



## Health and Fitness Activity Badge

Eating healthily and to staying active, helps Scouts be at their very best.

*How to earn your badge:*

1. Take part in three agility activities.

**There are lots of different 'fitness' activities you could try out whilst we are staying indoors more. Joe Wicks is doing live PE lessons on Youtube which are brilliant:**

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ?reload=9>

**You could also try out:**

- an obstacle course
- slalom relay
- hula hooping
- skipping
- jumping over/around props
- egg and spoon race

2. Learn about a variety of healthy foods and make a snack for yourself using some of these foods.

**Check out some of the healthy recipe ideas and the human fruit machine game! Take some photos of your healthy snacks or playing the game with your family.**

3. Monitor heartbeat before and after completing a range of different physical activities and understand the reasons for change.

**Follow the Heart Rate sheet!**

4. Promote healthy eating and exercise to others.

**You could create a poster, video or piece of art to inspire others to exercise and eating healthily. There a sheet with ideas too! Upload a photo or video of the finished inspiration!**

# Rainbow fruit kebabs

**Time needed**  
20-30 minutes

**Equipment needed**

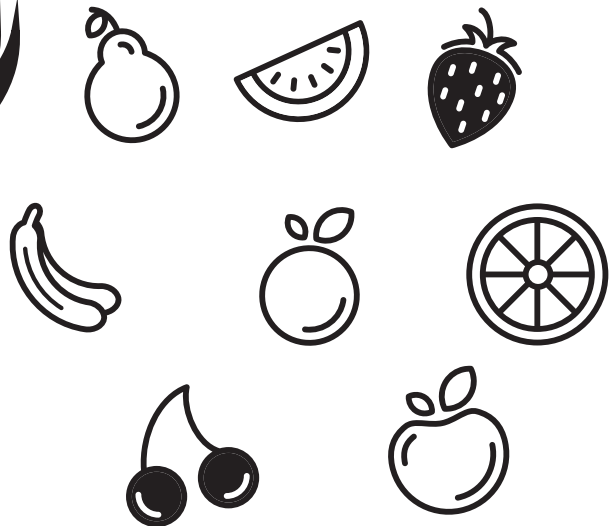
- selection of pre-chopped fruit
- wooden skewers (1 per Beaver)
- bowls or containers
- juice squeezer for lemon (optional, to keep fruit fresh once cut)
- toppings of your choice (optional)

**Instructions**

1. Check whether there are any dietary requirements or allergies to consider before you begin the activity.
2. If possible, prepare the fruit in advance, by chopping it up in to small chunks. Remember to put away sharp knives safely.
3. Give each Beaver a wooden skewer and a selection of chopped fruit to choose from.
4. Ask Beavers to create rainbow fruit kebabs by threading chunks of fruit onto the wooden skewer. What combinations would they like to try? Are there any fruits they haven't tried before?
5. If Beavers are extra hungry or just want to try something new, mix the fruit with other toppings, such as yoghurt, muesli or granola.

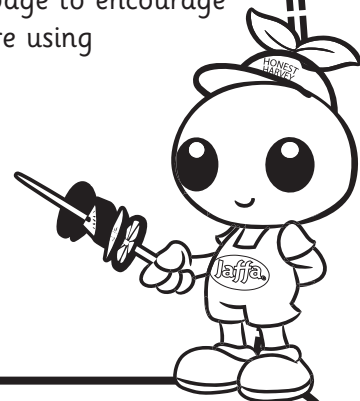
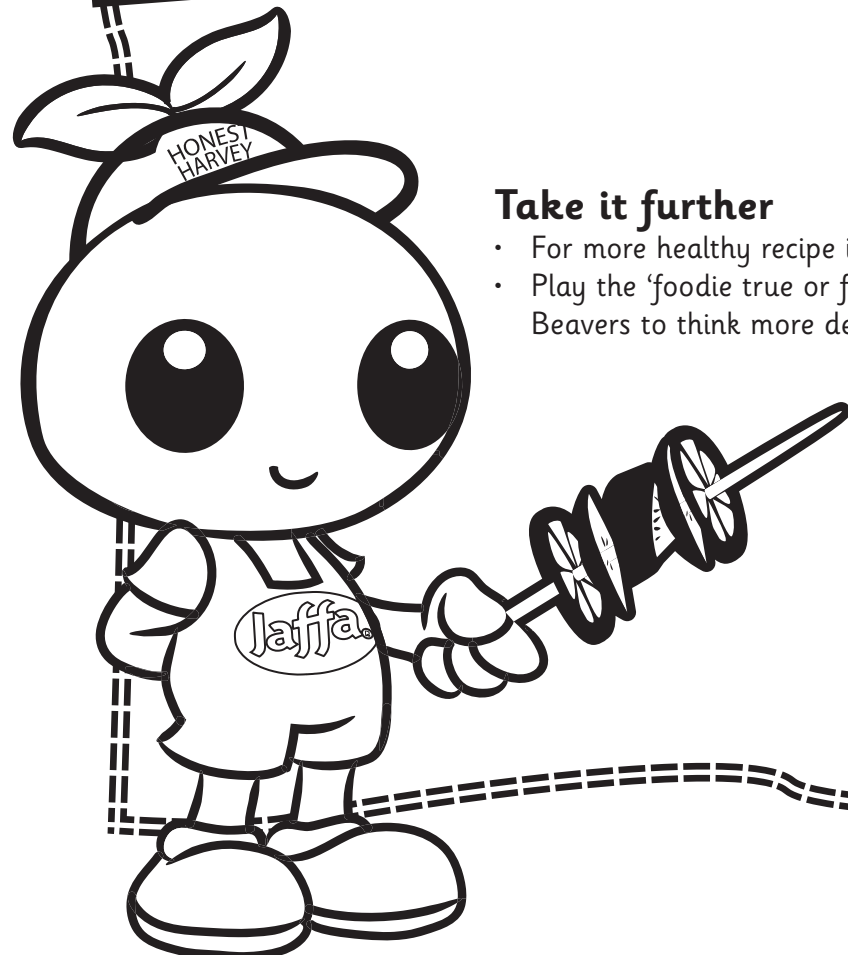
## Top Tip!

Make sure your fruit is ripe! It will be easier to thread onto the skewers



**Take it further**

- For more healthy recipe ideas to take on camp, go to our partner page
- Play the 'foodie true or false game' on our partner page to encourage Beavers to think more deeply about the fruit they are using



# Making grilled banana boats



## Time needed

20-30 minutes

## Equipment needed

- access to a campfire or barbeque
- bananas
- knife
- foil
- selection of toppings (optional – see examples below)
- cooking tongs
- spoons
- fire bucket

## Instructions

1. Check whether there are any dietary requirements or allergies to consider before you begin.
2. Give each Beaver a banana and a piece of foil.
3. Ask the Beavers to:
  - Slice the banana lengthways, leaving its skin intact
  - Cut a few horizontal slits into the banana, without slicing all the way through
  - Place the banana in the middle of the piece of foil
  - Fill the gaps in the banana with their toppings of choice (optional – see examples below)
  - Wrap the banana in the foil tightly, ensuring there are no gaps
4. Using the cooking tongs, help the Beavers to safely place the bananas into the campfire embers or onto the barbeque. Cook for 10-15 minutes, turning each banana at least once to make sure they are evenly cooked.
5. When they are ready, carefully remove the bananas from the heat, and leave to cool slightly before eating.



## Top Tip!

Why not head outdoors and try making these banana boats with your section? They're perfect for camp.

## Top Tips!

Bananas will be ready when the skins have darkened and the insides are soft and mushy. The toppings should also have melted.  
If you prefer, fruit such as an apples or pears could be used instead of bananas.

## Take it further

If the Beavers fancy adding some tasty toppings, here are a few examples to consider:

- raspberries, orange segments, blueberries
- strawberries, raspberries, yoghurt (add the yoghurt after the banana has been cooked)
- toasted almonds, raisins, blueberries
- honey, candied ginger, freshly squeezed orange juice
- blueberries, coconut chips, peanut butter
- chocolate chips, pomegranate seeds, pistachios

This activity is a great opportunity to talk to Beavers about having a balanced diet. Some of the toppings, such as the chocolate chips, may not be considered healthy in excess, but are perfectly healthy in moderation. Explain why eating controlled portions of sugary foods can be part of a balanced diet of wholesome grains, fruit and vegetables.



# Making trail mix to take on camp

## Time needed

20 minutes

## Equipment needed

- trail mix ingredients of your choice (see suggestions below)
- sealed containers

## Instructions

1. Check whether there are any dietary requirements or allergies to consider before you start the activity. Be especially careful with nuts, as certain forms of nut allergy can be dangerous and even life threatening.
2. Once you're aware of any allergies, encourage the Beavers to choose small handfuls of each ingredient and mix them together. What yummy creations can they come up with? Encourage them to get creative and to choose flavor combinations that will be unique to their own tastes.
3. Talk about the different ingredients. What makes them healthy? Which nutrients do they contain? What do they taste like?
4. This is a great opportunity to talk about having a balanced diet, as there may be some ingredients, such as the chocolate chips, which would not be healthy if eaten in excess, but are perfectly healthy in moderation.
5. Store the trail mixes in sealed containers to keep them fresh. Why not take them along on your next camp or walk?

## Suggested trail mix ingredients

- nutty mix - cashews, toasted almonds, raisins, pumpkin seeds, dried cranberries
- sweet and salty mix - roasted peanuts, almonds, roasted cashews, raisins, chocolate chips
- tropical mix - yoghurt covered raisins, unsweetened coconut chips, dried pineapple, cashews, banana chips, macadamia nuts
- nut-free mix - pumpkin seeds, sunflower seeds, dried cranberries, dried apricots, raisins

## Did you know?

Nuts and seeds are full of protein, vitamins, minerals and healthy fats

- Minerals help keep bones strong
- Healthy fats help fight off disease
- Fibre helps you stay fuller for longer
- Protein helps your muscles grow

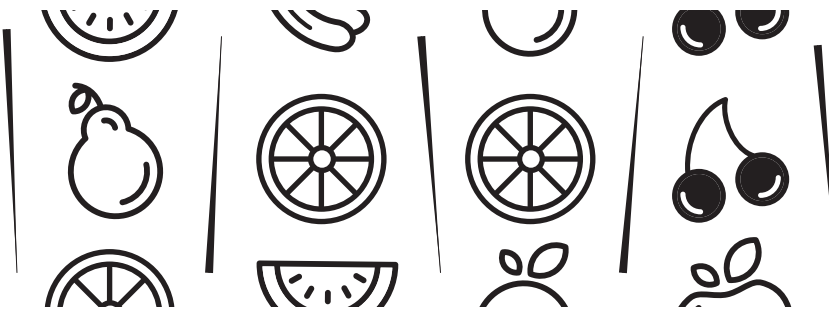


# Human fruit machine game

**Time needed**  
20 – 30 minutes

## Equipment needed

- opaque bags (one per small group)
- whole pieces of fruit – at least 5 for each group
- materials of your choice, to create a leader board



## Top Tip!

- Try to use seasonal fruit. Explain to the Beavers that locally grown fruit that has not had to travel very far to get here from the field are good for the environment and will taste fresher

## Healthy top tips

- You should eat five portions of different fruit and vegetables every day.
  - One portion is equal to the size of the palm of your hand.
  - Fruit and vegetables can be eaten fresh, frozen, dried or juiced.
- Food fuels your body so that you can stay active.
- Eating all foods in moderation is good for you.
- Meals should be balanced and made up of all of the different food groups, such as fruit, vegetables, grains, protein and dairy.
- You should drink five cups of water a day. The older you get, the more you will need to drink.

## Taste test top tip

Encourage Beavers to think about all of their senses: smell, feel, sound and taste!

## Instructions

1. Check whether there are any dietary requirements or allergies to consider before you begin the activity.
2. Introduce the topic of healthy foods with the Colony. Talk about the importance of including fruit in your diet.
3. Split the Beavers into their Lodges or other small groups.
4. Give one opaque bag to each lodge leader (or equivalent).
5. When you say 'go', one Beaver from each group should pick out a piece of fruit from their bag and hold it up in the air.
6. If they have picked the same fruit as someone in another group, they will gain points for their group. See the scoring information below.

## Scoring

- 3 fruit the same = 3 points for each team
  - 2 fruit the same = 2 points for both teams
  - 0 fruit the same = no points
7. Keep playing until each Beaver has had 1-2 goes.
  8. Keep track of scores on a leader board. Ask each Beaver from the winning group to choose one fruit from the bag, and to share their favourite way to eat it.
  9. Talk about the different fruits that the Beavers found in the bags, and what makes each of them healthy. For example, oranges have lots of vitamin C which helps fight off colds and infections, and bananas are high in potassium, which helps to keep your bones strong.

## Take it further

- Fruit can be used for making rainbow fruit kebabs (go to our partner page for inspiration) or to create a 'taste test', by blind folding the Beavers and encouraging them to guess what fruit they are tasting



# Measuring your heart rate

## Time needed

15-20 minutes

## Equipment needed

- paper
- stopwatch

## Measuring your heart rate

Use these instructions to help Beavers learn about heart rates, why they are important, and how we can measure them accurately. This can help them work towards requirement 3 of the Beaver Health and Fitness Activity Badge.

## Did you know?

- The heart rate is the number of heartbeats per minute. The heart rate can vary, depending on:
  - o the body's current need for oxygen
  - o The size of the heart
  - o the fitness level of the person
  - o the daily moods of the person (the heart rate can go up when ever a person feels scared or nervous for example, and go down when they are relaxed)

When increasing the heart rate, the heart starts to pump blood around the body faster. This exercises and strengthens the heart, as well as other muscles in the body.

## Top Tip!

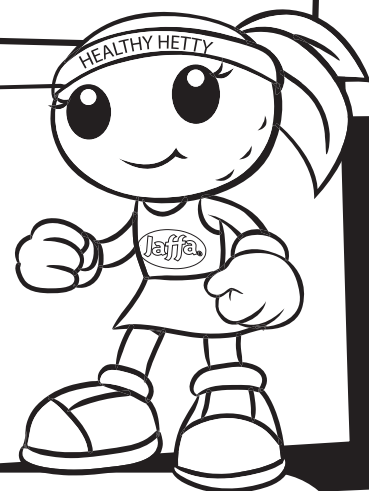
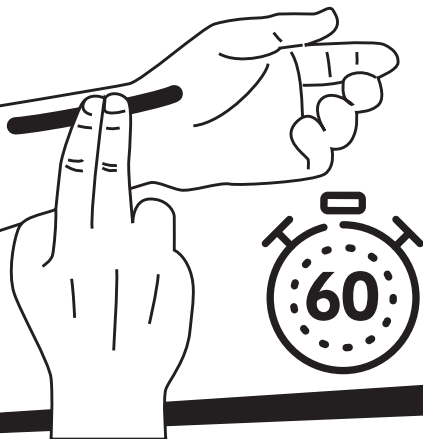
Do this activity in small groups, as Beavers are likely to need help from leaders.

## Did you know?

- 6-8 year olds should have a resting heart rate that falls between 60-100 beats per minute (bpm). This should rise to anywhere between 128-170bpm after exercise, depending on the individual person's fitness level.

## Top Tips!

Use the illustrations to show Beavers how to measure their pulses



# Inspiring Others!

**Time needed**  
1 hour

Use this resource to encourage Beavers to promote healthy eating and exercise to others, in order to work towards requirement 4.

This gives Beavers the opportunity to get creative! Here are some activity suggestions; creating a TV commercial, writing campfire songs and creating giant murals. Below you'll find numerous health and fitness related topics that Beavers can choose from.

## Activity ideas

### Create and act out a TV commercial

- Ask Beavers about their favourite activities from the Health and Fitness Activity Badge so far. What did they enjoy about it? Did they learn anything new?
- Help Beavers to create a TV commercial about being active and healthy. How can they inspire other people to be healthier?
- If they like, they could include a rhyme or a song.
- Once they have finished their TV commercial, it could be performed:
  - in front of the rest of the section
  - in front of parents/carers
  - in front of members of the community
  - at a camp
  - at a District camp/event
- The performance could also be filmed and shared on the Group/District website – remember to make sure you have consent from parents/carers first.



### Write a campfire song

- Get the Beavers to think of their favourite Campfire songs. What do they like about them?
- Encourage them to write a new song based on something from the list of ideas below. They could use the same tune as their favourite campfire song, or come up with a new tune from scratch.
- Use the new songs at the next campfire.

### Create a giant mural

- Get Beavers to create a giant piece of art for the meeting place, or somewhere in the community, to promote healthy eating or exercise.
- Get them to write down some key points (eg 5 fruit/veg a day) and then use clippings from magazines/newspapers, or their own drawings, to turn this into a giant piece of art.

