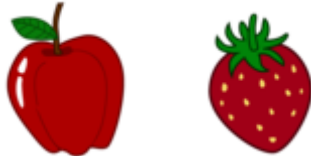
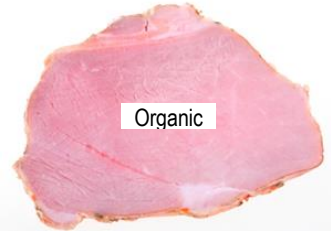
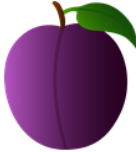
### Materials Needed

- Scissors for each child
- Glue to share

### Directions/Leader Speak

1. **Speak** - We are now going to look at what healthy food we can put in our lunchboxes. And you are going to make a pretend sandwich
2. **Action** - Give them their lunchbox handouts
3. **Speak** - I want you to use scissors to cut out the fillings for your sandwich and place it onto your bread. You also need to choose a drink, a piece of fruit and another snack which you can place near the picture of your lunchbox
4. **Speak** - Once you are happy with your selection then you can glue them on
5. **Speak** - The reason we don’t have any Fizzy Drinks for your lunchbox is because they are full of Sugar that is dangerous for your health and will Dehydrate you
6. **Speak** - The reason we don’t have any Fruit Juices for your lunchbox is because they are full of Artificial Sugars and Flavourings which just make you think it’s real fruit when it’s not



| Fillings For Your Sandwich                                                          |                                                                                   | Some Other Foods                                                                    | Drink                                                                               | Fruit                                                                                 |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|    |  |  |  |    |
|    |  |  |                                                                                     |    |
|    |  |   |                                                                                     |    |
|  |                                                                                   |                                                                                     |                                                                                     |  |