

Narragansett Council, BSA
November 2020 Cub Scout Breakout Talking Points

Allergies & Anaphylaxis

- Allergy: a damaging immune response by the body to a substance to which it has become hypersensitive
 - Types of allergies: pollen, mold, insect, pet, latex, food, drug. Cite examples of each if possible.
- Anaphylaxis: severe, potentially life-threatening allergic reaction. It can occur within seconds or minutes of exposure to something you're allergic to, such as peanuts or bee stings.
- Review attached BSA Safety Incident Review: Allergies and Anaphylaxis with participants.
- Stress importance of getting families to fill out Part B of the Annual Health and Medical Record for their Scout and themselves and share it with pack leadership.
- Information in the Food Allergy Guidance document was developed for camps but is applicable to units
- Share these two documents as "handouts" for those in attendance.

Cub Cooking

- There is a food and/or cooking component to adventures within each rank.
 - Tiger: Tiger Bites (required)
 - Wolf: Running with the Pack (required)
 - Bear: Bear Picnic Basket (elective)
 - Webelos: Cast Iron Chef (required)
 - Arrow of Light: Castaway (elective)
- These adventures offer opportunities to plan, shop, and cook or prepare food as well instructional support on nutrition.
- All adventure requirements related to cooking encourage Cub Scouts to get involved in planning the cooking project.
- Cooking is a very important life skill. By beginning with the basics at an early age, we can foster:
 - Self-confidence as Scouts accomplish each task
 - Teamwork, creativity, and introduction to basic planning
 - Healthy habits to serve our Scouts throughout their life
- It is important that Cub Scouts cooking be taught as an age-appropriate activity, and that cleanliness and hygiene be included in the teaching.
- Tips when cooking with Cub Scouts
 - Tigers (age 6-7) are developing dexterity and awareness, have short-attention spans.
 - Working with their adult partner, Tigers can build on:

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- Measuring by volume
 - Washing vegetables
 - Pouring ingredients into a bowl
 - Sprinkling cheese
 - Stirring ingredients
 - Kneading dough
- Starting with simpler recipes helps build their confidence and enthusiasm for cooking.
- Let them touch, taste, and make a mess
- Wolf and Bear (age 8-9) have longer attention spans and a little more patience.
 - Measuring and weighing ingredients reinforces the reading and math the Scouts are learning in school.
 - With adult supervision they can handle more complex tasks:
 - Accurately measuring ingredients
 - Using kitchen scissors to cut food
 - Learn how to grease and flour pans
 - Learn to grow their own herbs and vegetables to use in recipes
- Webelos and Arrow of Light (age 10-11) can read and understand labels and follow recipes, and prepare meals for themselves with adequate supervision.
 - Expand their cooking skills:
 - Cutting and chopping vegetables
 - Cooking with heat
 - Using cooking appliances
 - Cook outdoors in a camp setting
 - Usually enjoy suggesting items to add to a recipe to make it their own. Encourage their creativity.
- Cooking Hygiene and Safety
 - Making a mess is all part of cooking, even for adults, but proper hygiene and cooking safety are very important.
 - Make sure all Cub Scouts wash their hands before, during, and after the cooking process.
 - Have them help keep the food preparation surfaces clean.
 - Use cold water to wash fruit and vegetables before using.
 - A Bear or Webelos Scout must ask permission to use a knife. Knife safety rules should be reinforced.
 - Cub Scouts of any age should ask permission to cook and be supervised accordingly.

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- Closed-toe shoes should be worn to protect feet from hot liquid spills and falling plates.
 - Wear oven mitts when using an oven or microwave and when dealing with hot dishes.
 - When cleaning up, wash all cooking utensils, dishes, bowls, pots, and pans in hot, soapy water.
- Cooking with Cub Scouts is also a great time to teach them about cooking techniques, the STEM components of cooking, and even about the geographical origins of some recipes.