JUMP START

Beaver Scout Meeting Schedule

Theme: Healthy Eating (1)

Beaver Scouts will make two different sandwiches and a healthy snack. They will have fun making the food while learning that eating healthy doesn't have to be boring.

Time	Activity	Additional Information	Run by
0:00	Welcome Ceremony		All
0:05	Sandwich Design	Be aware of any allergies and dietary requirements that your Beaver Scouts may have. Before trying this activity make sure the Beaver Scouts wash their hands.	
0:25	Healthy Snack – Mini kebabs	Allow the Beaver Scouts to sample the vegetables and fruit before including them in assembling the kebab.	
0:45	Grow Cress		
0:55	Closing Ceremony		

Meeting Notes: _____

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Methods	Make Things
Preparation Time	Buying groceries, collecting yoghurt pots, preparing the kebab sticks
Location	Indoors

You will need:

- Bread; white, brown, wraps, rolls
- Fillings; lettuce, tomatoes, cucumber, pepper, onions, chicken, ham, cheese, tuna
- Spreads; margarine, hummus
- Knives
- Plates
- Kebab sticks
- Banana
- Apple
- Pear
- Strawberries
- Peppers
- Yoghurt pots
- Cotton wool
- Coloured paper
- Glue
- Water
- Cress seeds

Sandwich design

1. Provide all the different materials for making sandwiches.

2. Let the Beaver Scouts know what the ingredients are and the different types of breads. Let them make the decision of how they want to make their sandwiches and get them to fill the form in (see example opposite).

3. Let them make their sandwiches and then try them to see how they taste.

Healthy snack – mini kebabs

1. Cut up the fruit and vegetables, halve the kebab sticks and make a sample kebab beforehand.

2. Let the Beaver Scouts create their mini kebabs.

3. Let them taste them.

Grow cress

1. Cover a yoghurt pot with coloured paper.

2. Dampen some cotton wool and place inside the yoghurt pot.

3. Place your cress seeds inside and take them home to watch them grow.

Design and make two healthy sandwhiches.

Sandwhich #1
I will use:

Bread: _____

Spread: _____

Fillings: _____

_____

_____

_____

Sandwhich #2
I will use:

Bread: _____

Spread: _____

Fillings: _____

_____

_____

_____

❑ *I did enjoy*
❑ *I did not enjoy my sandwhiches*