



## **Cub Scout Nutrition Pin**

**Earn the Cub Scout Nutrition belt loop, and complete five of the following requirements:**

- 1. Make a poster that shows different foods that are high in each of the vitamins. Using your poster, explain to your den or family the difference between a vitamin and a mineral and the importance of each for a healthy diet. \_\_\_\_\_  
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- 2. Read the nutrition label from a packaged or canned food item. Learn about the importance of the nutrients listed. Explain what you learned to your den or family. \_\_\_\_\_  
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- 3. Make a list of diseases that can be caused by a diet that is poor in nutrition. \_\_\_\_\_  
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- 4. Talk with your school cafeteria manager about the role nutrition plays in the meals your school serves. \_\_\_\_\_  
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- 5. With an adult, plan a balanced menu of breakfasts, lunches, and dinners for your family for a week. \_\_\_\_\_  
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- 6. Make a list of healthy snack foods. Demonstrate how to prepare two healthy snacks. \_\_\_\_\_  
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- 7. With an adult, go grocery shopping. Report to your den or other family members what you learned about choosing good foods to eat. \_\_\_\_\_  
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- 8. Demonstrate how to safely prepare food for three meals. \_\_\_\_\_  
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- 9. Demonstrate how to store leftover food to prevent spoilage or contamination. \_\_\_\_\_  
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- 10. Help with a garden. Report to your den or family about what is growing in the garden and how you helped. Show a picture of or bring an item harvested from your garden. \_\_\_\_\_  
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- 11. Visit a farm or ranch. Talk with the owner about how the farm or ranch produces food for families. \_\_\_\_\_  
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- 12. Explain how physical exercise works with nutrition in helping people be fit and healthy. Demonstrate three examples of good physical activity. \_\_\_\_\_  
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