# TIGER ADVENTURE: TIGER BITES

Additional checkoff sheets and helps are available from ScouterMom.com.

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| 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 | | | | | | | | | | |