

This month Cub Scouts can experience the varied tasks associated with running a café. From planning a budget and menu, to food selection and preparation, to eating and enjoying, Cub Scouts can do it all. Visit a supermarket and learn about where food comes from as well as the benefits of comparison shopping. Learn about table etiquette for both waiters and consumers. Make your pack meeting a Food Fair where each den runs its own Cub Café and everyone enjoys a taste.

### PACK PLANNING

With a smorgasbord of treats in store, the pack meeting will be a tasteful experience. Appoint the following committees for a smooth-flowing, fun-filled pack meeting.

**Decorations Committee.** Begin planning well in advance to create props for effective staging of ceremonies and decorations for the meeting room.

**Program Committee.** Prepares the gathering activities by precutting materials and making copies of Kitchen Anagrams (2 APR) for every pack member.

**Setup Committee.** Dens will need plenty of space to share their treats.

**Awards Committee.** This theme presents the opportunity for some fun props from which to pull awards in the presentation.

**Cleanup Committee.** Set up a sanitation station where proper handwashing is demonstrated and encouraged.

#### Beware of Allergies

Cub Café highlights good nutrition, so food will be highlighted this month. Be sure to check with all participants and parents about food allergies, and don't include foods anyone is allergic to. In particular, be careful about using nuts.

#### Some of the purposes of Cub Scouting developed through this month's theme include:

- **Family Understanding.** Cub Scouts will learn the value of working together as a family while creating recipes for meals and family fun.
- **Personal Achievement.** Boys will experience a great sense of satisfaction as they create their own treats to share.

#### This theme is designed to promote character development by emphasizing these core values:

- **Health and Fitness.** Boys learn about how healthy eating and living helps them take the first steps toward lifelong health.
- **Positive Attitude.** Boys will see that having a positive attitude while learning to cook will help them get through the mistakes and on to the lifelong skill of preparing meals.

## Pack Meeting

### BEFORE THE MEETING

The decorations committee will arrive early to arrange the room and set up decorations. The awards committee will create a stove from cardboard; place it in the front of the room. Place the U.S. flag to the left of the stove as it is viewed by the audience.

An assortment of tables will be needed around the room so that dens can use the area to share their foods. The MyPyramid Plan, which helps you choose the foods and amounts that are right for you, will be a focal point; scatter posters (either prepared by the committee or by the Cub Scouts) throughout the room. For the refreshment table, use festive tablecloths and napkins. Set up a table for the gathering activity.

### GATHERING

Greeters will dress as chefs with appropriate attire (aprons and hats). They can be holding different kitchen utensils or

have them stuffed into apron pockets. The more fanciful they can appear, the more inviting and entertaining it will be for family members.

As families arrive, direct them to their tables and to the Chef's Hat Creation (2 APR) table. Encourage every pack member to create a hat. Use Kitchen Anagrams (2 APR) as an additional gathering activity either for those who have already made their hat or for those who are waiting.

### MAIN PART OF THE MEETING

#### Opening Ceremony

Use the Flag Recipe Opening Ceremony (2 APR) or choose another from *Cub Scout Ceremonies for Dens and Packs*.

#### Prayer

A selected Cub Scout comes forward to lead the Ingredients for Life Prayer (2 APR).

### Icebreaker

The assistant Cubmaster shares the answers to Kitchen Anagrams. Perform the Soup Applause (3 APR) in honor of all who participated.

### Welcome and Introductions

The Cubmaster welcomes everyone to the pack meeting. Thank the many volunteers who have helped to organize and set up the meeting. Recognize special guests and welcome them to the "yummiest" pack meeting ever!

### Song

The pack song leader reminds boys that many people believe it's important to give thanks before starting a meal. With the many treats they will be having this evening, it is appropriate to sing a grace. Sing "Thank You for the Food We Eat" (*Cub Scout Songbook*) or another grace familiar to all.

## Den Demonstrations

Dens that have food items to share should prepare to demonstrate. Other dens may choose to share skits, songs, or other activities.

## Game

Play Marshmallow Muffin Toss (3 APR).

## Recognition

Use The Best Recipe Awards Ceremony (below) or choose another from *Cub Scout Ceremonies for Dens and Packs*.

## Announcements

The committee member who oversees the outdoor program for the pack shows the pack the newsletter and highlights outdoor opportunities such as day camp,

resident camp, and family camping opportunities. Announce the date, time, and location of the May pack meeting.

## Cubmaster's Minute

The Cubmaster delivers the Recipe for a Great Pack Cubmaster's Minute (3 APR).

## Closing

Use the Mmm Mmm Good Closing Ceremony (3 APR) or choose another from *Cub Scout Ceremonies for Dens and Packs*.

Explain cleanup procedures and encourage all pack members to help.

## Cubmaster Corner

### SECURING DEN CHIEFS

Den chiefs can affect the den and pack program in powerful and positive ways. They serve as an extra set of hands and role models for what the future of Scouting will be for the Cub Scouts.

The *Cub Scout Leader Book* has hints on the steps the Cubmaster can take to coordinate these helpers. Scoutmasters can recruit a den chief and bring extra youth leadership to the pack. As the Cubmaster, check periodically with Cub Scout and Webelos den leaders about their desire to have the assistance of a den chief.

## Ceremonies, Games, Songs, Stunts

### GATHERING ACTIVITY: CHEF'S HAT CREATION

*Materials:* Strips of white cardboard for hat bands, a stapler to close the band to fit each boy's head, squares of white tissue paper, tape, markers

Set up a table like an assembly line for making hats. Tape the tissue paper "hat top" to the inside of the band and poof it up from the inside. Boys use markers to print their name on their hat.

### KITCHEN ANAGRAMS

Add the letter shown after each word, and then rearrange the letters to spell the names of items that can be found in a kitchen.

- |               |                 |
|---------------|-----------------|
| 1. soon + p = | 7. kin + s =    |
| 2. beat + l = | 8. loot + s =   |
| 3. low + b =  | 9. vest + o =   |
| 4. sags + l = | 10. hid + s =   |
| 5. fine + k = | 11. lap + i =   |
| 6. tale + p = | 12. cause + r = |

Answers: (1) spoon, (2) table, (3) bowl, (4) glass, (5) knife, (6) plate, (7) sink, (8) stool, (9) stove, (10) dish, (11) pail, (12) saucer

### OPENING CEREMONY: FLAG RECIPE

*Props:* Make a stove out of a large cardboard box. Cut out an oven door that will open. Place a box inside to

hold awards. Place a large cooking pot (not cast iron) on the stove. Fold a U.S. flag and hide it in the pot.

*Materials:* Cardboard stove; pot; large spoon; one cup each of red, white, and blue crepe paper bits; one cup of silver stars or glitter; U.S. flag

*Personnel:* Six Cub Scouts carrying chef's hats.

CUB SCOUT 1: We're going to fix you a treat that's really grand from our super duper recipe—the greatest in the land.

CUB SCOUT 2: First, we'll put in a heaping cup of red for courage true. (*Pours in red bits.*)

CUB SCOUT 3: And then we'll add for loyalty a dash of heavenly blue. (*Adds blue bits.*)

CUB SCOUT 4: For purity, we now sift in a pinch of snowy white. (*Adds white bits.*)

CUB SCOUT 5: And next a shining gleam to make it come out right. (*Adds stars or glitter.*)

CUB SCOUT 6 (pretending to stir with the spoon, taking care not to disturb the flag): We'll stir and stir and then you'll see that what we have made is ...

ALL: Old Glory! (*They reach in and hold up the flag.*)

CUBMASTER: Please stand and join us as we recite the Pledge of Allegiance.

### PRAYER:

#### INGREDIENTS FOR LIFE

We hope for the strength and knowledge to choose the correct ingredients for our life, as we do for our meal. We give thanks for our families, who help us make good choices. Amen.

### AWARDS CEREMONY: THE BEST RECIPE

*Setup:* The Cubmaster is wearing a chef's hat and apron. The assistant Cubmaster or other adult is stationed behind the cardboard oven to present awards. Preattach awards to kitchen utensils (whisk, hand beater, wooden spoons, etc.; these may be donated or purchased from a dollar store).

CUBMASTER: As we follow a recipe, we assemble the ingredients. The following boys have assembled the ingredients to earn their [name of rank] rank. (*Calls boys and parents forward.*)

(*The Cub Scout opens the oven door; the Cubmaster or other adult presents the award to the boy, who hands it to his parents or guardians. They then present it to their boy.*)

CUBMASTER: The parents are the most important part of this recipe. Thank you for helping your son along the Scouting trail.

Call each rank separately, starting with Bobcat and moving to Arrow of Light. As awards are presented, the following remarks can be made:

Hand beater: You've beaten the clock!

Whisk: You sure mixed it up!

Spoon: You've stirred up excitement!

Fork: You were right to the point!

Spatula: We flipped when we saw what you did!

CUBMASTER: Following the Cub Scout trail involves more than reading the words of a recipe. It takes dedication and perseverance in getting the mix just right. Congratulations to all our Cub Scouts tonight for what they've accomplished. Please join me in giving them the Pizza Toss Applause.

## GAME: MARSHMALLOW MUFFIN TOSS

*Equipment:* Dried mini-marshmallows, muffin tin for each den with point values marked in each cup

A representative of each den comes forward to receive his supplies from "the oven." Players from each den take turns tossing their marshmallows into the tin. Keep score. When the boys have returned to their seats, have them announce their scores. Everyone should use cheers and applause to recognize the boys.

## CUBMASTER'S MINUTE: RECIPE FOR A GREAT PACK

We've had a lot of fun this month, creating and testing recipes. Pack [pack number] has all the ingredients of a quality pack. We have committees who work hard to bring sparkle to our meetings. We have trained den leaders who are determined to have fun while building character. We have great parents to cheer the boys on, and we have the most important ingredient of all ... the Cub Scouts. Good night.

## CLOSING CEREMONY: MMM MMM, GOOD

*Personnel:* Cubmaster and boys

CUBMASTER: Hey boys, how'd you like the opening ceremony today?

BOYS: Mmm mmm, good!

CUBMASTER: Hey boys, how'd you like the game we played?

BOYS: Mmm mmm, good!

CUBMASTER: Hey, boys, how'd you like the treats we had tonight?

BOYS: Mmm mmm, good!

CUBMASTER: Okay, boys, looks like a pretty good meeting tonight.

BOYS: Mmm mmm, good! (*They walk offstage, rubbing their stomachs and smiling.*)

## SKIT: CUB SCOUT STEW

*Setup:* Onstage is a huge pot (could be made from a painted cardboard box). Boy wearing chef's hat is stirring with a broomstick. Cub Scouts enter, wearing signs.

CHEF: Hmmm, now let me see. (*Reading from oversized card marked "Recipe."*) It says right here I need Cub Scouts that do their best. (*Any number of uniformed Cub Scouts enter.*)

BOYS: Here we are!. We always do our best!

CUB SCOUT 1 (carrying "Humor" sign): You need a sense of humor. (*Places sign in pot.*)

CUB SCOUT 2 (carrying "I want to please" sign): How about a pinch of wanting to please? (*Places sign in pot.*)

CUB SCOUT 3 (carrying "Mischievous" sign): Wouldn't taste right without a dash of mischief. (*Places sign in pot.*)

CUB SCOUT 4 (carrying "Obedience" sign): Sprinkle in obedience. (*Places sign in pot.*)

CUB SCOUT 5 (carrying "Sunshine" sign): You need a bundle of sunshine. (*Places sign in pot.*)

CUB SCOUT 6: (carrying "Energy" sign): Add a ton of energy. (*Places sign in pot.*)

CHEF: Stir well and you have Cub Scout Stew. (*Pretends to taste.*) Mmm! Tastes mighty good.

DEN LEADER (enters as chef is tasting stew): What tastes mighty good?

CHEF: This is Cub Scout Stew. Here take a taste.

DEN LEADER (pretending to taste): Mmm!

CHEF: Well?

DEN LEADER: It's spicy enough ...

CHEF: And?

DEN LEADER: It's colorful enough ...

CHEF: And?

DEN LEADER: Its tasty enough ...

DEN LEADER and CHEF in unison: DEN it's done!

## APPLAUSES

**Pizza Toss.** Pat your hands from side to side. Throw the imaginary pizza up in the air and yell "Mama Mia."

**Cookie Applause.** Hold an imaginary cookie and take a bite. Rub tummy while saying, "Yum, yum!"

**Soup Applause.** Pick up a spoon and slurp a spoonful of soup. Rub your tummy and say, "Mmm, good!"

**Frankfurter Applause.** Pretend to hold up a frankfurter on a bun. Pretend to squeeze on ketchup and take a big bite. Then say: "Hot dog! That was good!"

## RUNS-ON

CUB SCOUT 1: How do skunks pay their bills?

CUB SCOUT 2: How?

CUB SCOUT 1: With dollars and cents!

## JOKES

### Repeating Skit: Waiter, Waiter

*Props:* Boys sit on chairs at a table. A boy with a towel over his forearm is the "waiter." This skit can be done in sections throughout the pack meeting.

CUB SCOUT: Waiter, Waiter, there's a fly in my soup.

WAITER: What's he doing?

CUB SCOUT: Looks like the backstroke to me.

CUSTOMER: Say, waiter, why do you have your thumb on my steak?

WAITER: I don't want it to fall on the floor again.

CUSTOMER: I feel like a sandwich.

WAITER: Funny, you don't look like one.

## SANITATION STATION

Prepare an exhibit on the importance of washing hands and other health issues in the kitchen. Consider inviting a guest from a local county health department and having posters.

You might highlight the following topics:

- Show how to wash hands.
- Show safe temperatures for food cooking and storage.
- Show how to store food items safely.
- Show latex gloves (check for latex allergies), which serve as germ barriers when serving foods.

## ACADEMICS AND SPORTS PROGRAM

### Academics

**Mathematics.** Boys may not know it, but they use math every day in their lives, for instance, every time they buy something. Math is an important life skill for boys.

### Sports

**Physical Fitness.** Combine this emphasis with a healthy “Cub Café” diet, and Cub Scouts will develop important habits for a long healthy life.

### FAMILY ACTIVITY

The “Strengthening Family Relationships” chapter in *Cub Scouting’s BSA Family Activity Book* provides topics for fun activities that can relate to the theme of Cub Café. The section on Making Mealtimes Meaningful has suggested activities such as planning meals together, taking a trip to the grocery store, touring a kitchen at a restaurant, or having a meal at home where every family member plays the role of a restaurant staff member. The family will have fun selecting one or more activities to add meaning to the family meal, while taking a step toward the BSA Family Award.

### DID YOU KNOW?

#### Character Connections

Character development is one of the focal points of Scouting and the first of the 10 purposes of Cub Scouting. Scattered through the boys’ handbooks are Character Connections related to different topics. Cub Scout leaders engage in their own versions of these in their weekly programs by creating new ones as situations arise. The *Cub Scout Leader Book* gives a thorough explanation of and chart to assist in using this



opportunity to make a difference in the development of a boy to a man.

### GOOD TURN FOR AMERICA

The theme “Cub Café” implies that food is plentiful and can be prepared with ease. But for many families, this is not the case. Boys can do a Good Turn by helping at a local organization that provides meals for less fortunate families, organizing a food drive for a food bank, and offering to help clean up in and around a food bank.



### BSA RESOURCES

#### HIGHLIGHT



**Cub Scout Cookie Cutter.** A treat for everyone will be cut-out cookies using the Cub Scout insignia shape. Follow a simple recipe in any standard cookbook, and encourage boys to add additional decorations to the finished product.

### PACK LEADERS’ PLANNING MEETING

Pack leaders meet approximately one or two weeks before the pack meeting to finalize plans and begin planning for the next month.

An alternate idea for this theme could be to plan and carry out a pack bake sale and donate the proceeds to the World Friendship Fund. (You can find information about the WFF at your local council office. The pack will receive a certificate for participating.) Besides the positive feeling of “working” the bake sale and making the donation, boys will also learn about effective grocery shopping.

Preview all den demonstrations and contributions to ensure that each den will be sharing a unique contribution and not duplicating the skit or song of another den.

Prepare to share facts about day camp and resident camp, and ensure that this information is included in the pack newsletter.

Conduct unit leadership enhancement 5, “Family Involvement.” Discuss ways to strengthen parent involvement in pack and den activities and events. You’ll find complete outlines in the *Cub Scout Leader Book*. Choose a topic that best meets the needs of the pack leadership for next month.

### LOOKING AHEAD

Spring recruiting is coming up.

Plan a pack overnighter camping trip. Ensure that the leadership has completed BALOO (Basic Adult Leader Outdoor Orientation) training.

Webelos Leader Outdoor Training is important for next year’s Webelos den leaders. Check with the pack trainer to find out about the next opportunity.

### OUTDOOR IDEAS FOR EVERYONE

**Tiger Cubs.** Pick up some food at a fast-food restaurant and have a picnic outdoors if good spring weather permits. Make sure Tiger Cubs and adult partners do a thorough litter sweep when they’re done.

**Wolf Cub Scouts.** Plan a hike; have each boy bring one ingredient to mix up some energizing trail mix for the den.

**Bear Cub Scouts.** Go fishing. Prepare a fish dinner, supplementing with store-bought fish, if necessary.

**Webelos Scouts.** After the Webelos den leader has completed Outdoor Leader Skills for Webelos Leaders training, have a camp-out and focus on cooking skills in the out-of-doors.

# Cub Café: Tiger Cub Den Meetings

Each Tiger Cub and his adult partner should attend all meetings as a team.  
Dens may meet in the evenings or on weekends.

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
<p>The Tiger Cub den leader shares leadership with a Tiger Cub adult partner. This team should review plans before each meeting and check equipment needed.</p>				
<b>BEFORE THE MEETING STARTS</b>	Have materials for Waiter Obstacle Course (6 APR), After You (6 APR), and Café Advertisement Poster (6 APR); make preparations for Shopping Relay (6 APR).	Have potato for Hot Potato (6 APR) and oranges for Orange Race (6 APR), U.S. flag, boxes for Den MyPyramid Plan (6 APR), materials for activities leading up to the Tiger Café (6 APR).	Call the Go See It destination to confirm arrangements, times, fees, etc.	If needed, host team writes a thank-you note to the destination of last week's Go See It.
<p>Den leader may collect dues. Den leader checks boys' books for completed advancement requirements and records them on Den Advancement Chart. Boys record own advancement on den doodle, if den has one.</p>				
<b>GATHERING</b>	Play Waiter Obstacle Course.	Start the meeting outside and play Hot Potato (6 APR).		
<b>OPENING</b>	Repeat the Cub Scout Promise.	Recite the Pledge of Allegiance. Say the Cub Scout motto.		
<b>SHARE</b>	Tiger Cubs and adult partners share what they like to eat at a café. Den leader leads a brief discussion on the types of food found on café menus. Den leader shares about the Den MyPyramid Plan for next week (6 APR).	Tiger Cubs and adult partners share what they brought for the Den MyPyramid Plan. Assemble the Den MyPyramid Plan ( <i>Achievement 3d</i> ). Lead a discussion on healthy food and how important it is for maintaining physical fitness.	<p>GO SEE IT: Watch an amateur or professional game or sporting event (<i>Achievement 3G</i>)</p> <p>OR</p> <p>Visit a grocery store. Visit the different departments (e.g., bakery, information counter, or large freezer).</p>	<p>Participate in the monthly pack meeting by sharing the Café Advertisement Poster and information about the den's Go See It.</p>
<b>DISCOVER</b>	Play Shopping Relay. Make Café Advertisement Poster. Play After You.	Play Orange Race. Use objects for doing the Tiger Café. Involve everyone in cleanup.	<p>At the end of the trip, lead a reflecting discussion with boys and adult partners about their outing.</p>	Tiger Cubs and adult partners sign the thank-you note.
<b>SEARCH</b>	Plan a Go See It to a grocery store. Remind each team to bring items for the Den MyPyramid Plan next week	Finalize plans for next week's Go See It. Discuss different kinds of milk boys might see at the grocery store ( <i>Elective 23</i> ).		
<b>CLOSING</b>	Tiger Cub and his adult partner shake hands. Then Tiger Cubs shake hands with other boys.	Den leader leads the Fitness Pledge (6 APR) in repeat-after-me fashion.		
<p>This month's shared leadership team reviews the meeting. The den leader should meet briefly with the Tiger Cub and adult partner who will share leadership at the next den meeting.</p>				
<b>AFTER THE MEETING</b>	Den leader files tour permit with local council service center for Go See It.	Talk to the Tiger Cub team in charge of next month. Offer resources or ideas as needed.	Den leader fills out den advancement report for the pack leaders' meeting.	Den leader mails the thank-you note.
<p>CHECK WITH YOUR PACK TRAINER OR CUBMASTER FOR ROUNDTABLE DATES AND OTHER TRAINING OPPORTUNITIES.</p>				

## Tiger Cub Den Activities

This month Tiger Cubs will learn about healthy food. They will make a MyPyramid Plan food pyramid using real food items brought from home. Den activities will involve some food from each of the levels of the pyramid. All activities build toward the boys having their own Tiger Café. For the Go See It, the den will take a trip to a grocery store. If some Tiger Cubs still need to complete *Achievement 2F*, Tiger Cub teams can find the grocery store and a café on a map. This is a good month to start a vegetable garden in time for the summer. Children will eat more vegetables when they come from their own gardens. Involve the boys in all stages, from planting to harvesting. Healthy food is only part of being fit. Encourage families also to exercise with their Tiger Cubs.

### WAITER OBSTACLE COURSE

**Materials:** Large tray, plastic or paper plate, plastic or paper cup, utensils, napkins, small building blocks (used as food items, placed on the plate). Place the plate, cup, utensils, and napkins on the tray. Boys can assist.

Players take turns navigating an obstacle course marked with tables and chairs while carrying the tray. They can use both hands to carry the tray. This course could be run as either an informal challenge or a timed event.

### GAMES

#### Hot Potato

**Equipment:** One large potato wrapped in foil so it looks like a baked potato

Players sit in a close circle. “It” stands outside the circle. The players in the circle start tossing the potato at random, pretending it is hot. When “It” calls “Hot potato,” whoever has the potato at that moment becomes “It.” If the potato is dropped, pick it up and continue. Gradually increase the distance between players. Include adult partners.

#### Shopping Relay

##### (Elective 13)

Prepare three stations around the room, with adult partners available to help.

**Station 1.** Shopping list: Have cards with grocery items and prices on them, one item per card.

**Station 2.** Wallet: Have plenty of coins for change. Item price should be less than \$1.00. Money could be real or play money.

**Station 3.** Grocery Store: Have actual items (or pictures) and grocery bags.

Divide the den into two teams. Boys go to Station 1 to pick up a card, find correct change for the price at Station 2, place the item in a bag at Station 3, and return to the line.

### After You

**Equipment:** Dish of cake or ice cream or small bowl of pudding or yogurt per person, spoons, string. Prepare by tying two spoons together with a length of string so that spoons are only 6 in. apart.

Tiger Cubs and adult partners sit facing each other with a small table, chair, or lapboard between them. The food item is in front of each person. On a signal, everyone starts to eat. They must eat only from their own dishes and must not lift them from the table. Encourage everyone to use good table manners.

### Orange Race

Give each player an orange. Players line up at a start line. On a signal they push their oranges along the floor using only their noses or chins. Adults can try, too.

After the race, wash the oranges and squeeze them to make fresh orange juice to serve at the Tiger Café. Save seeds to plant later (*Elective 30*).

### FITNESS PLEDGE

I promise to do my best to keep myself fit.

I promise to eat healthy food.

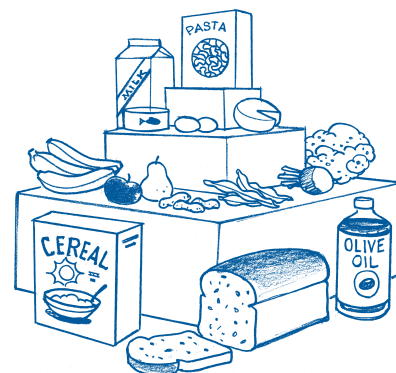
I promise to exercise regularly.

### DEN MyPYRAMID PLAN

#### (Achievement 3D)

Introduce the MyPyramid Plan to the den (see <http://www.mypyramid.gov> and the *Tiger Cub Handbook*). Ask families to bring items from home for each category. Items could be fresh food, cans, boxes, or cartons. Caution not to bring food that needs refrigeration. Food could be in containers.

To assemble the den’s pyramid, stack three different-sized boxes on the table. Arrange the food items on and around the pyramid, with whole grains, cereals, and vegetable oils on the table



surrounding the bottom box. Talk about the result and do the Character Connection on Health and Fitness for *Achievement 3D*.

### TIGER CAFÉ

#### (Electives 13 and 24)

**Materials:** Play money in \$1.00 bills and change

Put up a Tiger Café Advertisement Poster (below). With the boys’ help, write a menu, complete with prices, on a sheet of paper. Keep the menu simple. Suggested menu items are sandwiches (egg salad, peanut butter), fruit salad, orange juice, and milk. (This is a mini café.) You don’t need full servings, just small portions.

Half of the den become customers and the other half are café workers. They will switch roles midway. Emphasize manners and politeness for both customers and waiters, such as always saying “thank you” and “please.” Talk about cleanliness—wash hands, keep the area clean, don’t cough or sneeze over food.

### Café Advertisement Poster

**Materials:** Poster board, markers, construction paper

Tiger Cubs create an advertisement for the Tiger Café, which they can share at the pack meeting.

# Cub Café: Wolf Den Meetings

Dens may meet after school, in the evenings, or on weekends.  
Review the theme pages before planning den meetings.

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
Den leader, den chief, and denner review plans before each meeting and check equipment needed.				
<b>BEFORE THE MEETING STARTS</b>	Have U. S. flag, supplies for Easy Magic Cookies (8 APR), materials for Trash Bag Aprons ( <i>Cub Scout Leader How-To Book</i> ) and recipe holders ( <i>Elective 3a</i> ).	Have copies of Vegetable Letter Square (8 APR); materials for Hurry! Waiter! (8 APR) and Cork Trivets ( <i>Cub Scout Leader How-To Book</i> ); have U.S. flag, information about the MyPyramid Plan ( <i>Achievement 8a</i> ).	Call the destination of your field trip to confirm arrangements, times, fees, etc.	Denner writes thank-you note to last week's destination. Have materials for Chef's Hats (8 APR), U.S. flag.
Den leader collects dues				
<b>WHILE CUB SCOUTS GATHER</b>	Den chief helps boys make Trash Bag Aprons.	Collect permission slips. Boys do the Vegetable Letter Square. Ask where vegetables are on the MyPyramid Plan food pyramid and show boys.	Collect permission slips.	Boys sign thank-you note. Gather outside and have den chief lead Run for Your Supper (8 APR).
<b>OPENING</b>	Denner leads Cub Scouts in reciting the Cub Scout Promise.	Sing "It's Cheese" ( <i>Cub Scout Songbook</i> ).		Boys stand in horseshoe formation as denner leads Pledge of Allegiance.
Den leader checks boys' books for completed achievements and electives and records them on Den Advancement Charts. Boys record own advancement on den doodle, if den has one.				
<b>BUSINESS ITEMS</b>	Discuss the "Cub Café" theme and plan for the pack activity. Encourage boys to choose a food item to bring to share at the pack meeting.	Discuss arrangements for the field trip and proper field trip conduct. Continue plans for the pack meeting booth. Include different times for different families to run the "café." Discuss the MyPyramid Plan ( <i>Achievement 8a</i> ).	Take a field trip to a restaurant.	Finalize pack plans. Boys practice Cub Scout Cook (8 APR) and review the schedule of sharing information about food items for the den's booth at the pack meeting.
<b>ACTIVITY</b>	Make recipe holders and Easy Magic Cookies.	Make Cork Trivets. Play Hurry! Waiter!	At the end of the trip, lead a reflecting discussion with boys about their outing.	Make Chef's Hats as props for the skit. Finish Cork Trivets.
<b>CLOSING</b>	Boys stand in a circle and give the grand howl. Send home permission slips for field trip during third week.	Cub Scouts form a Living Circle; denner leads Law of the Pack.		Close with the den yell.
Denner supervises putting away equipment. Den leader, den chief, and denner review the meeting and check details for the next meeting.				
<b>AFTER THE MEETING</b>	Den leader files local tour permit with council service center for third week field trip.	Meet with the den chief to review the rules and safety concerns of the game to be led in two weeks.	Den leader fills out den advancement report for the pack leaders' meeting.	Den leader mails thank-you note.

CHECK WITH YOUR PACK TRAINER OR CUBMASTER  
FOR ROUNDTABLE DATES AND OTHER TRAINING OPPORTUNITIES.

## Wolf Den Activities

This month Cub Scouts can experience the varied tasks associated with running a café. From planning a budget and menu to food selection and preparation to consumption, Cub Scouts can do it all. Visit a supermarket and learn about where food comes from as well as the benefits of comparison shopping. Prepare a kitchen treasure for Mother's Day, which is next month. Visit <http://www.MyPyramid.gov> to find out about the MyPyramid Plan so that you can have discussions about healthful eating habits.

Encourage Cub Scout families to work on additional achievements and electives that support this theme such as:

- *Achievement 8b and 8c, "Cooking and Eating"*: Plan the meals you and your family should have for one day. Help fix at least one meal for your family. Help set the table, cook the food, and wash the dishes.
- *Elective 9a, "Let's Have a Party"*: Help with a home or den party.

### VEGETABLE LETTER SQUARE

A E G G P L A N T S P I N A C H A B  
S M U S H R O O M L E T T U C E C E  
P E A S P O T A T O P H U T G E U E  
A B R U S S E L S S P R O U T S C T  
R C E L E R Y A M T E O B R O Q U O  
A S O N I O N S E D R S E N R U M M  
G A K R Z U C C H I N I A I R A B A  
U L R A N A V O C A D O N P A S E T  
S C A U L I F L O W E R S D C H R O

Find the following words, forward, backward, horizontally, vertically, or diagonally.

Asparagus	Okra
Avocado	Onion
Beet	Peas
Brussels Sprouts	Pepper
Carrot	Potato
Cauliflower	Spinach
Celery	Squash
Corn	Tomato
Cucumber	Turnip
Eggplant	Yam
Lettuce	Zucchini
Mushroom	Beans

### GAMES

#### Hurry! Waiter!

*Materials:* A plastic plate with a table tennis ball on it for each team

Team members line up single file, leaving a foot or two of space between boys. Give the first boy the plate with the ball on it. On a signal, each "waiter," holding the plate with one hand and balancing the ball atop it, turns to face his lined-up teammates and weaves in and out among them without dropping the ball or the plate. If he drops either, he must pick it up and go back to the beginning of the line and start again.

When the waiter reaches the end of the line, he runs straight back to the head of the line and hands the ball and plate to the next player, saying, "Here's your breakfast, sir." The first player then rushes back to stand at the end of the line, while the new waiter starts weaving down the line. Repeat until every team member has had a turn being the waiter.

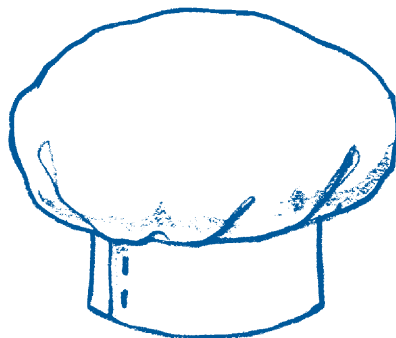
#### Run for Your Supper

All boys except one join hands and form a circle. The remaining boy is "It" and stands outside the circle. "It" walks slowly around the circle. Then, when the others least expect it, he pulls two hands apart and shouts, "Run for your SUPPER!" The two separated boys run in opposite directions around the outside of the circle. "It" takes one of the vacated places while the two boys race for the other empty spot. The first one to make it around the circle and slap the outstretched palm of "It" joins the circle. The remaining player is the new "It."

#### CHEF'S HAT

*Materials:* White poster board, white tissue paper, tape and paper clips

Start with a band of white poster board 26 in. long and 3 in. high, and three sheets of 20-by-30-in. white tissue paper. Fold each sheet in half the long



way. Gather and tape one of the short sides of each sheet along the hatband, overlapping the sheets slightly. Curl the band tape side out; place it around a boy's head and paperclip the ends. Gather the tissue at the top, taping it tightly together. Cut off the extra tissue, remove the paper clips, and turn right side out. Reattach the paper clips, puff up the tissue, and start cooking!

#### EASY MAGIC COOKIES

*Ingredients:* One box cake mix (any flavor), 4 T. melted butter, one beaten egg, 1 t. pure vanilla extract

Combine ingredients in a large bowl. Mix until well blended. If desired, add chocolate chips, nuts, raisins or coconut. Scoop 1 t. dough into a ball. Place balls on an ungreased baking sheet, spaced evenly apart. Bake at 375 degrees for 10 minutes, or just until cookies begin to brown. Cool cookies on cookie sheets for 5 minutes and then transfer to cooling racks

#### SKIT: CUB SCOUT COOK

*Props:* Cooking pot, play ingredients, card table, recipe card

*Setting:* Cub Scout 1 is putting ingredients into the cook pot one by one, consulting a recipe card each time. Cub Scout 2 enters.

CUB SCOUT 2: I was watching from over there and saw you fill up the cook pot with food and then take the pot and turn it over on the stove.

CUB SCOUT 1: Oh, yes! That's exactly what I did!

CUB SCOUT 2: Why would you do such a thing? What a mess!

CUB SCOUT 1: The recipe card told me to put all the ingredients together in this pot and turn it over for cooking directions.

# Cub Café: Bear Den Meetings

Dens may meet after school, in the evenings, or on weekends.  
Review the theme pages before planning den meetings.

WHEN	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
Den leader, den chief, and denner review plans before each meeting and check equipment needed.				
<b>BEFORE THE MEETING STARTS</b>	Have materials for Apple Neckerchief Slides (10 APR), dice for Roll a Meal (10 APR), materials for Name That Smell (10 APR), U.S. flag; prepare cookie ingredients.	Have materials for Coupon Pouch (10 APR), U.S. flag.	Call the destination of your field trip to confirm arrangements, times, fees, etc.	Denner writes thank-you note to last week's destination. Have ingredients for Hiker's Trail Food (10 APR), balls for Peanut Butter and Jelly (10 APR).
Den leader collects dues				
<b>WHILE CUB SCOUTS GATHER</b>	Play Name That Smell. With the den chief supervising, boys mix cookie dough ( <i>Achievement 9a</i> ).	Collect permission slips. Boys cut out coupons from newspapers.	Collect permission slips. Review behavior expectations for the field trip. Be sure to mention that the Cub Scouts represent themselves, their den, and also their entire pack.	Boys sign thank-you note. Den chief teaches Cub Scouts an appropriate grace. (See the <i>Cub Scout Songbook</i> for suggestions.)
<b>OPENING</b>	Denner leads the opening flag ceremony ( <i>Achievement 3f</i> ).	Form a semicircle and say the Cub Scout Promise.		Sing "I Like to Eat" ( <i>Cub Scout Songbook</i> ).
Den leader checks boys' books for completed achievements and electives and records them on Den Advancement Charts. Boys record own advancement on den doodle, if den has one.				
<b>BUSINESS ITEMS</b>	Work with boys to make a list of healthy snacks. Let them choose the snack to make for the den meeting ( <i>Achievement 9b</i> ). Discuss the den part of the pack meeting and decide whether boys will offer a song or share treats.	Discuss the "Cub Café" theme and the features of the pack meeting this month. Remind boys that they will make a contribution. Fine-tune the schedule for the pack meeting.		Boys who brought snacks made at home share what they made and how they made it. Before eating the snack, boys wash hands and sing the grace they learned. Review pack meeting details.
<b>ACTIVITY</b>	Make Apple Neckerchief Slides. Bake cookies. Play Roll a Meal (10 APR).	Make Coupon Pouches. Play Vegetable Stew (10 APR).	Take a field trip to a supermarket.  At the end of the trip, lead a reflecting discussion with boys about their outing.	Make Hiker's Trail Food for boys to share at home ( <i>Achievement 9e</i> ). Play Peanut Butter and Jelly.
<b>CLOSING</b>	Boys form a circle and sing "Cub Scout Vespers" ( <i>Cub Scout Songbook</i> ). Send home permission slips for field trip during the third week.	Denner leads the Law of the Pack.		Cub Scouts give their den yell.
Denner supervises putting away equipment. Den leader, den chief, and denner review the meeting and check details for the next meeting.				
<b>AFTER THE MEETING</b>	Den leader files local tour permit with council service center for third week field trip.		Den leader fills out advancement report for the pack leaders' meeting.	Den leader mails thank-you note.
CHECK WITH YOUR PACK TRAINER OR CUBMASTER FOR ROUNDTABLE DATES AND OTHER TRAINING OPPORTUNITIES.				

## Bear Den Activities

Yum, yum—this is the month to explore the delights of the kitchen with its own set of tools and terms to learn. Add the aspect of money management, and boys will learn some important life skills. Boys will accomplish Achievement 9b at home with adult supervision and bring the fruits of their labors to share with the den. A good contribution for the pack meeting could be to demonstrate how to make trail food for a hike (*Achievement 9e*) and share it with the pack.

Encourage Cub Scout families to work on additional achievements and electives that support this theme such as:

- *Achievement 9c*, “What’s Cooking?”: Boys prepare part of each meal.
- *Achievement 13a*, “Saving Well, Spending Well”: Go grocery shopping with an adult.
- *Elective 14d*, “Landscaping”: Cub Scout can build a greenhouse and grow twenty plants from seed to provide a new source of food for a Cub Café.

### ROLL A MEAL

(*Achievement 9d*)

Each boy takes a turn rolling a die to make a complete meal.

On a sheet of paper, number 1 through 6. Cub Scouts list six “junk food” items that they eat. Talk to the boys about nutrition and having a healthy body. Talk about healthy food verses junk food. Then have each Cub Scout roll a die in turn. They substitute a junk food item for the healthy food item on their list when they roll that number. The first boy to get a complete meal wins. *Example*: 1 = Vegetable, 2 = Meat, 3 = Whole-grain bread, 4 = Milk, 5 = Dessert, 6 = Fruit.

### GROCERY SHOPPING AND COUPONS

Have boys cut out coupons for Coupon Pouch (below). Then talk about coupons with boys. What do coupons do? How can they be helpful to a family? Have boys find expiration dates and the value of the coupon. Is the coupon for an item that boys’ families would normally buy? Or does the coupon merely encourage someone to buy a product?

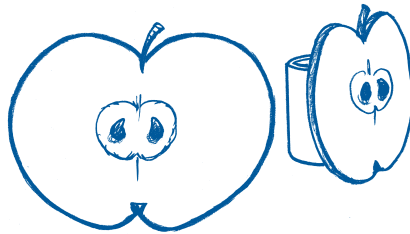
### COUPON POUCH

*Materials*: Coupons cut out from a newspaper, glue stick, hole punch, cording, card stock

*Achievement 13a* calls for Cub Scouts to go grocery shopping with a parent or other adult family member. A coupon holder will be helpful. Glue two large coupons to card stock. (For added durability, you can cover them with clear laminating paper.) Punch holes

on three sides and sew together with cording to make a pouch to hold your coupons so you don’t misplace them.

### APPLE NECKERCHIEF SLIDE



Have apples for den snacks and save the seeds. Cut an apple shape from thin wood or use a wooden precut apple shape from a hobby or craft store. Paint like a cut apple. (Leave a narrow edge on the outer rim to resemble the apple peel.) Glue seeds in the center of the apple and glue a ½-in. PVC pipe ring on the back with a low-temp glue gun.

### GAMES

#### Vegetable Stew

Cub Scouts sit in a circle with one boy in the center. The leader assigns the name of a vegetable to each of two boys in the circle. When the name of their vegetable is called, the two “corns,” for instance, run to change places while the boy in the center tries to get one of the vacant places. The one left without a place is “It.” When the leader calls “Vegetable Stew,” everyone scrambles to get a different seat. The one left standing is “It” and stands in the middle.

#### Name That Smell

*Materials*: Small boxes or film canisters with perforated lids. Put in each box something with a distinctive smell, such as a piece of onion, scented soap,

coffee, an herb, tomato sauce, toothpaste, shoe polish, paint, etc.

Pass the boxes around, giving each boy time to smell the contents. Boys have a set amount of time to write down what they think is in the box before it goes on to the next boy.

### Peanut Butter and Jelly

*Materials*: Two small balls

Boys stand in a circle and pass one of the balls, the “peanut butter,” around the circle. To make things sticky, they toss the second ball, the “jelly,” from boy to boy in any direction. Boys must keep both balls moving without stopping. The object of the game is for the jelly to catch up with the peanut butter. When one boy catches both balls, everyone shouts “Peanut butter and jelly!” Then repeat the game.

### No-Cook FUDGE

*Ingredients*: ½ C. cocoa, 3 oz. cream cheese, 1 lb. powdered sugar, 3 T. butter, 1 t. vanilla

Place all ingredients in a half-gallon heavy-duty resealable bag. Work out some air, and then close tightly. Knead bag for 25 to 30 minutes. Add nuts or peanut butter if desired if no one is allergic to them.

### HIKER’S TRAIL FOOD (*Achievement 9e*)

*Ingredients*: Semisweet bits, chocolate candies, raisins, unsalted nuts (Check for allergies!), dried fruit bits, breakfast cereal of your choice

Mix together the ingredients and divide into small plastic resealable bags for easy carrying on a hike or sharing with the pack.