



Bear Cub Scouts



Bear Den Meeting #7

Achievement 9: What's Cooking? (partial)

Preparation and materials needed:

- If you have access to an oven, consider baking oatmeal cookies (*Bear Handbook* page 81) or brownies.
- If you do not have access to an oven, then have ingredients to make trail mix (banana chips, raisins, pretzels, peanuts, granola). Have sandwich-size zipper bags for the boys.
- For den snacks, bring celery, peanut butter (or cream cheese), cheese, crackers, raisins, fruit (apples, oranges, bananas, grapes), plates, napkins, and plastic knives.

Gathering:

- Collect den dues; record attendance.
- Put on smock (or oversized old shirt) and wash hands with soap.
- With adult help, make den snacks (“ants on a log” — celery, peanut butter or cream cheese, and raisins; cheese and crackers; assorted fruit—apples, oranges, bananas, or grapes).

Opening ceremony:

- Conduct flag ceremony and Pledge of Allegiance.
- Recite the Cub Scout Promise and Law of the Pack.

Advancement:

- Achievement 9b: Make snacks for the den meeting with an adult (completed during the gathering time).
- Achievement 9a: If you have access to an oven, make oatmeal cookies. See the *Bear Handbook* for the recipe.
- Alternatively, do Achievement 9e: Each boy makes his favorite trail mix in sandwich-size zipper bags. Label bags with boys’ names.
- Achievement 9d: While cookies are baking (or after making trail mix), make a list of junk foods and discuss why they are called “junk.”

Closing:

- Put cookies into plastic bags or other containers for each boy.

- Clean up.
- Hand out family information letter. With his parent's help, each boy is to prepare one part of his breakfast, lunch, and dinner (Achievement 9c). (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)

Next Up:

- Invite a parent or friend who is a doctor, a nurse, an emergency medical technician (EMT), or someone knowledgeable about first aid to attend the next den meeting.
- Bring props (blanket, rope, cell phone, pole or branch) to act out different emergency scenarios.
- Bring a U.S. flag and the den flag.