



SCOUTStrong™ Healthy Unit Patch



What is SCOUTStrong™?

The SCOUTStrong™ Presidential Active Lifestyle Award (PALA) Challenge is a great way to help your Scouts keep fit and fueled up on healthy foods. The Challenge will help Scouts set realistic goals to encourage fitness and healthy eating habits for a lifetime. Learn more about SCOUTStrong™ at www.Scouting.org.

What is the SCOUTStrong™ Healthy Unit Patch?

Boy Scouts of America has partnered with Healthy Kids Out of School to create the Healthy Unit Patch, which encourages units to follow the BSA SCOUTStrong™ recommendations at meetings, events, and excursions. Adopt the three healthy principles below by completing the 3 - 6 - 9 challenge and earn patches for every Scout in your unit. Lead by example and Scouts will follow!



SNACK SMART

Fuel up on fruits and vegetables.



DRINK RIGHT

Choose water instead of sugar-sweetened beverages.



MOVE MORE

Boost movement and physical activity in all programs.

Earn the SCOUTStrong™ Healthy Unit Patch in 3-6-9

Serve a **fruit or vegetable** at **3** meetings

Make **water** the main beverage at **6** meetings

Include 15 minutes of **physical activity** at **9** meetings

Getting Started

Use the materials in this packet to support your effort:

- Track your progress on the SCOUTStrong™ Healthy Unit Tracking Sheet.
- Send the Template Parent Letter to share your unit's goal with parents.
- Try the activities provided in this packet with your unit to reinforce healthy behaviors and keep Scouts motivated.

Once your unit has completed the activities, you can receive **free patches** for your Scouts and a unit certificate by sending the completed tracking sheet to: HealthyKidsOutofSchool@tufts.edu or by calling (617) 636-0833.



SCOUTStrong™ Healthy Unit Tracking Sheet



Leader Name: _____ Unit (Troop, Pack or Den): _____ Number: _____
 Email address/Phone number: _____ BSA Council/District: _____

Congratulations for taking on the **SCOUTStrong™ Healthy Unit Patch!** Use this guide to **record the dates** of the meeting, event or outing when your unit serves water, a healthy snack or performs physical activity. Good luck reaching the 3-6-9 goal!

Healthy Unit Activities



Fruit or vegetable served
GOAL: 3 Meetings

Meeting Dates

1	2	3
---	---	---



Water served as the primary beverage
GOAL: 6 Meetings

1	2	3	4	5	6
---	---	---	---	---	---



15 minutes of physical activity
GOAL: 9 Meetings

1	2	3	4	5	6	7	8	9
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Once your unit has completed all of the Healthy Unit activities, you can receive **free patches** for your Scouts and a certificate for your unit by sending the completed form to: HealthyKidsOutofSchool@tufts.edu or calling (617) 636-0833.

Keep the momentum going by encouraging your Scouts to take the SCOUTStrong™ Presidential Active Lifestyle Award (PALA) Challenge and by continuing to role model healthy behaviors during your meetings.

SUGAR QUIZ

Help raise awareness of the sugar content in popular drinks with the following activity.

Materials:

- 20 oz Coca Cola bottle
- 20 oz Gatorade bottle
- 6 oz Capri Sun pouch
- 0.55 oz Kool Aid Singles Drink Mix
- 16 oz Sunny Delight bottle
- Any size bottle of water
- About 40 sugar packets (or 1 cup of sugar and 6 re-sealable plastic bags)
- Marker
- Tape (for attaching sugar “strings”)

Short on time? Limited budget?

- Display only 3 drinks instead of 6.
- Fill a cup with tap water instead of using bottled water.
- Print out pictures of the beverages you want to use instead of buying the actual items.
- Opt to make the sugar bags instead of sugar “strings.”

Directions:

- 1) Using the guide on the next page, write the number of teaspoons of sugar on the bottom of each bottle.
 - You can use any beverage for this activity. Just look for “grams of sugar” on its label, then divide by four.
- 2) To make sugar “strings,” tape together one packet for each teaspoon of sugar in the drink.

(Or, you can show the amount of sugar in each drink by scooping teaspoons into plastic bags. Use the marker to write the number of teaspoons contained in each bag. These are just estimates, so the measurements don’t have to be perfect.)
- 3) Ask the kids to work together and match the beverage with how much sugar they think is in it.
 - Variation – Use math by helping them convert grams of sugar from the nutrition label information to number of teaspoons.
 - Suggest they pay attention to the size of the container when guessing about the sugar content.
- 4) Questions for after the activity:
 - What was surprising? Did you know how much sugar was in each beverage?
 - Think about your drinks—how much sugar are you drinking every day?
 - What is the healthiest beverage for hydrating?

BEVERAGES GUIDE



20 oz Coca Cola Bottle

Grams of Sugar Per Container	Approximate Teaspoons of Sugar (grams ÷ 4)
65 grams	17 tsp



20 oz Gatorade Bottle

Grams of Sugar Per Container	Approximate Teaspoons of Sugar (grams ÷ 4)
34 grams	9 tsp



6 oz CapriSun Pouch

Grams of Sugar Per Container	Approximate Teaspoons of Sugar (grams ÷ 4)
16 grams	4 tsp



.55 oz Kool Aid Singles Drink Mix

Grams of Sugar Per Packet	Approximate Teaspoons of Sugar (grams ÷ 4)
14 grams	4 tsp



16 oz Sunny Delight Bottle

Grams of Sugar Per Container	Approximate Teaspoons of Sugar (grams ÷ 4)
28 grams	7 tsp



Bottle of Water

Grams of Sugar Per Container	Approximate Teaspoons of Sugar (grams ÷ 4)
0	0

THE FRUIT AND VEGGIE (F&V) DERBY

Expose kids to new fruits and vegetables by letting them build their own model derby cars. Then check out the recipes that follow to help bring more healthy snacks to your program.

Materials:

- Toothpicks
- Rubber bands
- An assortment of whole and/or sliced fruits and vegetables like the following:

Banana	Cucumber	Olives
Carrot	Grapes	Strawberries
Celery	Green Beans	Yellow Squash
Cherry Tomatoes	Kiwi	Zucchini

Directions:

- 1) Wash ingredients, wipe down work surfaces, and make sure kids wash their hands so they can safely sample ingredients throughout the activity.
- 2) Set out all materials for kids to assemble their derby cars. They can work individually or in teams, depending on quantity of materials. **Encourage kids to try at least 3 of the foods they wish to use on their cars.** Taste the foods with them, too!
- 3) Have the kids talk about their cars, identify what they used, and share their thoughts on the foods they tasted.

BUGS ON A LOG (Adapted from www.foodandfun.org)

No cooking required
Prep time: 10 Minutes

Serving size: 2 logs
Servings per recipe: about 24

Ingredients:

- 1 16 oz. package of celery hearts, each stalk cut in half
- 2 12 oz. tubs of cream cheese
- 1/2 cup raisins

Adult Preparation:

- Wash and cut celery stalks in halves.

Directions:

- 1) Spread about 2 Tbsp. of cream cheese on each piece of celery
- 2) Top with a row of raisins.

Variations - Experiment with different "bugs," logs," and spreads! Try golden raisins or dried cranberries as "bugs," jicama sticks or carrots as "logs," and peanut butter or hummus as spreads. Mix and match!

FRUIT OR VEGGIE KABOBS

(Adapted from www.foodandfun.org)

No cooking required
Prep time: 10 Minutes

Serving size: 1 kabob
Servings per recipe: 24 kabobs

Just about any fruit or vegetable can work for this recipe, so try produce that is fresh and in season. Here are a few items that are easy for children to skewer.

Ingredients:

24 6 in. bamboo skewers

Fruit Kabobs

1 lb. Fresh strawberries
1 lb. Seedless grapes
1/2 lb. Blueberries
1 Cantaloupe

Veggie Kabobs

2 Green, red, and/or yellow bell peppers
1 lb. Cherry tomatoes
2 Cucumbers
1/2 lb. Sugar snap peas or snow peas

Adult Preparation:

- Cut cantaloupe in half and scoop out seeds. Cut cantaloupe into squares or scoop into melon balls.
- Cut peppers into ~1 in. squares and cut cucumbers into 1/4 in. thick slices.

Directions:

- 1) Kids choose which ingredients to use and carefully thread them onto skewers. Place about 5 pieces per kabob.
- 2) Encourage kids to try at least 2 different types of fruits or vegetables on their kabobs.

Optional: Serve the kabobs with a yogurt dip! For a sweet dip, combine 2 cups vanilla yogurt, 1/2 tsp. nutmeg, and 1/2 tsp. cinnamon. For a savory dip, combine 2 cups plain yogurt, 1 tsp. garlic powder, 3 Tbsp. lemon juice, 1/4 cup grated parmesan cheese, and a pinch of salt and pepper.

PITA POCKETS

(Adapted from USDA SNAP-Ed Recipes, <http://recipefinder.nal.usda.gov>)

No cooking required
Prep time: 15 Minutes

Serving size: 1/2 pita pocket
Servings per recipe: 20

If there is a concern with peanut allergies, you can use almond, cashew, or soy nut butter or a little honey as a substitute. For the vegetable version, you can substitute several other items like lettuce, peppers, and sprouts for different variations.

Ingredients:

10 medium, whole wheat pita pockets, each cut in half

Fruit Pockets

1 1/4 cups Chunky peanut butter (trans fat free!)
2 Apples cored and thinly sliced
3 Bananas, peeled and thinly sliced
2 Peaches, thinly sliced (optional)

Veggie Pockets

1 1/4 cups Low fat cream cheese, or hummus
3-4 Carrots, shredded or thinly sliced
2 Tomatoes thinly sliced
3 Cucumbers, thinly sliced

Adult Preparation:

- Shred or slice ingredients as indicated.

Directions:

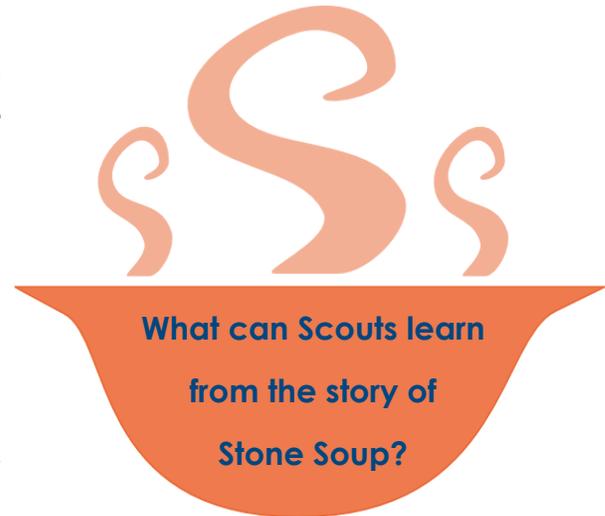
- 1) Carefully open each pocket and spread a thin layer of peanut butter, cream cheese, or hummus on the inside walls.
- 2) Have kids fill pockets with a combination of fruits or vegetables. Encourage them to try at least 2 different types of fruits or vegetables in their pockets.

Stone Soup



A traveler came to a village carrying only an empty pot. When he arrived, the villagers were unwilling to share any of their food with him. Undiscouraged, he filled his pot with water, dropped a large stone into it, and placed it over a fire in the village square. Several of the villagers were curious and asked what he was doing. The traveler answered that he was making a delicious dish called "stone soup." He talked about the wonderful flavor of the soup, but said that it was even better with an onion. One of the villagers offered to add an onion. Other curious villagers came by to ask about the pot, and the traveler said the soup is wonderful with the onion flavor, but that it's even better with celery. A bystander offered a stalk of celery to help out, and another villager offered some seasoning. Soon, more villagers came by to ask about the soup, and each one added another ingredient. Because they had come together to contribute what they had, a delicious and nourishing soup was enjoyed by everyone.

Adapted from the Peach Tree Road Farmer's Market web site.



Making Stone Soup with your Scouts

Ingredients: For Scouts

Each Scout can contribute one of the following vegetables, or you can suggest other vegetables. If possible, have your Scouts wash and chop the vegetables on-site, so that they can work together. *(The following ingredient list is for 15-20 servings)*

- 6 stalks of celery (or 2 bunches), chopped
- 6 carrots, sliced into rounds
- 3 cups of cubed sweet potatoes, and/or red potatoes
- 3 cups of cut broccoli
- 1 eggplant, chopped
- 3 cups of mushrooms, chopped
- 3 cups of green beans
- 3 cups of corn
- 3 cups of kidney beans, and/or black beans
- 3 cups of greens - spinach, kale, or collard (torn into bite-sized pieces)
- 3 cups of plum tomatoes, chopped
- 6 Vidalia onions, chopped

Ingredients: For the Scout Leader

- 1 stone, washed
- 4 Tbsp. of oil (for sautéing garlic and onion)
- 1 Tbsp. of salt
- 2 tsp. basil, thyme or sage
- 2 tsp. of oregano
- 1/4 cup chopped parsley
- 6 cloves of garlic, minced
- 6-10 cups of water *(depending on desired thickness)*

Directions:

1. Add your washed stone to the pot!
2. Assist Scouts in chopping their washed vegetables, and set vegetables aside.
3. Sautee oil, onions and minced garlic over medium heat for about 7 minutes.
3. Add the water, then have Scouts add their vegetables, and continue stirring.
4. Add seasonings, and stir over medium heat. Have Scouts try the soup and decide if any seasoning should be added.

Don't forget to remove the stone before you enjoy your soup!

Boy Scouts of America - Active Relay Games for Fitness

The following games are designed for two teams. While relays are vigorous for the Scout who is performing, there is a built-in waiting time for the other Scouts. To maximize physical activity, encourage the teams to "actively" cheer on their teammate by following the lead of the Scout at the head of the line. Examples for the lead Scout could be running in place, jumping jacks, hopping on one foot, etc. This will add to the fun of watching their team, while being actively involved.

"Luck Relay"

Equipment: Two coins

Procedure: In front of each patrol is a junior leader with a coin hidden in one hand.

The first Scout of each patrol runs up and guesses which hand holds the coin.

If he is correct, he returns to his patrol and tags the next Scout. If he's wrong, he must return to his patrol and run back to the leader for each guess, until he gets it right.

Meanwhile, the leader may transfer the coin from hand to hand at will. Continue until all Scouts have participated.

"Standing Long Jump Relay"

Procedure: The patrols line up behind a starting line on the ground.

The first patrol member jumps, using the standing long-jump method with feet together.

The second patrol member then jumps from the closest mark made by the first Scout (that is, from where his heels or hands touched the ground nearest the starting line), and so on until all players have jumped.

Scoring: The patrol that jumps the farthest total distance wins.

"Crab crawl Relay"

Equipment: One tennis ball for each patrol

Procedure: The patrols line up in relay formation at a starting line.

The leader marks a parallel line about 25 to 30 feet away from the starting line.

On signal, the first Scout in each patrol lies on his back, raises his body up with his hands and feet, places the ball on his stomach, and proceeds to crawl in the "crab" position to the second line.

If the ball rolls off his stomach, he must stop and retrieve it before continuing.

When he has crossed the second line he runs back with the ball to the next patrol member, who assumes the crab position and continues the relay.

"Initiative relay"

Each Scout runs in his own way, and no method can be repeated within the patrol: forward, backward, hopping on both feet, on one foot, etc.

"Bag-Breaking relay"

Each Scout runs to the goal line, blows up a paper bag, bursts it, and runs back.

"Happy Hooligan"

Each Scout walks rapidly to the goal line and back again with a paper cup balanced on his forehead.

MOVE MORE IN MINUTES!

Every minute of physical activity counts! Keep kids active with these game suggestions. Their duration and group size is flexible, so you can adjust them to meet your needs.

Activity	Description	Minutes			
		5	10	15	20
Don't Back Down	Let kids form pairs, sitting back-to-back with their arms folded in front of their chests. Each child should try to stand up without using arms to help. They'll have to push themselves up against each other's back without losing contact. Once they're up, suggest going back down until sitting back in the starting position. Switch partners to lengthen activity.	✓	✓		
Over-Under, Side-to-Side	Let kids form pairs, standing back-to-back and feet shoulder-width apart. Using a ball, book, backpack, or similar item, have them pass the item over their heads, then under their legs. Switch to make one child pass the item to their partner by handing it over on the right side, then picking it up on the left side. Remember to switch the "passing" directions, the pairs, and/or the items.	✓	✓		
Ocean of Motion	Play music, if possible, and gather kids in a circle. One person volunteers or is chosen to start a simple dance move. Everyone in the circle mimics the dance move. After several seconds, the next child over can select a dance move, and the circle mimics it. Complete for the circle.	✓	✓		
Quiz Calisthenics	Create a list of true/false questions relevant to your current meeting theme. Ask questions to the kids. Those who want to respond True can do push-ups, while those who want to respond False can do sit-ups. Vary the type of activity to use when they answer. (Adapted from SPARK.)	✓	✓		
Pass it Around	Kids sit in a circle, facing out, elbows hooked. Put one object (ball, water bottle, shoe, anything) in front of every 4 th child. The object is to pass the items around the circle using only legs and feet. For a bigger challenge, try passing objects without letting them touch the ground, give them limited time to pass an object around the whole circle, or pass the item to every other person. (Adapted from SPARK.)		✓	✓	
Paper Plate Skate	Let kids put one paper plate under each foot and "skate" around the room. Make it more challenging by giving plates for their hands to skate on all-fours. Play your favorite games like tag, basketball, or dodgeball with paper plate skates.	✓	✓	✓	✓
Balloon Volleyball	For larger spaces, designate a half-court line. Using an inflated balloon as a ball, participants have to hit the balloon three times on their side of the court before volleying it to the other side. A different person has to hit the balloon each time. For smaller spaces, kids can stand in place and volley the balloon around the room while keeping it off the ground.	✓	✓	✓	✓

Tips to Move More:

- In games where a child or group of children is "sitting out," have them perform a physical activity on the sidelines, or make it their only requirement before re-entering play. (Adapted from CATCH.)
- Change up the type of movement used in your favorite games and activities. Instead of running or walking, kids can crab-walk, lunge-step, skip, hop on one foot, hop with both feet, gallop, or run in a "grapevine" pattern.

Look for quick physical activity ideas and more at [HealthyKidsHub.org](https://www.healthykids.org).

SCOUTStrong™ Healthy Unit Patch – “Move More” Activities

Movement Break

- Zero In

Games

- 2x2 fitness card
- Triangle Tag (if small space – demo with one group of 4)
- Aerobic Rock Paper Scissors
- Aerobic Tic Tac Toe

Equipment

- Handout with CATCH Kids Club Physical Activity / Tic-Tac-Toe board (back to back)
- Paper with a Number on it for “Zero In”
- 2x2 fitness card

Zero-In

Equipment: Sheets of paper with “secret” numbers

Organization: Participants are in a scattered, safe area to perform physical activity.

Description:

1. One person is selected to stand in front of the room while facing the class.
2. The class is given the directions that they are going to help this guesser “zero in” on a secret number between 0 – 1,000 (or it can be a math problem with smaller numbers).
3. A “secret” number is held up behind the person.
4. The guesser will call out a first number. If the person needs to guess higher, the class will jump up and down. If the person needs to guess lower, the class will squat down and up.
5. The class will continue to give cues until the guesser guesses the secret number.
6. Another person is chosen to come up and guess another number.

2x2 Fitness

Equipment: a 2x2 fitness card per person

Organization: Participants pair up into groups of 2

Description:

1. Pass out a 2x2 fitness card for each participant.
 2. Ask participants to pair up with a partner.
 3. Instruct the participants to complete the fitness card (in no particular order).
-

Triangle Tag

Equipment: a playing area

Organization: Participants are in groups of 4

Description:

1. Students are divided into teams of 4.
2. Three teammates hold each other's hands to form a triangle.
3. One of the members of the triangle is the target.
4. The fourth teammate is it.
5. It must try to tag the target without going through the triangle.
6. The triangle tries to protect the target by moving around in a circle.
7. When It tags the target, or after 45 seconds of trying to do so, the target becomes It and a new target player is chosen.



Safety: Participants must use soft tags and should not pull forcefully on each other's arms.

Aerobic Tic-Tac-Toe

Equipment: 1 tic-tac-toe board per team, pen/pencil

Organization: Participants pair up into groups of 2. Each has a tic-tac-toe board

Description:

1. Place students into partners as they enter the activity space.
2. Give each set of partners a tic-tac-toe board.
3. Partners determine who will go first by playing Aerobic Rock Paper Scissors (See description).
4. Players will play a game of tic-tac-toe:
 - a. Player 1 chooses which square they want to cross out and performs the activity listed in that square. Once completed, cross it off.
 - b. Player 2 continues by performing an activity in another square and crossing it off as well.
5. Play continues until one player gets 3 in a row, or no more moves can be made.

Aerobic Rock Paper Scissors

Equipment: Participants

Organization: Students are playing this game in pairs

Description:

1. Demonstrate the sequence for participants by showing them how to move their bodies for "rock" "paper" "scissors":
 - a. Rock: crouch down into a ball
 - b. Paper: arms and legs out wide – body could fit between 2 panes of glass
 - c. Scissors: one arm forward, other back, one leg forward, other back – like running but with straight arms and legs.
2. Jump up and down four times together while saying "Rock, Paper, Scissors, Shoot!"
3. On "Shoot" players pick their movement.
4. Best two out of three wins.

Two-X-Two Fitness Sheet

Directions: Find a different partner for each of the activities. You do not have to do the activities in the order they are presented.

You and somebody:

1. Do 5 wall push-ups
2. Have an arm wrestle
3. Doe-Si-Doe around a partner while howling like a wolf
4. Touch seven different colors
5. Do a 30 second Elvis dance
6. Do 5 jumping jacks
7. Touch something square, yellow, soft, and happy
8. High five your Scout leader!

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CATCH Kids Club Physical Activity

Activity Demonstration Summaries

ACTIVITY	MATERIALS	DESCRIPTION
2x2 Fitness (template)	2x2 Fitness Sheets	Students follow the directions on the 2x2 fitness sheets and complete as directed by teacher.
Mingle, Mingle (#156)	NONE	Students walk around the activity area while trying to avoid other students. Students can travel using different locomotor skills. The teacher will call out a number, and the students quickly get into groups with the designated number.
Glue and Stretch (#167)	NONE	Students are in groups of two. They take turns leading and following. The follower tries to “stick like glue” to the leader as they move around the activity area. Teacher stops groups, and the leader leads their partner in a stretch. Switch out roles.
Dragon’s Tail (#16)	Scarves, flags or bandanas	Every student has a “tail” (scarf), and every student is “it”. Students try to pull off other student’s tails while trying to not have their tail taken. If a student’s tail is taken, they perform a re-entry task and can come back in the game.
Triangle Tag (CATCH Middle School Box)	Cones	Students are in teams of 4. Three teammates hold each other’s hands to form a triangle. One of the members of the triangle is the target. The fourth teammate is It. It must try to tag the target without going through the triangle. The triangle tries to protect the target by moving around in a circle. When It tags the target, the target becomes It and a new target player is chosen.
Bean Bag Bucket Brigade (#133) *variation	Balls, Bean Bags, or Chickens	Students are in lines of four to eight. They start at the “fire station” on one end, and take “water” (equipment) to the “fire” on the opposite end of the relay line. The students pass the equipment (one at a time) to the person behind them, and then move to the end of the line. This progression continues until they the group has “put the fire out” (placed all the pieces of equipment on the fire end).
Snake Trail (#392)	NONE	Students are in lines of four to eight. The student in the front of line is the leader, and the rest of the groups follow the leader as he/she “snakes” around the activity area. The teachers can call out different categories to “act out” (i.e. sports, recreation activities, or chores, then all tasks together!) and switch out the leaders.

For more information, visit CATCH on the web:

www.CATCHInfo.org



Balance on
1 foot with
eyes closed for
♀ 10 seconds

Dance like you
drank a whole
bottle of HOT SAUCE
for 20 seconds
♀ HOT IS

Complete
10 Wall Push-ups
♀

Jump up and
pretend to
shoot 10 baskets
♀

Jog in
place for
30 seconds
♀

Do 10
Squats
♀

Do 10
Jumping
Jacks
♀

Walk on your
tip toes around
the tic-tac-toe
board 3 times

Act like
a NINJA
for 20 seconds
off

SCOUTStrong™ Healthy Unit Patch Parent Letter

Dear Parents,

This year, our unit is working on the SCOUTStrong™ Healthy Unit Patch which encourages physical activity and healthy eating habits. So, during our meetings and events, we are encouraging fruits and vegetables for snacks, water as the beverage of choice, and new ways to increase the minutes we move.

Please support your child's learning by helping us create healthy meetings! If you are in charge of bringing a snack, consider including fruits or vegetables. Send a water bottle in place of a sugary beverage. Or, teach him an active game that he can share at his Den meetings. Cubs will receive a patch when we have achieved the goals of this new program.

We are very excited to take on this challenge! Please let me know if you have any questions or concerns.

Thank you!