## TIGER ADVENTURE: TIGER BITES

Additional checkoff sheets and helps are available from <u>ScouterMom.com</u>.

| 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 how 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 with 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.  |  |  |  |  |  |
| Completed   |  |  |  |  |  |
| Presented   |  |  |  |  |  |