



Tiger Bites

Cub Scouts · Required · Tiger rank

Name

Started

Completed

Tiger Bites is about fueling and caring for your body. You'll learn the food groups, practice handwashing, get moving, and find ways to sleep well. Healthy habits help you have energy for every adventure.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/cub-scout-adventures/tiger-bites/). Tips and examples are ideas, not extra requirements.

☐ 1 Name the five food groups

Tip: Help make a meal or snack and name the food groups you used.

Example: Build a rainbow snack plate: apple slices (fruit), carrot sticks (vegetable), whole-grain crackers (grains), cheese cubes (dairy), and hummus or turkey (protein). Name each group as you add it.

☐ 2 Practice washing your hands and point out times when you should wash them

Tip: Scrub your hands while humming a short song, and list times to wash, like before eating.

☐ 3 Be active for 30 minutes

Tip: Play outside, dance, or ride your bike for 30 minutes. Ask your family to join.

Example: Thirty minutes might be a family walk to the park, ten minutes on the swings and slide, then a race home. Or put on music and do a dance party with jumping, spinning, and freeze poses.

☐ **4** Practice ways that help you sleep

Tip: Make a bedtime routine together, like a bath, a book, and lights out at the same time.

Example: A bedtime routine could be: bath, pajamas, brush teeth, one book with your adult, lights off at the same time each night. Try turning screens off before bath time.