



## Tiger Bites

### Adventure Requirements

Complete requirements 1 and 2 plus at least two others.

1. With your parent, guardian, or other caring adult, or with your den, find out about good food choices and not-so-good choices. Identify three foods that you think would be good choices and three foods that would not be good choices.
2. Explain the importance of hand washing before a meal and cleanup after a meal. Then show you you would do each.
3. Show that you know the difference between a fruit and a vegetable. Eat one of each.
4. With your parent, guardian, or other caring adult, pick a job to help your family at mealtime. Do it for at least four meals.
5. Talk to your parent, guardian, or other caring adult about what foods you can eat with your fingers. Practice your manners when eating them.
6. With your parent, guardian, or other caring adult, plan and make a good snack choice or other nutritious food to share with your den.



### *Parent Corner*

In this adventure, it is OK to play with your food! You will play games about foods that keep us strong. You can even be a cook's helper. You will find out how to stay clean at meals and you will find out about good table manners. Let's learn how to have happy, healthy meals together!



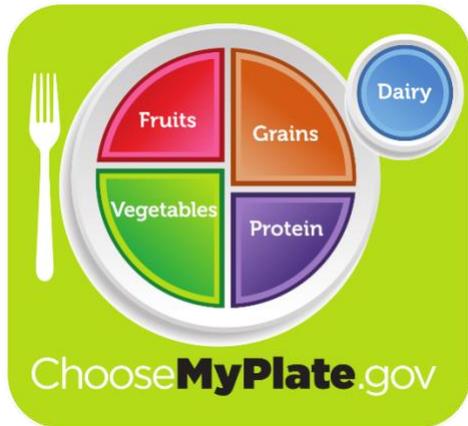
## RANK ADVENTURES



### Tiger Bites Requirement #1 Food Choices

#### Materials Needed:

- MyPlate Go Fish Cards



### Instructions

Watch this [Tiger Bites video](#).

Play a game of MyPlate Go Fish. See the instructions in the Games Tigers Play Adventure in this book.

Discuss good food choices.

List 3 good food choices

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List 3 food choices that are not so good

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



**Pee Wee Says**

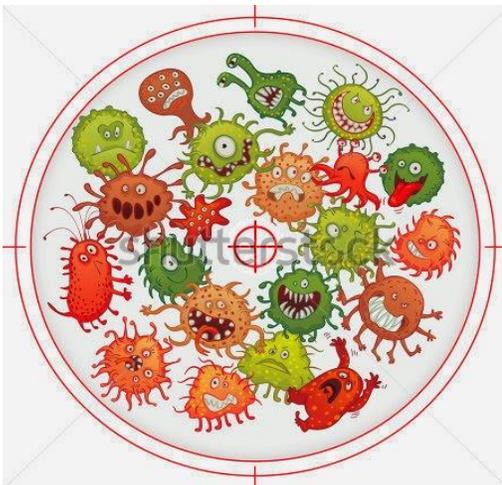
Eating the right foods, and enough of them, helps your body feel well and function well.



## Tiger Bites

Requirement #2 Handwashing

Materials Needed:



### Instructions

Watch these Tiger Bites videos: [video 1](#) [video 2](#)

With a caring adult, practice cleaning the kitchen.

Talk about how to keep the kitchen clean as you cook.

See more tips in your Tiger Cub Scout Handbook.

You should wash your hands at these times:

- After you go to the bathroom
- After you play with a dog, cat, or other pet
- After you blow your nose, sneeze, or cough
- After you touch garbage
- Before and after you prepare food
- Before you set the table
- Before you eat
- Before you put away clean clothes
- When your hands have dirt on them



*Pee Wee Says*

A Scout is clean. Washing your hands is one way to stay clean.



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### Tiger Bites

Requirement #3 Fruits and Vegetables

#### Materials Needed:

- Vegetables activity sheet
- Fruit or vegetable activity sheet
- Scissors, pencil



#### Instructions

Complete the Vegetables activity sheet.

Find the fruit or vegetable activity sheet. Cut out the cards. Sort the cards into 2 piles- one for fruit and one for vegetables.

Eat a fruit. I ate:

\_\_\_\_\_

Eat a vegetable. I ate:

\_\_\_\_\_

Some vegetables, like lettuce, are the leaves of a plant. Others, like asparagus, are the stem of a plant. And some, like a turnip, are the root. Vegetables do not have seeds inside them. They can be many colors. What vegetables can you name?

Remember, fruits have seeds and vegetables do not. But some fruits and vegetables are tricky to identify. Think about a tomato. Most people think it is a vegetable.



#### Pee Wee Says

Fruits and vegetables provide our diets with many vitamins and nutrients we can't get anywhere else.



# Vegetables

Write the name of the vegetables next to the picture.

onions  
carrots  
potatoes

peas  
corn  
pumpkin

radishes  
tomato  
mushrooms

peppers  
broccoli

cucumbers  
eggplant

lettuce  
cabbage



1, \_\_\_\_\_



9, \_\_\_\_\_



2, \_\_\_\_\_



10, \_\_\_\_\_



3, \_\_\_\_\_



11, \_\_\_\_\_



4, \_\_\_\_\_



12, \_\_\_\_\_



5, \_\_\_\_\_



13, \_\_\_\_\_



6, \_\_\_\_\_



14, \_\_\_\_\_



7, \_\_\_\_\_



15, \_\_\_\_\_

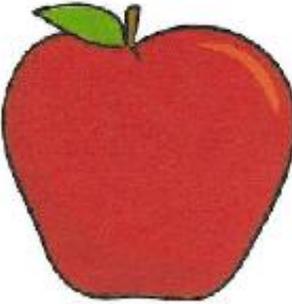
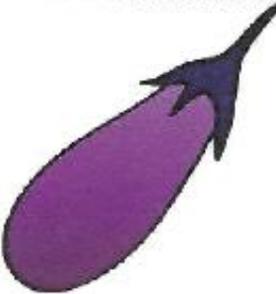
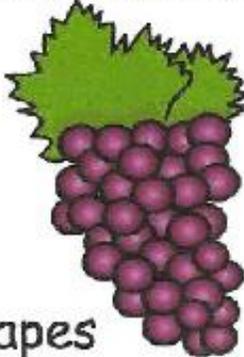
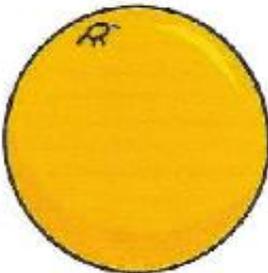
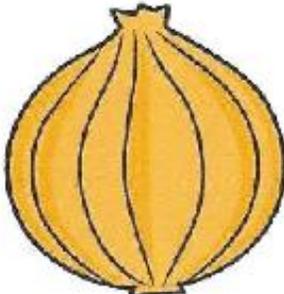
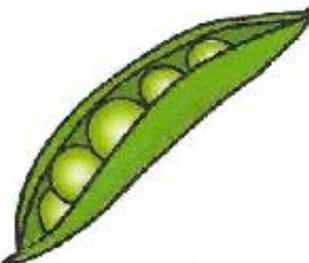
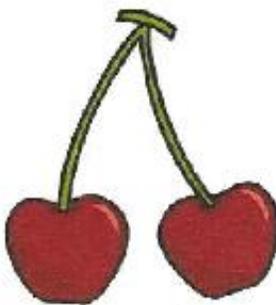
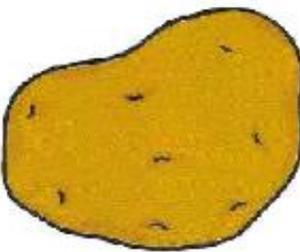
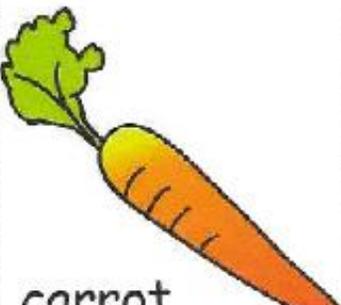
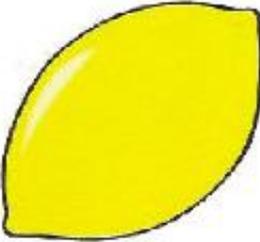


8, \_\_\_\_\_



### Fruit or vegetable?

Sort the cards.

 apple	 eggplant	 grapes
 orange	 onion	 peas
 cherries	 potato	 strawberry
 carrot	 lemon	 numnkin



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Materials Needed:



### Tiger Bites

Requirement #4 Family Mealtime



### Instructions

With your parent, guardian, or other caring adult, pick a job to help your family at mealtime.

Help for at least four meals.

I helped at mealtimes by doing:



### Pee Wee Says

Not only does cooking give your body the fuel it needs throughout the day it can give you joy in discovering new recipes and new foods and new flavors.



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### Tiger Bites

Requirement #5 Finger Food and Manners

Materials Needed:



#### Instructions

With your parent, guardian, or other caring adult read your Tiger Cub Scout Handbook and learn what foods you can eat with your fingers.

As your parent, guardian, or other caring adult to prepare finger foods for you. Practice your manners when eating these foods.

#### Five for the Fingers

1. Make sure your hands are clean. Wash them before you touch any food. Wash them again after you eat, that way you will not get food on other things.
2. Do not eat straight from a serving tray.
3. If there is a serving spoon or fork, use it to move food on to a plate or napkin. If there is not a serving spoon or fork, use your first finger and thumb. Be careful! Touch only the food you are moving.
4. Eat so crumbs will fall on your plate or napkin- not on you or the floor.
5. Do not "double dip." This means do not dip a chip or a vegetable into a common dip container, take a bite, then put the food back into the dip. This is rude and spreads germs. Instead, use a small spoon to put some dip on your plate. If you do not have a plate, dip the chip or vegetable in the dip one time only.



#### Pee Wee Says

Many cultures in the world commonly eat with their hands and fingers, but they all have rules and manners that govern health and social practice.