

Beavers Health and Fitness Badge

Promote Healthy Eating And Exercise To Others. This Could Involve Designing A Poster, Acting Out A Sketch, Or Creating Something Digitally

My Poster[©]

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 make a poster to promote healthy eating. I have created some ‘headlines’ that they can choose from and some pictures they can either draw around, cut out or copy.

Preparation Before The Meeting

1. Print out the ‘healthy eating and exercise help’ handout – found in this document you need one between two Beavers sharing

Materials Needed

- Pencils, colours and paper

Preparation At The Meeting

1. Give out handout and lay out materials

Directions/Leader Speak

1. **Speak** - The last task you need to complete for your ‘Health and Fitness’ badge is to create a poster that will help people to eat healthy and exercise more. Once your poster is finished you need to think of a place you could put this. For example...
 - a. you could take it home and hang it in your kitchen so your message can be promoted to your family
 - b. you can take it to a family members house to help promote your message to them
 - c. you could ask a local shop if they would like to hang it in their window
 - d. you could ask your teacher if they would put it on their noticeboard at school
2. **Action** - Give out handout
3. **Speak** - Your poster needs a heading so I’ve written a selection that you could choose from. You can see these at the top of this handout. Or you could think of one on your own.

You will also see on the handout some pictures which you can... cut out and stick onto your poster, trace over and then colour them or draw your own

4. **Direction** – Give them 20-30 minutes to create their poster

'Healthy Eating and Exercise Examples for your Poster'

Heading examples...

<i>Make Your Day Brighter By Eating Fruits & Veggies</i>	<i>Fruits & Veggies Make Your Heart Feel Like Dancing</i>
<i>Diet & Exercise Make You Healthy & Wise</i>	<i>Eat More Fruits & Veggies</i>
<i>When You Need to Fuel Choose Wisely</i>	<i>Power Up With Fruits, Veggies & Exercise</i>
<i>Fruits & Veggies Give you Freedom From Disease</i>	<i>You Don't Have To Eat Less Just Eat Right</i>
<i>Healthy Foods Keep the Doctor Away</i>	<i>Say NO to Junk Food</i>

Picture Examples...

