

Name _____

February Tiger Home Assignment

Games Tigers Play

____ 2. Talk with your den or family about why good nutrition helps you to be strong and active. Bring a nutritious snack to a den meeting. Share why you picked it and what makes it a good snack choice.

Tiger Bites

____ 1. With your parent, guardian or other caring adult, or with your den, find out about good food choices and not-so-good choices. Identify three foods that you think would be good choices and three foods that would not be good choices.

____ 2. Explain the importance of hand washing before a meal and cleanup after a meal. Then show how you would do each.

____ 3. Show that you know the difference between a fruit and a vegetable. Eat one of each.

____ 4. With your parent, guardian, or other caring adult, pick a job to help your family at mealtime. Do it for at least four meals.

Akela's OK

Date

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February Wolf Home Assignment

Running with the Pack

____ 6. Demonstrate what it means to eat a balanced diet by helping to plan a healthy menu for a meal for your den or family. Make a shopping list of the food used to prepare the meal.

Akela's OK

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February Bear Home Assignment

Baloo the Builder

- _____ 1. Discover which hand tools are the best ones to have in your toolbox. Learn the rules for using these tools safely. Practice with at least four of these tools before beginning a project.
- _____ 2. Select, plan and define the materials for the project you will complete in requirement
- _____ 3. Assemble your materials, and building one useful project and one fun project using wood.
- _____ 4. Apply a finish to one of your projects.

Bear Picnic Basket

- _____ 1. Create your own Bear cookbook using at least five recipes you might cook or prepare either on your own or with some adult help. Include at least one recipe each for breakfast, lunch, dinner and a nutritious snack.
- _____ 2. With a family member or den leader, prepare for cooking by explaining the importance of planning, tool selection, sanitation, and cooking safety.
- _____ 3. Select and prepare two nutritious snacks for yourself, your family, or your den.

Akela's OK

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February Webelos Home Assignment

Cast Iron Chef

_____ 1. Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. If possible, shop for the items on your menu. Stay within your budget. (Home assignment)

_____ 2. Prepare a balanced meal for your den or family. If possible, use one of these methods for preparation of part of the meal: camp stove, Dutch oven, box oven, solar oven, open campfire, or charcoal grill. Demonstrate an understanding of food safety practices while preparing the meal. (Home assignment)

_____ 3. Use tinder, kindling, and fuel wood to demonstrate how to build a fire in an appropriate outdoor location. If circumstances permit and there is no local restriction on fires, show how to safely light the fire, under the supervision of an adult. After allowing the fire to burn safely, safely extinguish the flames with minimal impact to the fire site. (Home assignment)

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