

Beavers Health and Fitness Badge

Learn About A Variety Of Healthy Foods And Make A Snack For Yourself Using Some Of These Foods

Healthy Plate[©]

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 task the Beavers will cut out foods and put them in the correct position on their plate. This will get them thinking about what foods should be eaten a little and what foods should be eaten a lot.

Preparation Before The Meeting

1. Print enough copies of the next 2 pages of this document – you need a set for each Beaver (cut off the top row of the food table this is for your reference)

Materials Needed

- Scissors for each child

Preparation At The Meeting

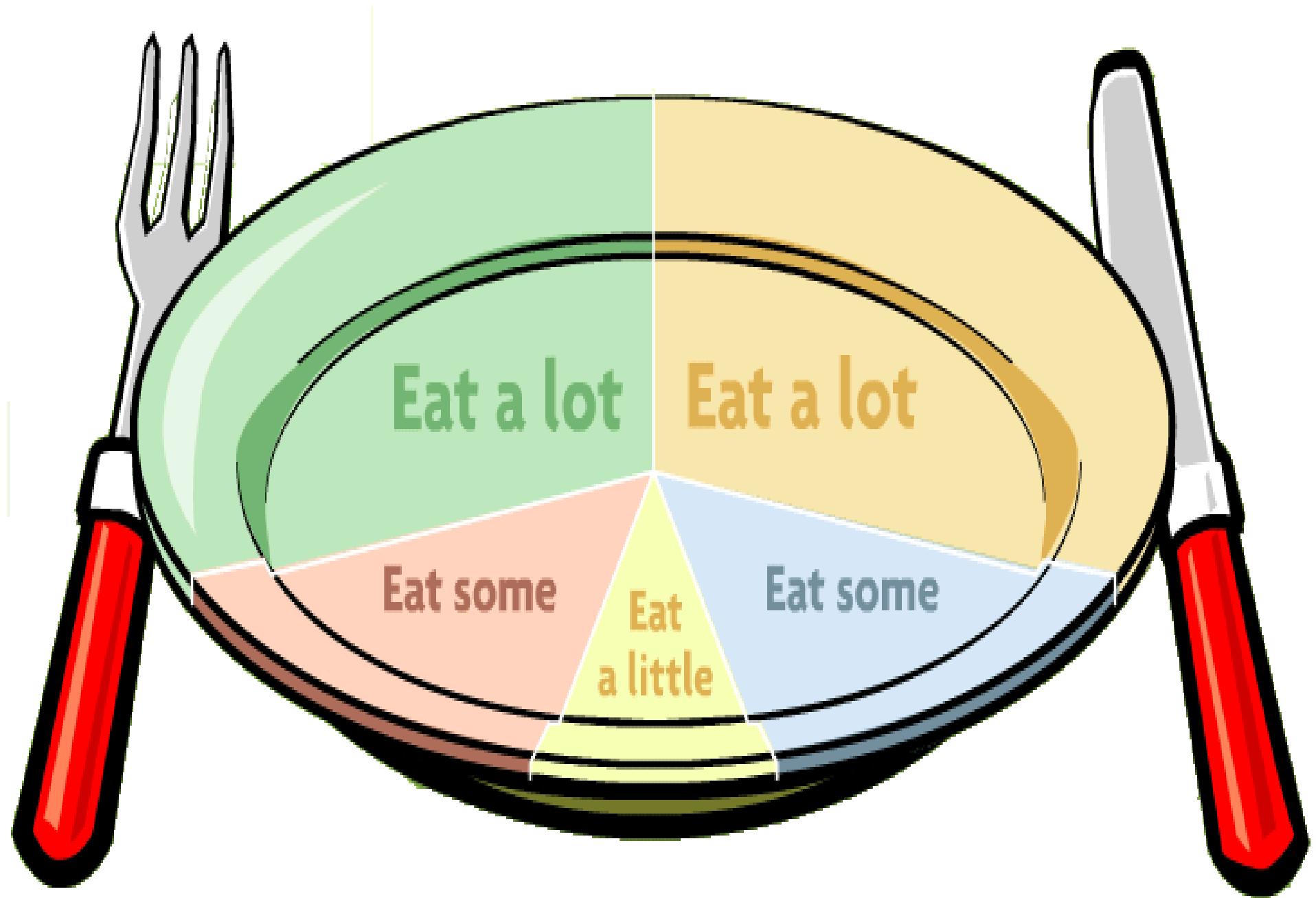
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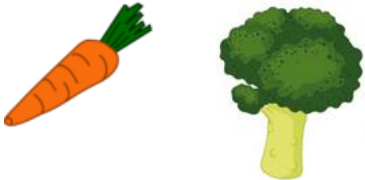
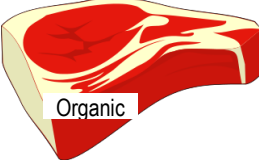
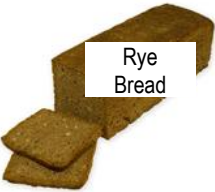
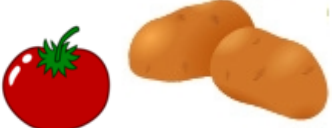
Directions/Leader Speak

1. **Speak** - The next task you need to complete for your ‘Health and Fitness’ badge is to learn about a variety of healthy foods and make a snack for yourself.
2. **Speak** – To help with this you are going to do two fun activities and play a game. Firstly let’s look at what foods we should eat a lot of and what foods we should keep to a minimum
3. **Action** - Hand out the ‘Plate’ handout to each child
4. **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 Dairy and Animal Foods e.g. Meats, Fish, Cheese, Milk and Eggs cause many illnesses in our bodies and are closely linked to cancers, diabetes, heart disease and many more. 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 to eat more of. There are many documentaries you could watch one particular one is 'What the Health'. This documentary contains many of the doctors that I have learnt from over many years.

5. **Direction** - 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
 - b. **Eat Some** = Bread, pasta (gluten free), rice
 - c. **Eat A Little** = Meat, Fish, Fat & Sugar etc



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