



Beavers Cook Activity Badge



Activity: A Balanced Diet

You will need

- 3 sheets paper
- Pens
- Dinner plate

Instructions

1. Follow this link to find out what makes up a balanced diet.
<https://www.youtube.com/watch?v=EhfOZMOf9W4>
2. Draw around the plate on each sheet of paper & draw food on each plate to show a balanced breakfast, lunch and dinner. Label the foods to show whether they are protein, fat or carbohydrate (energy giving)

Risk Assessment

Who is at risk?	Beavers
What are the risks?	Safeguarding whilst using the internet
How can the risks be minimized?	Adequate adult supervision