



Tiger Bites Requirements

Complete Requirement 1 and 2 plus at least 2 others

1. With your parent, guardian, other caring adult, or 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 clean-up 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.

Ideas for Adventure Requirements:

Collect grocery store ads from the snail mail or look up the coupons available from the grocery store online <https://www.kroger.com/products/start-my-cart>. Have your scout cut out, point at, or circle with a marker, three healthy and three unhealthy foods for sale.



Lay out a sample of the following: apple, orange, pear, banana, kiwi, cucumber, tomato, celery, broccoli, lettuce, spinach. Have your scout group them into what they believe are fruits and vegetables. Explain

the botanical difference between fruits and vegetables, then find out which items have seeds. Cut them up while scout washes hands, then let them sample at least one fruit and one vegetable.