



SCOUTStrong Healthy Unit Award Tracker ALL UNITS



Track your progress toward becoming a SCOUTStrong Healthy Unit

Healthy Unit Activities

Record the Meeting / Event / Outing Dates:

3  Serve fruit or vegetables at 3 meetings.

1	2	3
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6  Serve water as the primary beverage at 6 meetings.

1	2	3	4	5	6	Extra activity: Sugar Detectives Find this activity on page 2.	
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9  Do 15 minutes of physical activity at 9 meetings.

1	2	3	4	5	6	7	8	9
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A healthy snack is part of these Cub Scout adventures:

- LION *Fun on the Run*
- TIGERS *Games Tigers Play & Tiger Bites*
- BEAR *Bear Necessities*
- WEBELO *Cast Iron Chef*

Physical activity is part of these Cub Scout adventures:

- LION *Fun on the Run*
- TIGER *Games Tigers Play*
- WOLF *Paws on the Path & Running with the Pack*
- BEAR *Grin and Bear It*
- WEBELO *Stronger, Faster, Higher*

Has your unit completed the 3-6-9 requirements? Congratulations, you are a SCOUTStrong Healthy Unit!

Help Scouts learn healthy habits by continuing these practices at meetings throughout the year. Print the certificate on page 8 and order your Healthy Unit patch (SKU 620583) at www.scoutshop.org.

Sugar Detectives

We know desserts and candy have a lot of sugar, but what about our drinks? Almost **half** of the added sugar in our diets comes from **drinks!** Use this activity to show Scouts the hidden sugar in common beverages.

- Collect a **variety of popular drinks**, such as a sports drink, juice pouch, and soda. Find the **total grams of added sugar in the entire drink**, using the Nutrition Facts label.
- Convert the **grams to teaspoons** for each drink - 4 grams is equal to about 1 tsp.
Example: A 20 oz soda contains **64** grams, or **16** tsp. of sugar ($64/4=16$)
- For each drink, **measure the number of teaspoons of sugar** into a small **bowl, or sandwich-sized plastic bag**. You can also tape together **sugar packets**, using one packet per teaspoon of sugar. Label each bowl, bag or string of sugar packets with the number of teaspoons.

Find the Sugar

The nutrition label may only list the grams of sugar **per serving**. Check how many servings are in the container, then multiply the number of servings by the amount of sugar.



- Have Scouts guess how much sugar is in each drink by matching sugar containers with drinks. Then, reveal the correct pairs.

Questions for Scouts

- Consider the sizes of cups at convenience stores, restaurants, and movie theatres. How much sugar do you think these contain?
- Think about what you drink. How much sugar are you drinking each day?

Sugar Detectives, Round 2

- You can expand this activity by bringing in other popular drinks to use in the display. Try including a sweetened iced tea, energy drink, or a drink with added vitamins, to show that even these drinks contain a lot of sugar.
- Older Scouts could create a poster to display at a community event, using poster board, empty bottles of drinks, and bags of sugar or sugar packets.



Active Games

Use these fun, non-competitive games to get Scouts moving at meetings.



Aerobic Tic-Tac-Toe

What you need: Pen or pencil, and 1 tic-tac-toe board per team (see examples on the following pages)

1. Have Scouts form pairs and give each pair a tic-tac-toe board.
2. Partners determine who will go first. They can play Aerobic Rock Paper Scissors to do this.
3. Players take turns choosing which square they want to cross out and perform the activity listed in the square.
4. Play continues until one player gets 3 in a row, or no more moves can be made.

Aerobic Rock Paper Scissors

1. Start by showing Scouts how to move their bodies for “rock,” “paper” and “scissors”

- Rock: crouch down into a ball.
- Paper: arms and legs out wide.
- Scissors: one arm forward, other back, one leg forward, other back – as if you’re running, but with straight arms and legs.

2. Scouts should pair off and with their partner, jump up and down four times while saying “Rock, Paper, Scissors, Shoot!”
3. On “Shoot,” players pick their movement.

*Rock beats Scissors, Scissors beats Paper, and Paper beats Rock. Best two out of three wins!

Quiz Calisthenics

What you need: Pen/pencil and paper

1. Create a list of true/false quiz questions relevant to your current meeting topic.
2. Instruct Scouts to answer “true” by doing jumping jacks and to answer “false” by doing sit-ups.
3. Vary the types of exercises to do for “true” and “false.”

Zero In

What you need: Sheets of paper, pen/pencil

1. One person is selected to be the Number Guesser.
2. A different person writes a number between 0 -1,000 (or 0-100 for younger Scouts) on a piece of paper and shows it to everyone except the Guesser. The goal is for the group to help the Guesser “zero in” on the number that was chosen.
3. The Guesser will start by calling out a number. If the correct number is higher than the number they guessed, the group will jump up and down. If the correct number is lower, the group will do squats.
4. Jumping and squats continue until the Guesser guesses the correct number. Then, another person becomes the Guesser, and another round begins.

Do 10 jumping jacks

**Jump up and down
and pretend to
shoot 10 baskets**

**Crab walk for
10 seconds**

**Choose your own
movement!**

**Balance on 1 foot
with your eyes
closed for
10 seconds**

**Walk 20 steps in a line
heel to toe**

**Walk on your
tip-toes around the
tic-tac-toe board
3 times**

**Jump as high as you can
5 times**

Do 5 frog leaps

Sprint for 15 seconds

**Complete 10
wall push-ups**

Do 10 squats

**Pretend to jump rope
for 30 seconds**

**Jump as
high as you can
10 times
to practice
your vertical jump**

**Choose your own
movement!**

Do 15 jumping jacks

**Complete a
standing long jump**

**Do 10 curl-ups (have
your partner help by
holding your feet)**



SNACK SMART at Scout Meetings



Keep it simple – serve fresh fruits and vegetables!

Apples, bananas, grapes, green beans, cucumbers, and carrots are good options that require little preparation. Enlist the help of Scout parents who can take turns bringing in a fruit or vegetable snack.

Check out the tips below for serving fruits and vegetables for snacks during Scout meetings:



Have a taste test: Kids are more likely to try new foods when they're around other kids. Have Scouts score fruits and vegetables on things like:

- ★ Eye-catching
- ★ Crunch
- ★ Flavor



Add a dip: A healthy dip can encourage Scouts to try fruits and vegetables. Hummus or peanut butter are great options, but be aware of any allergies. You can also pair fruits and vegetables with these yogurt dip recipes:

Savory Dip:

Combine 2 cups low fat plain yogurt, 1 tsp. garlic powder, 3 Tbsp. lemon juice, ¼ cup grated parmesan cheese, and a pinch of salt and pepper. Mix well.

Sweet Dip:

Combine 2 cups low fat vanilla yogurt, ½ tsp nutmeg, and ½ tsp cinnamon. Mix well.



Cub Scout Derby Cars: Scouts can use fruits, vegetables and toothpicks to build their own model derby cars. Encourage them to taste at least three of the foods they use to build their cars.

Body of the car: Try Bananas

Wheels: Try cherry tomatoes or grapes



Scout Chefs: Recreate the famous story of Stone Soup by having each Scout contribute one ingredient to make a vegetable soup or fruit salad together. If you don't have the time at a meeting, make this part of your next camping trip.

"I was surprised what a big hit our healthy snacks were. The Scouts were just as excited about the fruit as they were about the cookies we had served before."

-Cubmaster, Pack 688

Grand Canyon Council

Share the "Tips for Snack Volunteers" handout, which can be found at www.scouting.org/scoutstronghealthyunit.

Help Scouts Snack Smart at meetings!

Our unit is taking on the **SCOUTStrong Healthy Unit Challenge**. We can earn this award together when we:

Snack Smart: Have fruits and vegetables for snack at 3 meetings

Drink Right: Drink water at 6 meetings

Move More: Do 15 minutes of physical activity at 9 meetings

These meeting practices will help our Scouts learn lifelong healthy habits. Here's how you can help:

- Remind your Scout to **pack a water bottle** for meetings and events.
- If you're a **snack volunteer**, see the list below for fruit and vegetable snack ideas.

Pick-up-and-go snacks:

Clementines, oranges, grapes or bananas

Baby carrots, sugar snap peas or mini-peppers

Slice-and-go snacks:

Sliced fruit like apples, pears, pineapple, peaches, or melon

Chopped veggies like broccoli, celery, peppers or cauliflower

Healthy snack pairs:

Carrot sticks or celery with hummus

Apple slices with nut butters - *please discuss nut allergies with the Scout leader*

Pepper strips or cauliflower with low-fat ranch dip or a savory low-fat yogurt dip



Thank you for helping our Scouts Drink Right, Snack Smart, and Move More!



SCOUT Strong

Healthy Unit Award

Having satisfactorily completed the 3-6-9 challenge,
the Boy Scouts of America proudly recognizes

name

unit

with the SCOUTStrong Healthy Unit Award.

date

