

Beavers Health and Fitness Badge

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

Food Art®

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@easierscouting.com

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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 objects the group can make using healthy foods.

Preparation Before The Meeting

1. Choose the picture that is most suitable for the season and ask each Beaver 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)
2. Print out just the picture of the ‘Fun Food’ you want them to make (I have put six 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

- This will depend on your chosen object
- Camera/phone to take a picture of the finished ‘food art’

Preparation At The Meeting

1. Place the materials needed for your chosen picture on each table

Directions/Leader Speak the Week Before

1. **Speak** - Next week you are going to continue with the healthy food task and make a [say the chosen object] from food.
2. **Direction** – Ask each Beaver to bring something to the next meeting if that’s what you’ve decided to do

Directions/Leader Speak

1. **Direction** - Get each Beaver or team to replicate the picture using their foods
2. **Action** – Take photos of the ‘food art’ to use on your noticedboard, website or facebook page













