

## 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