



Cub Scout Nutrition

Academics Workbook



The work space provided for each requirement should be used by the Cub Scout to make notes for discussing the item with Akela, not for providing the full and complete answers. Each Cub Scout must do each requirement.

No one may add or subtract from the official requirements found in the Cub Scout Academics and Sports Program Guide (Pub. 34299)

This workbook was updated in May 2013.

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

Please submit errors, omissions, comments or suggestions about this **workbook** to: Workbooks@USScouts.Org

Comments or suggestions for changes to the **requirements** for the **Belt Loop or Pin** should be sent to: Advancement.Team@Scouting.Org

Cub Scout's Name: _____ Pack No. : _____

Cub Scout Nutrition Belt Loop (See the [Pin Requirements](#) below.)

Complete these three requirements:

- 1. Make a poster of foods that are good for you. Share the poster with your den.
- 2. Explain the difference between a fruit and a vegetable. Eat one of each.

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Fruit: Vegetable:

- 3. Help prepare and eat a healthy meal of foods that are included in a food pyramid.
(With your parent's or partner's permission, see <http://www.mypyramid.gov>.)
(Editor's Note: The US Dept. of Agriculture has replaced the "Food Pyramid" dietary guidelines program with a new program called "My Plate". See <http://www.choosemyplate.gov>)

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.
- 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.

- 3. Make a list of diseases that can be caused by a diet that is poor in nutrition.

- 4. Talk with your school cafeteria manager about the role nutrition plays in the meals your school serves.

5. With an adult, plan a balanced menu of breakfasts, lunches, and dinners for your family for a week.

	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

6. Make a list of healthy snack foods.

Demonstrate how to prepare two healthy snacks.

- 1.

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- 2.

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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.

- 8. Demonstrate how to safely prepare food for three meals.

- 9. Demonstrate how to store leftover food to prevent spoilage or contamination.

- 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.

- 11. Visit a farm or ranch. Talk with the owner about how the farm or ranch produces food for families.

- 12. Explain how physical exercise works with nutrition in helping people be fit and healthy.

Demonstrate three examples of good physical activity.

1.

2.

3.

Requirement resources can be found here:

http://www.meritbadge.org/wiki/index.php/Cub_Scout_Nutrition#Requirement_resources

Important excerpts from the 'Guide To Advancement', No. 33088:

Effective January 1, 2012, the *'Guide to Advancement'* (which replaced the publication *'Advancement Committee Policies and Procedures'*) is now the *official* Boy Scouts of America source on advancement policies and procedures.

- [Inside front cover, and 5.0.1.4] — **Unauthorized Changes to Advancement Program**
No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements. (There are limited exceptions relating only to youth members with disabilities. For details see section 10, "Advancement for Members With Special Needs".)
- [Inside front cover, and 7.0.1.1] — The 'Guide to Safe Scouting' Applies
Policies and procedures outlined in the *'Guide to Safe Scouting'*, No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects. [Note: Always reference the online version, which is updated quarterly.]
- [4.1.0.3] — **Who Approves Cub Scout Advancement?**
A key responsibility for den leaders is to implement the core den meeting plans as outlined in the Den & Pack Meeting Resource Guide, No. 34409. For Wolf, Bear, and Webelos advancement, den leaders take the lead in approving requirements, though their assistants, and also parents who help at meetings, may be asked to play the role of "Akela" and assist. Parents sign for requirements that, according to meeting plans and instructions in the handbooks, take place at home. For the Bobcat trail and Tiger Cub achievements, parents (or adult partners) should sign in the boy's handbook; the den leader then approves as progress is recorded in the den's advancement record.
- [4.1.0.4] — **"Do Your Best"**
Advancement performance in Cub Scouting is centered on its motto: "Do Your Best." When a boy has done this—his very best—then regardless of the requirements for any rank or award, it is enough; accomplishment is noted. This is why den leaders, assistants, and parents or guardians are involved in approvals. Generally they know if effort put forth is really the Cub Scout's best.
- [4.1.2.2] — **Cub Scout Academics and Sports Program**
More than just a recognition opportunity, this program develops new skills, improves those existing, and otherwise enriches Cub Scouting. Details can be found in the Cub Scout Academics and Sports Program Guide, No. 34299. Activities include subjects like science, video games, collecting, and chess; and sports such as baseball, skateboarding, and table tennis. Each has two levels—a belt loop and a pin. Belt loops, which can be earned more than once, are awarded when each of three requirements is met. Cub Scouts may then continue with additional requirements and earn the pin. Archery and BB gun shooting are included, but can only be conducted at a council presented activity with certified supervisors.

Additional notes of interest:

- Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements for all Academics and Sports Belt Loops and Pins (**except shooting sports**) in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.
- **"Akela"** (Pronounced "Ah-KAY-la") — Title of respect used in Cub Scouting—any good leader is *Akela*. *Akela* is also the leader and guide for Cub Scouts on the advancement trail. The name comes from Rudyard Kipling's *Jungle Book*. (See "Law of the Pack.")
- **"Law of the Pack"** —
The Cub Scout follows Akela.
The Cub Scout helps the pack go.
The pack helps the Cub Scout grow.
The Cub Scout gives goodwill.