

# Webelos Adventure Requirement: Cast Iron Chef

Please complete the following requirements and bring this form to your den leaders.

Scout name: \_\_\_\_\_

- Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. Shop for the items on your menu while staying within your budget.

**Balanced meal menu** - Will it be breakfast, lunch or dinner? Will you have a main meat? Vegetable? Fruit? Grain? Dairy?

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**Try this website to help you plan!**

<http://www.healthy eating.org/Healthy-Kids/Kids-Games-Activities/My-Plate-Match-Game.aspx>

## Grocery List:


**What is your budget before you go grocery shopping?** \_\_\_\_\_

**Did you stay within your budget? Circle YES or NO**