



# Do Your Best!

November 15, 2012

Dear Parents,

Today we wrapped up our photo frame for our Make a Gift Elective 9b. We will begin to work on Achievement 8a by discussing the food pyramid and playing Food Feud so that your Scout is prepared to complete at home, if they have not already done, so Requirements 8b- Plan the meals for a day, 8c- Help fix at least one meal, 8d- Fix your own breakfast and clean up. 8e- plan, prepare and cook an outdoor meal may have to wait for warmer weather. We also learned a song to perform at our Pack Meeting on Nov 30 for Elective 11f and part of 11c Also If we still have time remaining, we will begin Achievement 6a Character Connection for Positive Attitude and 6b Start a collection.

Many of the requirements for Achievements 10, 11 and 12 are home based activities. Consider taking some time to complete them before the Blue and Gold banquet. We've gotten a lot done so far in a relatively short time!

Reminder: dues and medical forms? Have you turned them in yet? Forms can be downloaded on our Website under Pack Info/ Documents. Nov 17 is the last day for due's discount.

Please check back to the Website for [www.cattypack94.org](http://www.cattypack94.org) for amendments to the schedule and new/upcoming events.

Have a great week!

Yours in Scouting,

James Polles- Wolf Leader Melissa Fischl- Wolf Leader Shawn Regits- Assistant Wolf Leader

## IMPORTANT DATES

Nov 22- No Den meeting- Happy Thanksgiving

Nov 29- No Den meeting 7p

Nov 30- Pack meeting/ Bake Off doors open 615pm

Dec 6- Den meeting 7p

Dec 13- No Den meeting

Dec 14- Pack meeting - Holiday Party

Dec 20- No Den meeting

Dec 27- No Den meeting

Jan 3, 2012- Den meeting 7p

\* Please check our website [www.cattypack94.org](http://www.cattypack94.org) for updates regularly.

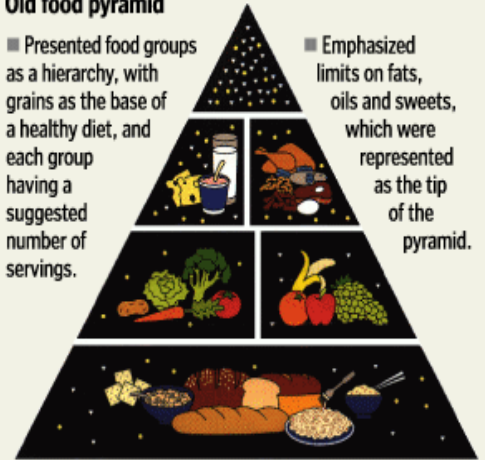
**Exercise**

- Adults should be physically active for at least 30 minutes most days of the week, children for 60 minutes.
- Sixty to 90 minutes of daily physical activity may be needed to prevent weight gain or sustain weight loss.



**Old food pyramid**

- Presented food groups as a hierarchy, with grains as the base of a healthy diet, and each group having a suggested number of servings.
- Emphasized limits on fats, oils and sweets, which were represented as the tip of the pyramid.



**Oils**

- Most fat should be from fish, nuts and vegetable oils.
- Limit solid fats, such as butter, margarine or lard.
- Keep consumption of saturated fats, trans fats and sodium low.
- Choose foods low in added sugar.

| CATEGORY       | Grains  | Vegetables                            | Fruits                                      | Milk                                    | Meat and beans                                  |
|----------------|---|---------------------------------------|---|---|---|
| RECOMMENDATION | Half of all grains consumed should be whole grains. | Vary the types of vegetables you eat. | Eat a variety of fruits. Go easy on juices. | Eat low-fat or fat-free dairy products. | Eat lean cuts, seafood and beans. Avoid frying. |
| DAILY AMOUNT   | 6 oz.   | 2.5 cups                              | 2 cups                                      | 3 cups                                  | 5.5 oz.   |

*Based on a 2,000 calorie diet.*

Recommended nutrient intakes at 12-calorie levels can be found on [mypyramid.gov](http://mypyramid.gov).