

Beavers Health and Fitness Badge

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

Supermarket Dash[©]

By Samantha Eagle

© All Rights Reserved 2017

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@easierscouting.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.

Beavers Health and Fitness Badge

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

Supermarket Dash[©]

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 play a game called ‘Supermarket Dash’ this game will help them learn a little bit about nutritious foods as well as foods that are not so good for their health.

Preparation Before The Meeting

1. Let the group know that next week they will be playing a game called ‘Supermarket Dash’ and they will each need a supermarket trolley or basket. If they have this at home or can borrow one then great if not ask them to bring in a small box
2. Also if they have a ‘Pretend Till’ ask them to bring this in too
3. Print out the ‘Scenarios’ – found in this document – you need one set for the speaking leader
4. Print out ‘Pictures for the shelves’ – found in this document - you need a set for every three children – roughly cut around each food and stick the picture onto the front of an empty toilet roll tube or a mall box
5. Print out the ‘Leader Tokens Chart’ - found in this document - you need one for each leader/till assistant
6. Print out the ‘Tokens’ - found in this document - you need at least one sheet for every two children

Materials Needed

- Shopping basket, trolley or box
- Tokens
- Play till for each shop assistant (the more assistants you have the quicker it will be to give out the tokens)
- Some props to make the room look like a supermarket (see pictures below)

Preparation At The Meeting

1. It would be great to set up your room as a pretend supermarket. How you set this up will be dependent on what sort of props you can get hold of. If you are struggling you can just lay out a row of tables and place the food items on the tables. Here’s some pictures to give you some inspiration on how to setup your supermarket...





2. You need to setup a desk(s) for the checkout girls/boys (this will be the leaders). If you have a till then this needs to be placed at their checkout. Place the tokens in the tills
3. NOTE : What would be really amazing is that you replicate the food pictures and have the real food but this could get quite costly

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. For this as I mentioned last week you are going to play a fun game called 'Supermarket Dash'

The purpose of this game is for you to recognise healthy and unhealthy foods. The way you are going to do this is by carrying out a command from me where you will go into the supermarket and shop for the foods that I request. Once you have collected those foods you need to line up at the supermarket checkout. We will then give you tokens based upon your choices

2. **Action** - At the end of the game they can each count up how many tokens they have. This will hopefully make them think a little about the foods they have chosen.

Round 1

The purpose of round one is to get the children familiar with the available healthy foods

1. Everyone starts with their shopping Trolley
2. The leader says the first command e.g. "You are going shopping for the healthiest drink"
3. Now each child will go to the supermarket and choose what they think is the healthiest drink
4. They then line up at the checkout where the leader assesses what they have chosen and give them a token based on how healthy that food or drink is
5. Once this shopping spree is finished the leader gives a quick explanation on the pros and cons of the choices they made
6. Then the leader will continue with the next scenario

Round 2

In this round you will use the same scenarios but hopefully they will have remembered to pick up only the healthy foods.

Please note: Read the explanations in the scenarios for your reference before you start the game. You can take summaries of these for the children or read it from the sheet; the explanations are based on many years of research and evidence from different people including, doctors, scientists and my experience.

Scenario 1

“I want you to go shopping to buy a healthy drink”

Explanation of the choices

ALL Shop Bought Juice - Unhealthy

“Shop bought juices contain practically none of the original fruit or nutrients, they contain tons of sugar and additives and a chemical is used for the taste because all the original taste was stripped out during the storing process.

Fizzy drinks - Unhealthy

Fizzy drinks contain massive amounts of sugar and chemicals. In one can of coke alone there are 10 spoons of sugar.

Water or Fruit and Vegetable Juice Naturally Extracted - Healthy

The healthiest drink for you is Water or Fruit and Vegetable juice that have been extracted using a juicer. This is the quickest and easiest way to get massive amounts of nutrients into your body especially if you are suffering from an illness.

Milk or any milk related children’s drinks

- Milk is Mother Nature's for a calf until it is weaned but it's **not meant** for human consumption.
- **Cow's milk** causes an acid condition in the blood which your body must neutralize; it does this by **LEACHING** calcium from your bones thus causing fragile bones
- The nations with the **highest** amount of milk/dairy consumption also have the highest rates of **Osteoporosis** (brittle and fragile bones)
- The **safest** way to get calcium into your bones is to eat vegetables and fruits

Scenario 2

“I want you to go shopping to buy the healthiest bread”

Explanation of the choices

White Supermarket Sliced Bread - Unhealthy

White bread contains little nutrients and contains a lot of sugar.

Whole Grain/Wheat Bread – Okay in small amounts

Scenario 3

“I want you to go shopping to buy me a drink that will help me lose weight”

Note to Leader: I've used the word 'me' because I don't want you to talk to the children about losing weight at that age but I want you to get across the misconceptions of diet drinks and their dangers.

Explanation of the choices

Diet Coke etc. – Unhealthy

Studies found that diet drinks and artificial sweeteners actually increase people's waistlines.

The other problem with most diet drinks is they contain “ASPARTAME”, this is an artificial sweetener that is also used in over 6000 food products. There can be many bad side effects from consuming this sweetener.

Here's just some of the 6000 products that contain this dangerous chemical...



So **Water** is a better option if I want to lose weight because it keeps me hydrated and actually can make me feel full.

Scenario 5

“I want you to go shopping to buy some food for your breakfast – choose **three** items”

Explanation of the choices

Fruit

Fruit is the healthiest option for your breakfast

Breakfast cereals – Unhealthy

Cereals do not have any nutrients in them at all. They may have started off with a small amount but by the time they are processed there is nothing left.

Natural Rolled Oats with Natural Nuts - Healthy if eaten with water not milk

Natural rolled oats are okay to eat in small amounts if eaten with water. It takes a bit of getting used to but once you change your taste buds you will love it. The nuts are the healthiest part because they contain the healthy **fats** that your body needs. Another food that does this is **Avocados**.

Whole wheat/Whole meal toast Spread with Banana - Healthy

This is a great and filling option for you.

Scenario 4

“I want you to go shopping to buy some food and a drink for your dinner – you can choose 5 items”

Explanation of the choices

Fruit, Vegetables or Pulses - Healthy

If they come back with these items then great tell them they’ve made good choices

Processed Meat – Chicken Nuggets and Hams – Unhealthy

Excessive eating of low price meat causes many illnesses within your body.

Meat – Okay in small amounts

This is okay in very small amounts. Prior to the second world war people only ate meat on special occasions which is why we had less people dying from what they ate.

Cheese – Unhealthy

Remember that cheese contains milk so this is not good for you. Did you know that the two most common causes of earache’s in children are drinking milk and eating foods that contain milk such as cheese, ice cream, yogurts etc?

Pulses for example, lentils and chickpeas etc. - Healthy

You can get your daily amount of protein from eating Pulses/Beans for example, Kidney Beans, Lentils, Chickpeas, Pinto Beans and natural nuts (not roasted or salted). These foods combined with vegetables are great to fill you up and can be delicious cooked with herbs and tomatoes. A great substitute for pasta.

Scenario 6

“Because you have eaten so healthy this week you can have a treat so go shopping for whatever you want”

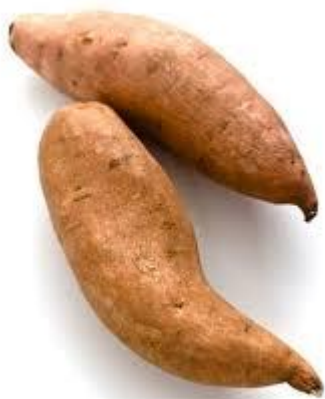
NOTE: If the child picks an unhealthy choice they gain an “Okay In Small Amounts” token for this

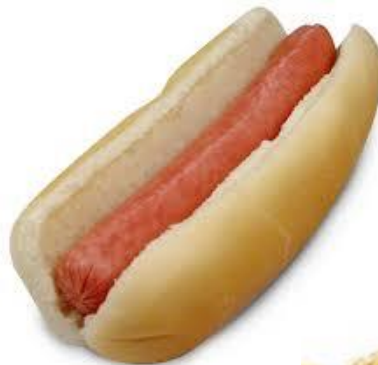
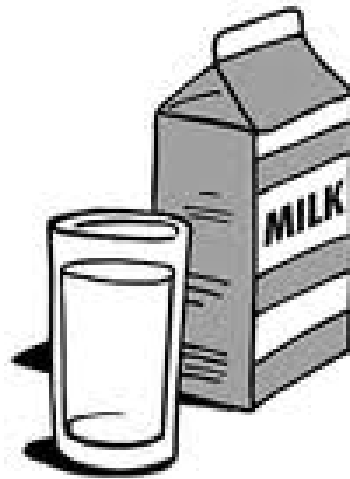
Scenario 7

“You are late for school but need to grab a snack from the local shop”

Give them tokens based on their choices.







Chick Peas



Lentils



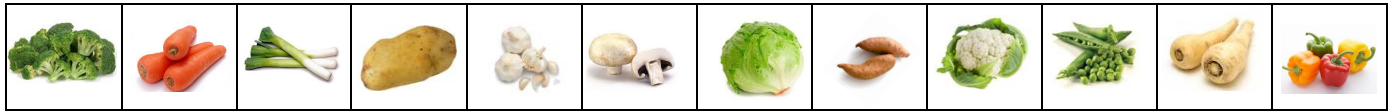
Homemade Juice Using A Juicer



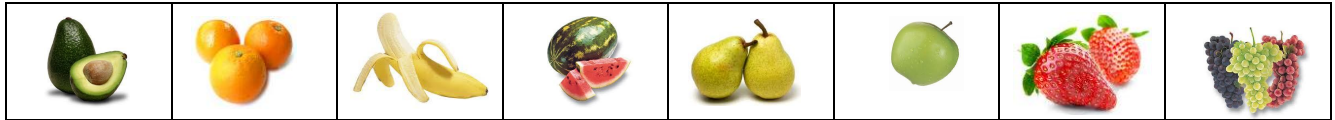


Leader Tokens Chart

Vegetables - HEALTHY Tokens



Fruits - HEALTHY Tokens



Pulses - HEALTHY Tokens



Breads



Natural Rolled Oats with Unsalted Nuts & Water - HEALTHY Token



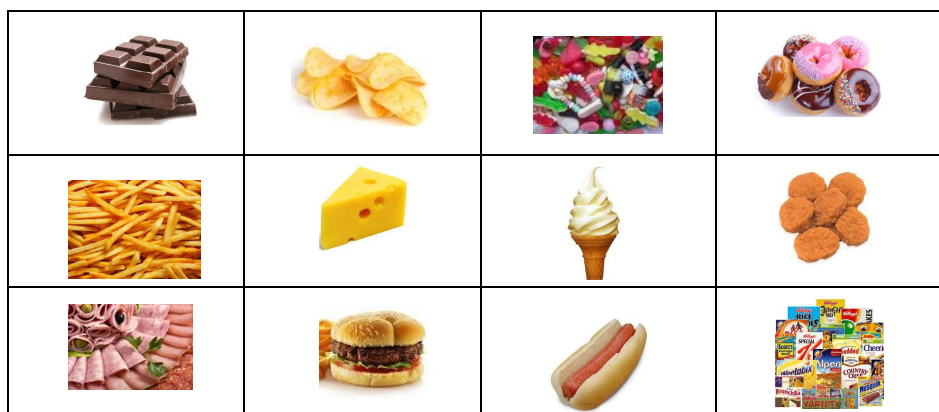
Unhealthy Drinks - UNHEALTHY Tokens



Healthy Drinks - HEALTHY Tokens



Unhealthy Foods - All UNHEALTHY Tokens



Meat - Okay in Small Amounts Token



Tokens

Unhealthy 	Unhealthy 	Unhealthy 	Unhealthy 	Unhealthy 
Healthy 	Healthy 	Healthy 	Healthy 	Healthy 
Okay In Small Amounts 	Okay In Small Amounts 	Okay In Small Amounts 	Okay In Small Amounts 	Okay In Small Amounts 
Unhealthy 	Unhealthy 	Unhealthy 	Unhealthy 	Unhealthy 
Healthy 	Healthy 	Healthy 	Healthy 	Healthy 
Okay In Small Amounts 	Okay In Small Amounts 	Okay In Small Amounts 	Okay In Small Amounts 	Okay In Small Amounts 
Unhealthy 	Unhealthy 	Unhealthy 	Unhealthy 	Unhealthy 
Healthy 	Healthy 	Healthy 	Healthy 	Healthy 
Okay In Small Amounts 	Okay In Small Amounts 	Okay In Small Amounts 	Okay In Small Amounts 	Okay In Small Amounts 