

Beavers Cook Badge

Find Out What Makes A Balanced Diet

Super Eater[©]

By Samantha Eagle

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Overview

For this task your group will play a game where they will pick foods for different meals. Depending on what they pick they will gain points. The team with the most points will be the 'Super Eater' winners.

Preparation Before The Meeting

1. Print the points table – you need one for each team of 3 - there are 3 on the page
2. Print the 'Food Leader Answer Table' – you need one for each leader
3. Print the food pictures - you need a set for each team of 3 – cut out the pictures

Materials Needed

- See 'Preparation Before The Meeting'
- A pen or pencil for each team

Preparation At The Meeting

1. Place each set of images face up on a table or floor in the middle of your room.

Directions/Leader Speak

1. **Speak** - Today you are going to start the 'Cook' badge. This is a great chance to make some food. Before you make food there's a few things you should know. For example, what quantities should you eat certain foods; how to practise good hygiene and how to stay safe in the kitchen. We're going to do some fun activities to learn about all of these things.
2. **Speak** - The first thing you need to be aware of is what makes a balanced diet. For this task you're going to play the 'Super Eater' game
3. **Speak** - Can you all get into teams of three (if you have a small group use teams of two)
4. **Speak** - I will give you an action, and I want you to run to the middle of the room with your teammates and pick the pictures that will go with the action. Only pick one of each picture
5. **Speak** - Once you've picked some pictures come back to your position and we will give you points depending on what you've chosen
6. **Action** - Give each team a points table
7. **Speak** - The team with the most points at the end will be the 'Super Eaters Winner!'
8. **Action** - Go round and check what each group have chosen and give them points for each food to write on their points table.
9. **Action** - After each action get one person from each team to put the images back on the table
10. **Speak** - Okay let's get started
11. **Action** - Read out the following actions...

Actions...

- a) Go to the table in the middle of the room and pick four foods you could eat for your breakfast that you think could be healthy options.
- b) Go to the table in the middle of the room and pick five foods that you think you could make a meal with that could be a healthy option for your lunch. For example, if you choose rice, you could pick vegetables to cook to go with it.
- c) Go to the table in the middle of the room and pick five foods that you think you could make a meal with that could be a healthy option for your dinner. You could make a meal with your options. For example, if you choose chickpeas or lentils, and you could pick vegetables to cook to go with them.
- d) Go to the table in the middle of the room and pick two foods that you feel could be a healthy option for a snack
- e) Go to the table in the middle of the room and pick two foods that you would like as a treat!

12. **Action** - Once all meals are complete gather the total points for each team

POINTS SYSTEM...

Each team will gain 2 points if you choose foods that are good for you to **eats lots** of.

Each team will gain 1 point if you choose foods that are good for you to **eat some** of.

Each team will gain only ½ a point if you choose foods that you should **eat a little** of

Points Table

Team Name:	
MEAL	Points
Breakfast	
Lunch	
Dinner	
Snack	
Treat	

Team Name:	
MEAL	Points
Breakfast	
Lunch	
Dinner	
Snack	
Treat	

Team Name:	
MEAL	Points
Breakfast	
Lunch	
Dinner	
Snack	
Treat	

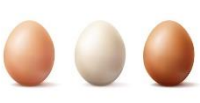
Food Leader Answer Tables

The following pages are for the leader to know what points to give the group...

EAT LOTS - 2 POINTS

							
Strawberry	Orange	Grapes	Apple	Pear	Banana	Pineapple	Kiwi
							
Blueberry	Cherries	Melon	Raspberry	Lemon	Cabbage	Green Beans	Carrot
							
Aubergine	Leeks	Peas	Parsnip	Sweet Potato	Peppers	Cauliflower	Broccoli
							
Lettuce	Tomatoes	Avocado	Cucumber	Mushrooms	Garlic		
							
Chickpeas	Kidney Beans	Lentils	White Beans				

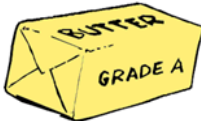
EAT SOME – 1 POINT

				
Rice	Bread	Pasta	Chocolate	Organic Meat
				
Organic Fish	Nuts	Potatoes	Free Range Eggs	Jam

EAT A LITTLE – ½ POINT

				
Potato Chips	Ice cream	Chips	Cake	Pizza
		Please note that chicken is in this category because it's not free-range and is therefore produced in cages. Chickens raised this way are fed antibiotics to prevent diseases, which ultimately end up in the human body once consumed.		
Chicken	Butter			

PICTURES TO PRINT & CUT OUT THEN PLACE ON A TABLE FOR EACH TEAM TO CHOOSE FROM...

 Strawberry	 Orange	 Grapes	 Apple	 Pear	 Banana
 Pineapple	 Kiwi	 Cherries	 Melon	 Raspberries	 Lemon
 Blueberries	 Cabbage	 Green Beans	 Carrots	 Broccoli	 Cauliflower
 Aubergine	 Leeks	 Peas	 Parsnip	 Sweet Potato	 Peppers
 Lettuce	 Tomatoes	 Avocado	 Cucumber	 Mushrooms	 Bread
 Chickpeas	 Kidney Beans	 Lentils	 White Beans	 Rice	 Potatoes
 Organic Fish	 Nuts	 Pasta	 Chocolate	 Butter	 Chicken
 Potato Chips	 Organic Meat	 Pizza	 Cake	 Chips	 Ice cream
 Free Range Eggs	 Jam				