



## Bear Den Meeting 7

### What's Cooking?

Achievement 9.

### Preparation and Materials Needed

- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - If you have access to an oven, consider baking oatmeal cookies (*Bear Handbook*, page 81) or brownies.
  - If you do not have access to an oven, then have ingredients to make trail mix (banana chips, raisins, pretzels, peanuts, granola).
  - Have sandwich-size zipper bags for the boys (for the cookies or the trail mix).
  - For den snacks, bring celery, peanut butter (check for allergies) or cream cheese, cheese, crackers, raisins, fruit (apples, oranges, bananas, grapes), hard-boiled eggs.
  - Plates, napkins, and plastic knives.
- ▶ **Note: Achievement 9:** What's Cooking? Do four requirements (out of seven). This meeting plan offers options for Arrow Points after the badge is earned.
- ▶ **Note:** If your pack is going camping in the fall or winter, this is a GREAT meeting to move to before the campout, so that the den can help plan the campout meals.

### Before the Meeting

- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

### Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy, and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

### Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

### Business Items

- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

### Activities

- ▶ **Achievement 9a** ("With an adult, bake cookies."):
  - If you have access to an oven, make oatmeal cookies.
  - See the *Bear Handbook*, page 81, for a recipe.
- ▶ **Achievement 9b** ("With an adult, make snacks for the next den meeting."):
  - Put on smock (or oversized old shirt) and wash hands with soap and water.
  - Make den snacks:
    - Ants on a log—celery, peanut butter or cream cheese, and raisins
    - Cheese and crackers, hard-boiled eggs
    - Assorted fruit—apples, oranges, bananas, or grapes
- ▶ **Achievement 9d** ("Make a list of the 'junk foods' you eat. Discuss junk food with a parent or teacher."):
  - While cookies are baking (or after making trail mix), make a list of junk foods.
  - Discuss why they are called "junk."
  - Consider using this session to come up with non-junk snack suggestions for future meetings.
- ▶ **Achievement 9e** ("Make some trail food for a hike."):
  - Each boy makes his favorite trail mix in sandwich-size zipper bags. Label with boys' names.



### Closing

- ▶ Put cookies into plastic bags for each boy.
- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.

▶ **Home Assignment:** With his parent's help, each boy is to complete **Achievement 9c**.

### After the Meeting

- ▶ If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.