

Beavers My Skills Challenge Badge

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

FOOD - Fun With Food®

By Samantha Eagle

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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 activity I have given you pictures of fun things that the children can make with healthy foods.

Preparation (the week before)

1. Choose the picture that is most suitable for the season and ask each child to bring in some foods that relate to the picture(s) for the following week (you may need to buy some just for backup or if your budget allows you could just buy it all)

Preparation Before The Meeting

1. Print out the relevant picture of the ‘Fun Food’ you want them to make (I have put several copies of the same food on the same page so that you can cut them out and place one on each table for them to share and look at for guidance)

Materials Needed

- Food and materials to go with your chosen picture

Directions/Leader Speak

1. **Speak** – To end our food activities we are going to have some fun with food and make a [xxx]
2. **Action** - Place the materials needed for your chosen picture on each table and get each child to try to replicate the picture using their foods – If you have chosen a picture such as the Butterfly get them to make this as a team













