

Adventure: **Tiger Bites**

Objective Scout will Achieve:	This adventure will introduce or reinforce healthy eating habits, including making the right food choices and practicing good hygiene. Activities will also focus on good manners at mealtime. In addition, the adventure will give each Tiger an opportunity to perform a useful service for their family.
Characteristics Scouts will Learn:	Making healthy food choices • Trying new fruits and vegetables • Developing manners when eating • Practicing basic food-related hygiene • A Scout is clean, helpful, courteous.
Materials for Virtual Meeting:	<ul style="list-style-type: none"> • Fruits and vegetables that grow above and underground • Paper bag or something to hide the fruit or vegetable
Instruction for Activity 1	
Instruction for Activity 2	Know Your Fruits and Vegetables (Requirement 3)
Additional Requirements needed to complete the Adventure (These requirements will not be on the Virtual Cub Scout Video):	Hand out the Do-at-Home Project that needs to be completed before the next meeting. (See Meeting 1 Resources.) Tigers will assist with meal preparation, bring a nutritious snack to share, and practice good hygiene during food preparation.