

November Cub Scout Roundtable “Holiday Food Fare”



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Best Ever Recipe Opening Ceremony:

Materials: Large recipe cards with the ingredients written on the front. Write each boy’s part on the back so he can read it.

NARRATOR: Welcome to our Holiday Food Fare. We’ll start with the best ever recipe!

- CUB SCOUT 1: Four cups of love.
- CUB SCOUT 2: Two cups of loyalty.
- CUB SCOUT 3: Three cups of forgiveness.
- CUB SCOUT 4: One cup of friendship.
- CUB SCOUT 5: Five teaspoons of hope.
- CUB SCOUT 6: Two tablespoons of tenderness.
- CUB SCOUT 7: Four cups of faith.
- CUB SCOUT 8: And add a barrel of laughter!

NARRATOR: Take love and loyalty, mix thoroughly with faith. Blend in tenderness, forgiveness, and friendship. Add hope and sprinkle abundantly with laughter. Bake the mixture in sunshine and serve in generous helpings.

Prayer:

We give thanks for the pleasure of gathering together for this occasion.
We give thanks for this food prepared by loving hands. We give thanks for life, the freedom to enjoy it all and all other blessings.
We pray for good health and strength and to live full, kind lives. Amen.

Ice Breaker:

Song: “WHEW-W-W-W”

Tune: “Jingle Bells”

This is a good exercise song. Do the actions as the song indicates. Be sure to start this song sitting down.

Clap your hands, stomp your feet,
Let’s all stand up please.
Face to the left, face to the right,
Now hands up on your knees.
Sit down now, stand back up,
Clap your hands two beats.
Now we’ll all wipe our brows,

And collapse into our seats.
Sing through several times, getting faster each time.

Spaghetti Bowl Game:

This is great teamwork game. Participants form a tight circle facing inward. Each person extends both hands into the center of the circle and grasps the hands of two other people but not the hands of an adjacent person. This is the bowl of spaghetti. Challenge the players to untangle the spaghetti without breaking hand-to-hand contact. Grips may change and palms may pivot on one another, but contact must be maintained. When the spaghetti is untangled, some people may be facing outside the circle. This is an acceptable solution to the game. For an added challenge, after the bowl of spaghetti is formed and before the group begins to untangle, add a couple of beach balls as “meatballs.” The added challenge is to keep the meatballs from hitting the ground while the spaghetti is being untangled.

Audience Participation: A Balanced Diet:

Assign the group parts. The narrator reads the tale, pausing to let the groups stand and shout their parts when their word is read.

Meats: “Chew! Chew!”

Fruits: “Peel! Peel!”

Veggies: “Vitamins!”

Milk: “Moo! Moo!”

Grains: “Amber waves!”

Balanced Diet: Everyone stands up and claps hands.

Once upon a time there was a chef whose specialty was sugar snacks. She would never cook with MEATS, FRUITS, or VEGGIES. She never baked bread with wholesome GRAINS. She only used sugar-and lots of it! Never MILK or GRAINS, only sugar.

The chef soon found that her guests were always falling over and stumbling when they went from place to place. She summoned a dietitian to the

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kitchen. “What’s happening to my guess?” the chef asked.

The dietitian asked the chef, “Do you cook with MEAT and FRUITS and Veggies?” “Never,” replied the chef. “Do you use GRAINS and MILK in your kitchen,” continued the dietitian. “Not ever,” replied the chef. “Do your guest fall over and stumble around?” asked the dietitian. “Yes, they do. Do you know what’s wrong?” asked the chef. “Obviously,” said the dietitian, “without MEATS, FRUITS, VEGGIES, MILK, and GRAINS, your guests are falling over because they do not have a BALANCED DIET!”

Theme-Related Activity:

Nutrition Invite a guest speaker to discuss nutrition. Discuss the importance of a balanced diet and how various groups of food contribute to it. If possible, have posters of various food groups on display. (These can be obtained from your local Health Department, school nurse, or hospital community affairs program.) Also discuss delicious but nutritious after-school snacks and refreshments for the den and pack meeting.

Advancement Ceremony:

A Perfect Place Setting

CUBMASTER: “Holiday Food Fare” is our theme tonight. We fix holiday meals for family and friends who gather for fellowship and nourishment. Cub Scouting provides fellowship and nourishment for our growing boys. Tonight’s advancement will help us set a fine holiday table.

First, we set our fine china plates as a base for our meal. Our Tiger Cubs earn the Tiger Cub badge as a base for their Scouting advancement. (Call each Tiger Cub forward and attach his badge to a paper plate.)

Then we begin our main course with meat and vegetables, using forks and knives to help us enjoy the bounty. Our Bear Cub Scouts earn the Bear badge and Arrow Points as part of their main course in Cub Scouting. (Call each Bear Cub Scout forward and attach his badge/Arrow Points to different styles of plastic forks and knives) Finally,

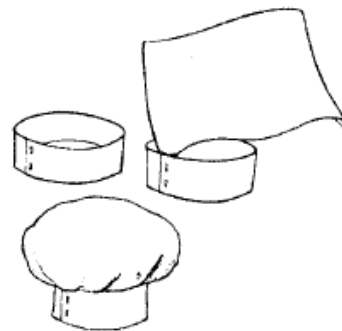
as a coup de grace, we have a fine dessert served on fine china plates.)

All of our Cub Scouts have worked hard this month to help us build a fine place setting. Bon appetite!

Separate Meetings:

Tiger Cub Den Leaders and Cub Scout Den Leaders-

Kitchen and Cooking Safety. Invite a member of your local board of health or restaurant association to discuss kitchen and cooking safety. Stress the importance of washing hands using soap and water, keeping heads covered with caps or hair nets, and using aprons. Also, discuss why tools of the trade and utensils need to be in good working condition, such as having knives be sharp and the handles to tools and pots and pans securely in place. Discuss cross-contamination of food in the kitchen that can cause illness.



Chef ‘s Hat Activity:

Materials: White poster board, white tissue paper, glue stick, stapler, and tape measure.

Measure the boy’s head and add ¼ inch to the measurement. Cut the poster board to this length and 6 inches high. Staple end to end. Take a single piece of tissue paper and glue one corner to the inside of the headband, and then glue the other corner opposite the first corner. Continue until the corners are glued to the headband and the tissue paper is fluffed up to look like a chef’s hat. Glue all around to secure the tissue paper.

Webelos Den Leaders:

Joint Den-Troop Activities.

Invite a Scoutmaster, the senior patrol leader, and an experienced Webelos den leader to lead a panel discussion on appropriate den-troop activities. Someone can



November Cub Scout Roundtable “Holiday Food Fare”

record the answers on a flip chart. Make sure everyone understands that these activities are necessary for a boy to earn the Arrow of Light Award. Some activities can be day events or an overnight campout but not district or council activities exclusively for Boy Scouts.

Activity Badges Craftsman and Scientist.
Air Pressure Experiment Activity:

You can make a balloon lift a book! Place a balloon on a flat surface such as a table, letting the neck of the balloon hang over the side. Put a heavy book on top of the balloon. Now blow into the balloon. Keep your eyes on the book-see it rise up and off the table?

Explanation: When air is squeezed into a small space it pushes to get out, building up air pressure. When blowing up the balloon, you squeezed air inside and created air pressure. The balloon fills as the air pushes to get out and lifts up the book.



Pack Leaders: Blue and Gold Banquet

preparations discuss potential banquet guests (chartered organization representative, your district’s Key 3, Scoutmaster, junior leaders of the troops that the Webelos Scouts will be joining), invitations, date, time and place, menu, and entertainment.

Holiday Candelabras Activity:

Materials: Stalks of celery, peanut butter or cream cheese, carrot sticks, cherry tomatoes (you can also use pretzel sticks and red and green peppers)
Wash the celery and spread peanut butter or cream cheese down the middle. For candles, trim the top of the carrot sticks to form a point. Slash a hole in the cherry tomato and stick the pointed end of the carrot stick through the tomato (which is the flame). Then place the number of carrot sticks you need for your holiday candelabra into the spread in the celery stalk.

You can also use three or four pretzel sticks tied together with a strip of thinly cut green pepper to

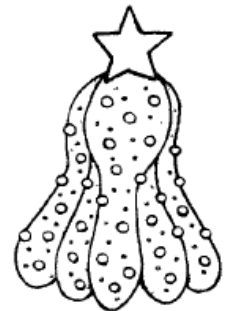
represent a candle. Cut pieces of red pepper to be the candle flame and wedge into the top of the pretzel “candle” bundle. First admire, and then enjoy your nutritious snacks.

Gingerbread People

Buy gingerbread cookies shaped like people. Using frosting as “glue” and decorate as desired with raisins, candy buttons, marshmallows, etc.

Wooden Spoon Tree Ornament

Materials: Five wooden paddle-shaped craft spoons, green acrylic paint; craft foam or felt; paintbrushes, short piece of ribbon, glitter glue, paint; pens, heads, or sequins for decorating.



Paint five wooden spoons with green acrylic paint. (Hint: Use a hair dryer to speed paint drying time.) Cut a small star shape from craft foam or felt. Glue the spoons together in a fan shape as illustrated to form a tree. Add ornaments using beads, dots of paint, or dots of glitter glue. Glue a ribbon loop on the back to hang.

Cranberry Ornaments

Ingredients: Dried cranberries, 22-gauge wire, holiday fabric sprigs of holly, twine, wire cutters, scissors.

Cut and form the wire into a shape representing your holiday, forming a loop for hanging. Thread cranberries on your shape until the wire is covered. Twist the ends together. Tie twine at the loop. Add fabric and sprigs to decorate as desired.

Rudolph Triangles:

Trim the crust off slices of whole wheat bread. Toast the bread and cut each slice into four small triangles. Spread peanut butter on each triangle. Decorate with raisins for eyes, a half-cherry for a nose, and straight pretzel sticks for antlers.

Closing Ceremony

November Cub Scout Roundtable “Holiday Food Fare”

Song: “All You Etta”

Tune: “Alouetta”

The song leader “sings” the question, the audience
“sings” back the answer.

All you etta, think of all you etta.
All you etta, think of all you et!

Did you et your milk, today? (Yes we et our milk
today!)

Milk today? (Milk today!)

Oh...

All you etta, think of all you etta.

All you etta, think of all you et.

Did you et your protein today? (Yes, we et our
protein today!)

Protein today? (Protein today!)

Milk today?

Oh...

All you etta, think of all you etta.

All you etta, think of all you et.

Did you et your grains today? (Yes, we et our grains
today!)

Grains today? (Grains today!)

Protein today? (Protein today!)

Milk today? (Milk today!)

Oh....

All you etta, think of all you etta,

All you etta, think of all you et.

Did you et your veggies today? (Yes, we et our
veggies today.)

Veggies today? (Veggies today!)

Grains today? (Grains today!)

Protein today? (Protein today!)

Milk today? (Milk today!)

Oh....

All you etta think of all you etta

All you etta, think of all you et!