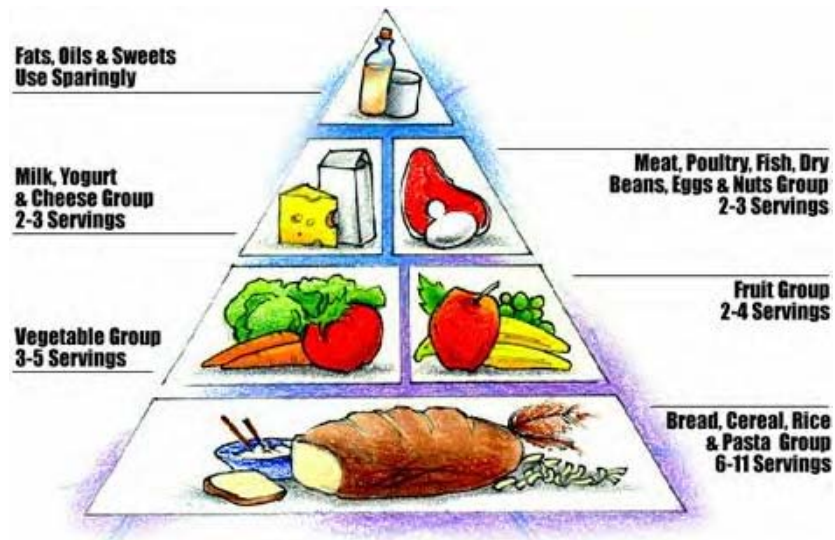


1. With a parent or other adult family member, complete a safety notebook, which is discussed in the booklet “How to Protect Your Children from Child Abuse” that comes with the Webelo Scout Book.

*For this activity, refer to the “My Safety Notebook” that you may have started as a Wolf Cub. If you do not have a safety notebook from a prior year, you may begin a new one. See the document entitled “My Safety Notebook.”*

2. Read the meal planning information in this chapter (beginning on page 66). With a parent or other family member, plan a week of meals. Explain what kinds of meals are best for you and why.



Meal	Number of servings in each group				
	Bread / cereal / rice / pasta	Vegetables	Fruits	Milk / yogurt / cheese	Meat / poultry / fish / beans / eggs / nuts
<b>Breakfast</b>					
<b>Lunch</b>					
<b>Afternoon snack</b>					
<b>Dinner</b>					
<b>Evening snack</b>					
<b>Daily totals</b>					

3. Keep a record of your daily meals and snacks for a week. Decide whether you have been eating foods that are good for you.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Milk	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
Meat	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
Vegetable	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○
Fruit	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Grain	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○
<b>Breakfast</b>							
<b>Snack</b>							
<b>Lunch</b>							
<b>Snack</b>							
<b>Dinner</b>							

Overall, do you feel that you have eaten a healthy and well-balanced diet this week?  YES  NO

4. Tell an adult member of your family about the bad effects smoking or chewing tobacco would have on your body.
  - ◇ Why do some kids smoke or chew tobacco?
  - ◇ Do you know some adults who have given up smoking (or chewing tobacco)? Explain why they have made these choices.
  - ◇ What are two diseases that can be caused by smoking?
  - ◇ Do most athletes smoke? Why not?
  - ◇ How does smoke affect your eyes?
  - ◇ How does smoke affect your teeth and your fingers?
  - ◇ Is chewing tobacco as dangerous as smoking? Explain your answer.
  
5. Tell an adult member of your family four reasons why you should not use alcohol and how it could affect you.
  - ◇ What affect does alcohol have on the brain and the body?
  - ◇ What kinds of drivers are responsible for thousands of deaths on our nation's streets and highways every year?
  - ◇ What organ can be destroyed when too much alcohol is consumed for too many years?
  
6. Tell an adult member of your family what drugs could do to your body and how they would affect your ability to think clearly.
  - ◇ So you know someone who takes prescription medication? If yes, is it okay for you to take that person's medication, too? Explain your answer.
  - ◇ Can you do your best and work to your highest potential when you are taking any kinds of drugs?
  - ◇ What can happen if you take too much of a drug (called an "overdose")?
  - ◇ What can happen if you inhale paint fumes or sniff glue?
  - ◇ Are there any illegal drugs that are okay to take?

7. Read the booklet *Take a Stand Against Drugs!* Discuss it with an adult and show that you understand the material.

The following pamphlet can be obtained from the Viking Council.

