



Wolf Den Meeting 8

Cooking and Eating and Start a Collection

Achievement 8. Achievement 6.

Preparation and Materials Needed

- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Bring a U.S. flag and the den flag, and enough paper and pencils for each boy.
 - Bring “Food Pyramid” handouts. Go to www.mypyramid.gov to check that out.
- ▶ You can create personal pyramids at www.mypyramid.gov/mypyramid/index.aspx, tailored to your size, age, and activity level. Access to a computer with Internet access in this meeting would be an excellent way to research this with Scouts.
 - Bringing samples of food in each food group would also be a great idea and a good snack. For example, whole grain bread and crackers, some broccoli and carrots, fresh fruit of your choice, a variety of nuts (check for allergies), milk and cheese, hard boiled eggs. And water.
 - If you’re doing a field trip, prepare permission slips for the field trip at Den Meeting 9.
 - Beads for Cub Scout Immediate Recognition Emblems

Before the Meeting

- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you’re snacking, organize space for that and the cleanup.

Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy, and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader), especially check handbooks for completion of Achievements 8c, 8d, and 8e.
- ▶ Assign parents to meeting roles and hand out a meeting plan to each.

Opening

- ▶ Conduct a flag ceremony, indoor (**Achievement 2b**) or outdoor (**Achievement 2f**). Options include:
 - Gather in a line, circle, or square. Pledge of Allegiance; have the Scout leading the ceremony tell what the Pledge means (**Achievement 2a**); Cub Scout Promise or Law of the Pack; lead patriotic song.
 - Rotate leadership of flag ceremonies so each boy has a turn at every role (**Achievement 2b**).

Business Items

- ▶ **Verify Achievement 4e** and **Achievement 8c–e** using the boys’ handbooks. Collect from each Cub Scout a list of household chores he has completed in the last month.
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ **Achievement 8a:** (“Study the Food Guide Pyramid. Name some foods from each of the food groups shown in the pyramid.”) See page 79 of the *Wolf Handbook*.
 - Discuss the Food Guide Pyramid. Name foods from each of the food groups shown there: grains, vegetables, fruits, fats/sugar/salt (sodium), milk, protein (meat/beans).
 - You could conduct it as “Food Pyramid Scholar Bowl Quiz Show”:
 - Split the den into two teams. Pick a food group, and ask each team to name something that is in that group. Alternate between teams, keeping score.
 - Or give them a food and have them determine which group(s) it is in.
 - Ideally, as you discuss each one, you snack on something from each of the food groups!
 - Also, you can ask them to identify the food groups in common meals, like macaroni and cheese, pizza, tacos, hamburgers, peanut butter and jelly sandwich, or breakfast cereal.



- ▶ **Achievement 8b** (“Plan the meals you and your family should have for one day. List things your family should have from the food groups shown in the food group pyramid. At each meal, you should have foods from at least three food groups.”)
 - These can be take-home plans for family cooking, but if you will be doing a pack campout or other outing, and cooking or eating at it, you can make that menu planning part of this meeting!
 - Or use it for snack planning for the rest of the year to cut down on poor snack offerings!
- ▶ **Achievement 6a:** Complete the Character Connection for Positive Attitude.
 - **Know:** Discuss with your family how a cheerful and positive attitude will help you do your best at school and in other areas of your life.
 - **Commit:** Discuss with your family how gathering items for a collection may be difficult. How does a hopeful and cheerful attitude help you to keep looking for more items? Why is a positive attitude important?
 - **Practice:** Practice having a positive attitude while doing **Achievement 6:** Start a Collection.
- ▶ **Achievement 6c** (“Show and explain your collection to another person.”):
 - Have each boy bring his collection to the den meeting and show his collection to the den.

Want More Fun Activities?

This meeting may need a dose of Feats of Skill or games for active fun!

Be ready, if you sense it is dragging, to pull out a quick game or quick set of Feats of Skill.

Other Suggestions: Pick a game or relay from any of those provided throughout this guide.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader’s minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out permission slips for a field trip to a hardware store/lumberyard if you’re doing a field trip.
- ▶ Hand out or send family information letter.

Boys who have attended all den meetings and completed home assignments now qualify for their second yellow Progress Toward Ranks bead (for completing **Achievements 4, 6, and 7**).

After the Meeting

- ▶ If you’ve changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.