



Beaver Scout Meeting Schedule

Theme: Healthy Eating (2)

Beaver Scouts will have the opportunity to learn more about healthy and unhealthy foods, make a fruit salad and try some new foods.

Time	Activity	Additional Information	Run by
0:00	Welcome Ceremony		All
0:05	Fruit Salad	Make sure Beaver Scouts wash their hands first.	
0:30	Game – Fruit bowl		
0:35	Unhealthy foods		
0:55	Closing Ceremony		

Meeting Notes: _____

Methods Make Things; Play Games

Preparation Time Buying fruit, and collecting free magazines from supermarkets

Location Indoors

You will need:

- Fruit; bananas, grapes, strawberries, apples, melons
- Knives
- Bowls
- Orange Juice
- Spoons
- Magazines
- Scissors
- Two Large sheets of paper
- Glue sticks

Fruit salad

1. Sit the Beaver Scouts in a circle and go around the circle naming each “apple”, “pear”, “orange” and “banana”.
2. As each fruit is called out the matching Beaver Scouts get up and run around the circle and back to their place.
3. For complete chaos call out “Fruit bowl”, when everyone has to run around the circle and back to their place.

Unhealthy Food

1. Talk about healthy and unhealthy foods – Should be helped by the previous activities.
2. Make two collage type posters using cut up magazines. One poster should depict healthy foods and the other not so healthy.