



# Nutrition

## Beltloop and Pin Worksheet

Cub Scout Academic & Sports Program

Scout Name: \_\_\_\_\_

Pack / Den: \_\_\_\_\_

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### Nutrition Belt Loop

Complete these three requirements:

1. Make a poster of foods that are good for you. Share the poster with your Den or Patrol. \_\_\_\_\_

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2. Explain the difference between a fruit and a vegetable. Eat one of each. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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>.) \_\_\_\_\_

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\_\_\_\_\_

## Nutrition Pin

*Earn the Nutrition Beltloop, 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, Patrol 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 . \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. With an adult, go grocery shopping. Report to your Den, Patrol 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. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

10. Help with a garden. Report to your Den, Patrol, 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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