Fun on the Run

Lion ADVENTURE

Five Food Groups

Requirement(s) 1



Gear up! Crayons and your adult partner. No food is needed.

Have your adult partner read each group. Talk about its example, then draw another food in that group. You can point or tell your partner your idea instead.

Fruit: for example, a plum

Vegetables: for example, peas

Grains: for example, oats

Protein foods: for example, lentils

Dairy: for example, yogurt

Name or point to all five groups with your adult partner. Families eat different foods; you do not need to taste anything or choose foods you cannot eat.

Original local activity worksheet - not an official Scouting America publication.