

May



**Core Value:
Health and Fitness**

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Health and Fitness

Cub Café

Pack Committee

Why Cub Café for the Core Value Health and Fitness. As Cub Scouts, we are personally committed to care for our minds and our bodies. One way we care for our bodies is by what we feed ourselves. By choosing Cub Café as a theme, we can emphasize healthier choices, thus reinforcing our commitment to care for our bodies.

BEFORE THE MEETING

Gather all of the supplies for the meeting, including copies of the “Types of Apples” word search, pencils, opening ceremony supplies, awards for presentation, supplies for the recognition ceremony, and supplies for the closing ceremony. Label the den tables for their displays with large chef’s hats cut out of poster board with the name of the den on each hat. Attach the hats to the tables or to the wall behind the table, if that’s OK with the chartered organization. Remember, as Scouts we leave no trace.

GATHERING

Do the “Types of Apples” word search at the end of this meeting plan. It was created at www.armoredpenguin.com/wordsearch.

OPENING

The stage is set with a large kettle and a campfire. Inside the kettle and against one side is a folded flag, out of sight of the audience.

CUB SCOUT 1: Tonight we’re going to fix for you a treat that’s really grand and make for you a recipe—the grandest in the land.

CUB SCOUT 2: In first we’ll put a heaping cup of red for courage true. (*Pours in a container of red paper cut in small pieces*)

CUB SCOUT 3: And then we’ll add for loyalty a dash of heavenly blue. (*Pours in a container of blue paper cut in small pieces*)

CUB SCOUT 4: For purity we’ll now sift in a layer of snowy white. (*Pours in a container of white paper cut in small pieces*)

CUB SCOUT 5: We’ll sprinkle a pinch of stars to make it come out right. (*Pours in a small container of silver stars*)

CUB SCOUT 6: We’ll stir and stir and you will see that what we’ve made is Old Glory. (*Pulls out the flag and holds it up*)

CUB SCOUT 7: Our flag is the most beautiful flag in the world, Let’s always be loyal to it.

Pledge of Allegiance

Please stand for the Pledge of Allegiance. The flag is then placed for display at the meeting.

Prayer

We give thanks for our health and those foods that we eat that help us be fit. May we all be personally committed to care for our minds and bodies.





Welcome and Introductions

The Cubmaster welcomes new families, introduces them to the pack, and thanks those who helped prepare the pack meeting.

The preassigned den sings the following song to the tune of “The Farmer and the Dell.”

The Cub Scout eats so well,
The Cub Scout eats so well,
He chooses what is good for him,
So he will not fall ill.

He likes his apples red,
He likes his apples green,
He likes his apples all cut up,
And calls it fruit salad.

Den Demonstrations

Ask each den in turn to talk about their adventures during the last month. Call each to the front to do so.

CUBMASTER: Thank you to each of the dens who have shared their adventures with us. Let us salute them by giving them a Bite of Apple Cheer. The Cubmaster instructs the pack members to pretend they are taking a big bite out of a big juicy apple, then they rub their tummies and say, “Yum, yum, so good for my tum.”

Audience Participation

Play the game “My Cubmaster Cooks” with the entire group. Instruct the audience that if a Cub Scout names a healthy food to respond by saying “Good for you!” and if the food is unhealthy, respond by saying “Oh, no!” The first Cub Scout would say, “My Cubmaster cooks _____,” and fills in the blank with something that starts with an A. The second Cub Scout would say, “My Cubmaster cooks (whatever the first Cub Scout stated starts with an A) and _____,” and fills in the blank with something that starts with a B. Each subsequent Cub Scout says, “My Cubmaster cooks,” repeats those foods listed by the Cub Scouts that went before him in alphabetical order, and then adds the new food that starts with the next letter in the alphabet. If a Cub Scout gets stuck while reciting the previous foods, he can do a stirring motion to signal he needs help from the rest of the group.

RECOGNITION

A table is set up in the front of the room with a large box sitting on it decorated to look like an oven with a front and back door cut into the box. The box should be large enough to hold a cookie sheet, and the doors should both be able to close. Behind the table is a stack of cookie sheets, with the awards to be presented to each den laid out on a separate cookie sheet. The assistant Cubmaster stands behind the oven to load the awards through the back door. The Cubmaster, wearing a chef’s hat and apron, picks up a large mixing bowl and long wooden spoon from the table next to the oven and begins to pretend he/she is stirring batter. There is one empty cookie sheet on the table that the Cubmaster will pretend to drop batter onto. A spatula to lift awards with is next to the cookie sheet.

CUBMASTER: Friends, this month we are celebrating health and fitness. Here at the Cub Café, I am whipping up a few healthy goodies to present to our hardworking Cub Scouts. They are guaranteed to be calorie free. This month, they have earned many different awards. Here, let me get a batch in the oven real quick.

The Cubmaster pretends to drop spoonfuls of awards onto the empty cookie sheet and places the sheet in the oven through the front door. As soon as the front door of the oven is closed, the assistant Cubmaster removes the empty tray, places the first tray of awards to be awarded in the oven through the back door, and then rings a bell. After hearing the bell, the Cubmaster says, “Wow, it looks like they are already ready,” removes the awards through the front door of the oven, and places them on the table. Using a large spatula, the Cubmaster removes the awards one at a time to present to the Cub Scouts, then asks the Cub Scout and his parent to come to the front of the room to receive his award. This procedure is repeated for each den.

Note: This can also be done with the new neckerchiefs for the next rank if the pack so desires.



Cubmaster's Minute

In the Scout Oath, Boy Scouts pledge to be “physically strong, mentally awake, and morally straight.” This evening our theme was Cub Café because we know that in addition to exercise, it is important to eat right to become physically strong. This week, think about what you are eating before you put it in your mouth and ask yourself, will this food help me become physically strong? Remember that in Cub Scouts, you are preparing to become Boy Scouts.

CLOSING

The preassigned den does the closing.

Each Cub Scout should have a quarter of a poster board cut into the shape of an apple with his letter written in a large capital letter on the front side, and what he is going to say on the back side. The poster board should be attached to a paint stick so he can raise it into the air after he has said his lines.

H is for health. A state of strength and wellbeing is the type of health I want.

E is for eating the healthy choice of foods not only at the Cub Café, but every day.

A is for apple, a healthy, tasty snack choice that has fiber, too.

L is for lentils, a bean that is a good source of protein.

T is for tomato, a fruit full of vitamin C.

H is for happy, how I feel because I am healthy.

CUBMASTER: Thank you, ____ den, for the wonderful closing ceremony. Good night and healthy eating to all.

TYPES OF APPLES

Apples make a good, healthy snack. There are many different types of apples, not just red and green. They all have special names. Find and circle the names of 12 different kinds of apples in the word search below.

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|---|---|---|---|---|---|---|---|---|---|---|---|
| J | H | I | U | I | D | J | G | H | P | T | N |
| N | A | I | S | C | E | N | N | S | I | N | G |
| A | K | B | Y | O | L | B | I | O | N | K | R |
| S | N | O | T | F | I | R | K | T | K | R | I |
| F | T | I | U | D | C | A | O | N | L | J | Y |
| I | N | J | A | Y | I | E | M | I | A | G | A |
| E | I | R | E | E | O | B | I | C | D | A | U |
| G | E | N | B | R | U | U | S | M | Y | K | P |
| D | O | R | E | O | S | R | A | N | U | C | S |
| H | T | I | M | S | Y | N | N | A | R | G | J |
| A | H | J | O | N | A | T | H | A | N | T | T |
| I | Y | T | R | E | B | I | L | J | O | J | T |

Find these 12 words in the letters above. Words can be spelled forward, backward, up, down, or diagonally.

- | | | | |
|-----------|--------------|----------|-------------|
| Braeburn | Granny Smith | Jonathan | McIntosh |
| Delicious | Honeycrisp | King | Pink Lady |
| Fuji | Idared | Liberty | Rome Beauty |

Solution

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| J | H | I | U | I | D | J | G | H | P | T | N |
| N | A | I | S | C | E | N | N | S | I | N | G |
| A | K | B | Y | O | L | B | I | O | N | K | R |
| S | N | O | T | F | I | R | K | T | K | R | I |
| F | T | I | U | D | C | A | O | N | L | J | Y |
| I | N | J | A | Y | I | E | M | I | A | G | A |
| E | I | R | E | E | O | B | I | C | D | A | U |
| G | E | N | B | R | U | U | S | M | Y | K | P |
| D | O | R | E | O | S | R | A | N | U | C | S |
| H | T | I | M | S | Y | N | N | A | R | G | J |
| A | H | J | O | N | A | T | H | A | N | T | T |
| I | Y | T | R | E | B | I | L | J | O | J | T |

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