

# Badge Information Sheet



## Activity Badges – Health & Fitness

To gain this badge the Beaver Scout needs to complete the following:

1. Learn about foods that are good for you
2. Learn about the value of keeping fit
3. Plan a healthy meal
4. Tell others in the Colony about a sport or activity they take part in
5. Learn about personal hygiene



Information on badge requirements taken from, Scout Association publications.

**Produced by the 18<sup>th</sup> Ayrshire Beaver Scout  
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