

THEME: Food Feast

Outline

This programme introduces Beaver Scouts to concept of staying fit and healthy through good nutrition and sensible eating – 5 portions of fruit and vegetables every day! There are opportunities to meet some of the requirements for the Healthy Eating and Health & Fitness Activity Badges and complete activities outlined in both the GLOBAL CHALLENGE and the FITNESS CHALLENGE.

Programme zone: Fitness		
Time (mins)	Activity	Equipment
5	Register, Opening Ceremony, Introduction	
10	<p>GAME: ‘Be a…….’</p> <ul style="list-style-type: none"> ○ <i>Leader demonstrates all the actions Beavers must do in this game.</i> ○ <i>Beavers run around the room. The Leader calls out ‘be a ….’ and the name of a fruit or vegetable. The Beavers form the appropriate shape.</i> ○ <i>Pineapple – put hands on head & wiggle fingers</i> ○ <i>Banana – bend over to one side , hands above head</i> ○ <i>Pea – curl up on the ground, as small as possible</i> ○ <i>Apple – round arms to side to indicate a big round apple</i> ○ <i>Runner bean – run on the spot</i> ○ <i>Cucumber – stand tall & straight, arms straight above head, palms touching</i> 	List of fruit & veg.
10	<p>GAME: Fruit Salad</p> <ul style="list-style-type: none"> ○ <i>Beavers sit on chairs in a circle; the Beaver without a chair stands in the middle of the circle.</i> ○ <i>The Leader goes round circle giving the Beavers a name of a fruit – apple, orange, banana, pear, apple, orange, banana, pear, etc.</i> ○ <i>Don’t forget to give the Beaver in the middle a name as well.</i> ○ <i>If the Leaders shouts ‘apple’ all the apples have to swap seats, the Beaver in the middle has to try to get to one of the apple’s chairs before the other apples, thus leaving a new Beaver in the middle!</i> ○ <i>The game continues with the Leader calling out ‘pear’, ‘banana’, etc.</i> ○ <i>When ‘Fruit Salad’ is called – everyone has to change seats!!</i> 	Chairs – one less than number of Beavers
10	<p>ACTIVITY: Five a Day Challenge</p> <ul style="list-style-type: none"> ○ <i>Talk about why fruit and vegetables are important in our diet.</i> ○ <i>Think about how to get ‘Five a Day’ and set the Beaver Scouts a Challenge to try and eat five portions of fruit & vegetables every day for the next week!! Send home a ‘Five a Day Challenge’ record chart to help them!</i> 	Healthy food information ‘Five a Day’ Challenge charts
10	<p>ACTIVITY: Food Feast</p> <ul style="list-style-type: none"> ○ <i>Encourage the Colony to try different fruit and vegetables.</i> ○ <i>Introduce some exotic varieties, along with local produce!</i> ○ <i>NB some children have an allergy to kiwi fruit, similar to nuts.</i> 	Small portions of different fruit and vegetables Napkins or bowls
10	<p>GAME: Fruit & Spoon Relay</p> <ul style="list-style-type: none"> ○ <i>Divide Colony into teams at one end of the hall</i> ○ <i>Play as ‘egg & spoon’ race but with plastic fruit balancing on spoons!</i> 	Spoons Plastic fruits
5	Closing, Home	

WHY WE NEED 5 PORTIONS OF FRUIT AND VEGETABLES EVERY DAY!!

- Provide vitamins and minerals
- Help maintain a healthy weight
- Source of fibre and antioxidants
- Help reduce the risk of heart disease, stroke and some cancers

A TYPICAL 'FIVE A DAY' PORTION WOULD BE

- ✓ Glass of unsweetened fruit juice
- ✓ One large piece of fruit e.g. apple, banana, pear, orange
- ✓ Two smaller pieces of fruit e.g. plums, mandarin oranges
- ✓ Handful of grapes
- ✓ One slice of melon or pineapple
- ✓ Three heaped tablespoons of vegetables
- ✓ Three heaped tablespoons of fruit salad or stewed fruit
- ✓ A dessert bowl of salad
- ✓ One heaped tablespoon of raisins or sultanas

'FIVE A DAY' CHALLENGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I ate ...							
I ate ...							
I ate ...							
I ate ...							
I ate ...							

The fruit I liked best was:

The vegetable I liked best was:

I tried a food I had never eaten before. It was: