

**THE BOYS' BRIGADE - GLASGOW BATTALION**

# **JUNIOR SECTION**



## **GO FOR GOLD THE GREEN AWARD WORKBOOK**

**NAME:** \_\_\_\_\_

**COMPANY:** \_\_\_\_\_

THE BOYS' BRIGADE, GLASGOW BATTALION  
IBROX PARISH CHURCH, CLIFFORD STREET, GLASGOW G51 1QL

To gain the green award I shall need 10 Achievements, 2 from each section. I hope to achieve the following: -

- ADVENTURE** Local Knowledge  
Weather Lore
- PHYSICAL** Activities  
Throwing/Catching
- COMMUNITY** Care of Teeth  
Help at Home
- SPIRITUAL** Our Church  
Bible Character
- INTEREST** Observation  
Tell the Time

WHEN I GAINED MY ACHIEVEMENTS

ACHIEVEMENT	DATE
Local Knowledge	
Weather Lore	
Help at Home	
Care of Teeth	
Observation	
Tell the Time	
Activities	
Throwing / Catching	
Our Church	
Bible Character	

I was awarded my Green Award on \_\_\_\_\_

# ADVENTURE

# Local Knowledge

How well do you know your local area. Your Officer will ask you how to go to the following places from your home. Make sure they know where you stay!



Draw a circle on a piece of cardboard.

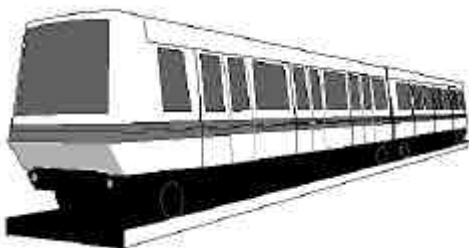
- Your School
- The Church
- The Post Office
- The nearest Public Phone
- The Shops
- Play Area
- The nearest Bus Stop

How well did you do?

In what circumstances might we have to use a public telephone?

Put your answer down here: \_\_\_\_\_

\_\_\_\_\_



What is the emergency telephone number?

\_\_\_\_\_

# ADVENTURE

# Weather Lore

Most weather lore is made up of old rhymes handed down over the years by country people or sailors.

The attempt to forecast the weather.

There are four pictures to colour in and stick beside the correct saying.

We no longer use such sayings to forecast the weather. Can you think of how we do this today?

1 you might have an object in your home which does this?

2 another object which does this is up in space?

See if you can tell your officer and write down the objects here:

1 \_\_\_\_\_

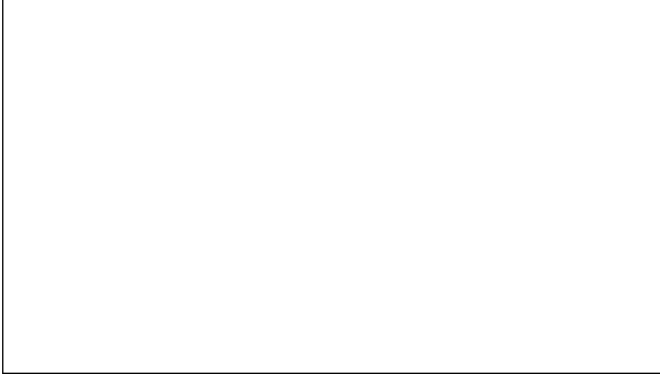
2 \_\_\_\_\_

**COLOUR IN - AND CUT OUT THE PICTURES ON PAGE 19  
AND STICK THEM ALONG SIDE THE CORRECT SAYING**

1 Rain before seven, fine before eleven



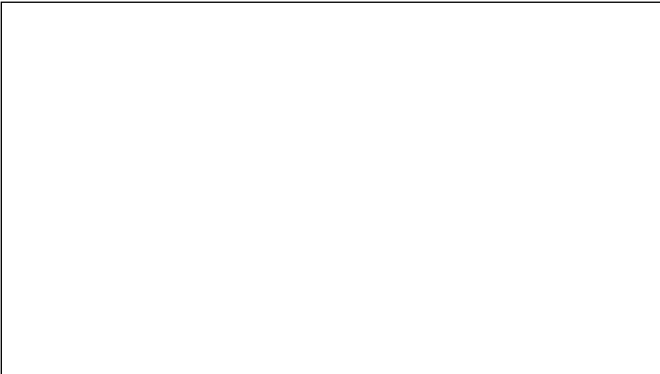
2 A sun shining shower won't last half an hour



3 March comes in like a Lion and goes out like a Lamb



4 When the moon comes in upon her back,  
she holds much water in her lap.



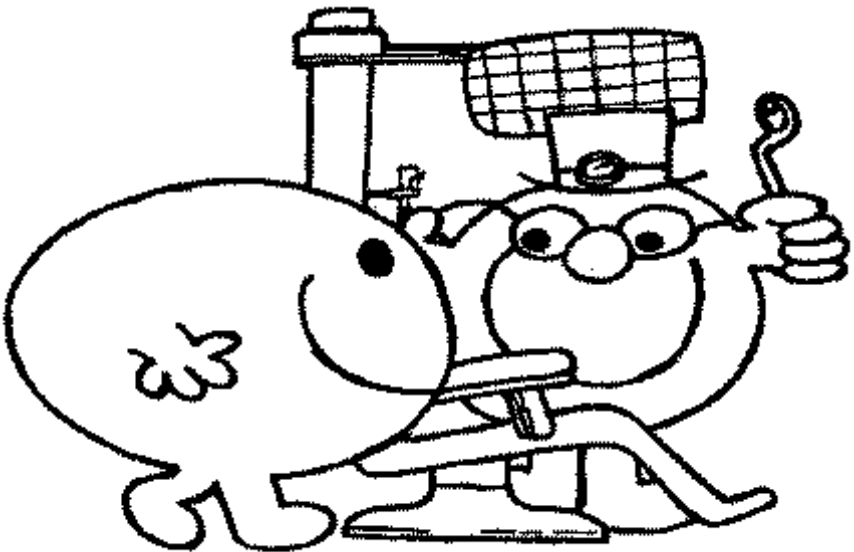
# COMMUNITY

# Care of teeth

This achievement teaches us not only about our teeth but also how to look after them.

There is a picture to colour in and some questions to answer at the end.

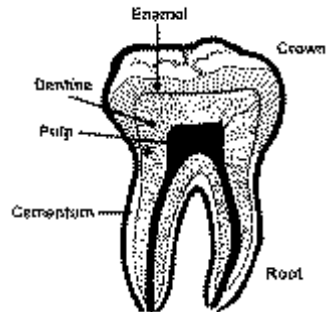
Remember, we only ever have two sets of teeth so we must look after them.



VISIT YOUR DENTIST REGULARLY!

## PARTS OF THE TOOTH

The part of the tooth that we can see is called the crown. The part that holds the tooth in the gum is called the root. The crown has a hard, white coating called enamel. This protects the dentine, which is



inside the Dentine crown. In the middle of the tooth is the pulp. This contains the nerves and the blood vessels.

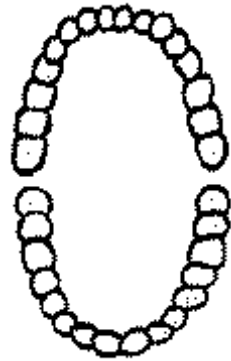
### Questions

- 1 This is a diagram of the parts of a tooth. Copy it and label the parts with their correct names.
- 2 On your diagram, leave the enamel white, colour the dentine yellow, the pulp red and the cementum brown.
- 3 Think of all the reasons why we need our teeth. Now write these down.
- 4 Make up a class book with your group called "Talking About Teeth". Add to it interesting facts about teeth you can find out in the school library. Include sections on animals' teeth and teeth in history.

### THE TEETH IN OUR MOUTH

Our teeth do different jobs, so they have to be different shapes. Our front teeth are called incisors; they are for biting. At the side of these, are the canines and pre-molars, which are sharper teeth to tear any food that cannot be bitten. Our back teeth are called molars. These teeth are for chewing.

*Large diagram on page 12*



### Questions

- 1 Trace this tooth chart.
- 2 Look into your friend's mouth. Using your tooth chart: Mark fillings; Mark missing teeth x; Mark holes o.
- 3 Count how many teeth there are, how many fillings there are and how many holes you can see. Record this information next to your tooth chart.
- 4 Do a graph of the number of fillings for the children in your group.
- 5 Which teeth do you use for biting, which for tearing and which for chewing? Look into your friend's mouth again and draw the different shaped teeth.

## CAUSES AND PROGRESS OF DECAY

We have tiny germs called bacteria in our mouths all the time. They form a sticky 'glue' on teeth which dentists call plaque. The plaque grows especially quickly when we eat sugar. Plaque absorbs the sugar and starts changing it into acid. Our teeth begin to go bad or decay when this acid eats into the tooth enamel. The decay soon spreads to the dentine and we have a hole or cavity. If not treated by the dentist, the decay will spread down the pulp to the end of the root. At this point an abscess forms and the tooth may have to be taken out.



### Questions

- 1 Using the words below, write about how teeth decay. bacteria plaque sugar acid teeth decay hole
- 2 Work out how much you have spent on sweets in the last week.
- 3 Working with a friend, plan a simple crossword for the class using the above words.
- 4 Write a slogan for the class warning about the dangers to teeth of eating sugar.
- 5 Make a list of the names of animals. Against their names write down what they eat

Can you work out why they don't get tooth decay?

### PREVENTING DECAY - AVOID SUGAR BETWEEN MEALS

Remember sugar is turned into acid and acid causes tooth decay. An important way to stop your teeth going bad is to avoid eating sweets



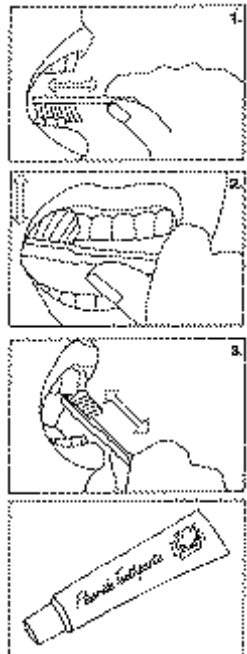
too often, especially between meals. If you eat sugar many times a day, your teeth can be attacked by acid all the time. Try to choose snack foods like crisps, nuts and fruit instead. These are good for your teeth.

### Questions

- 1 Draw ten things which you like to eat.
- 2 Draw a big red cross on those which contain sugar. Place a tick against those which are good for the teeth,
- 3 List all the food you can. Think of which would be best to eat if you are hungry between meals.
- 4 Imagine you are a Chef in a big restaurant. Create a menu for breakfast, lunch and tea containing foods which are good for the teeth.
- 5 Bring into the class wrappers from different foods. Have your group make an OK tree, hanging on it wrappers from foods free of sugar and a OK tree with wrappers, from sugary, foods and sweets.

### PREVENTING DECAY TOOTH-BRUSHING & FLUORIDE TOOTHPASTE

Keeping your teeth clean is very important. Brush your teeth after breakfast and before you go to bed, and after other meals if you can. When you brush, make sure you clean all the parts of your teeth very carefully. Always use a proper fluoride toothpaste. This will help decay from starting and if it has started, also helps stop it getting worse. A proper fluoride toothpaste will actually harden your teeth and make it more difficult for acid to attack them.



## **Remember to brush**

- 1 The biting surfaces
- 2 The outside of the teeth and gums
- 3 The back of the teeth as well

**Always use the proper fluoride toothpaste**

## **Questions**

- 1 Why should you clean your teeth very carefully every day?
- 2 Describe a way you can check how well you've cleaned your teeth (look on the back of the Dental Care Kit).
- 3 Why should the toothpaste you use contain fluoride?
- 4 Make a graph to show the toothpastes which the children in your class use.
- 5 Design a poster for the class to show the importance of brushing teeth with fluoride toothpaste.

## **PREVENTING DECAY - The part the Dentist should play**

We should visit our dentist every four months. He will be able to see if a tooth has started to decay long before you can. He can stop the decay from getting worse by mending the hole. The tooth is good again. He might clean your teeth to remove any plaque which has stuck to your teeth. He may put fluoride onto your teeth to help stop them going bad. We should always look on the dentist as a friend who can help us prevent tooth decay.



## Questions

- 1 Why is it important to visit the dentist regularly?
- 2 Describe all the things the dentist has done on your visits.
- 3 Make a list of the things which you see in the dentist's surgery.
- 4 Imagine you are a dentist visiting your school. Prepare and give a talk to your class. Be prepared to answer questions.

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# CARING FOR YOUR TEETH

Complete the names of the following parts of a tooth :-

- 1 E \_ \_ A M \_ \_ \_
- 2 D \_ \_ N \_ \_ \_ N \_ \_
- 3 \_ \_ U L \_ \_

What holds the tooth in its place? It is called - THE R \_ \_ \_ T

As an adult, how many teeth should we eventually have? \_\_\_\_\_

What happens to our teeth should we not look after them?

**THEY WILL** \_ \_ \_ \_

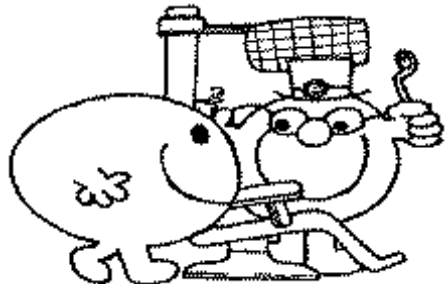
When should we brush our teeth? \_\_\_\_\_

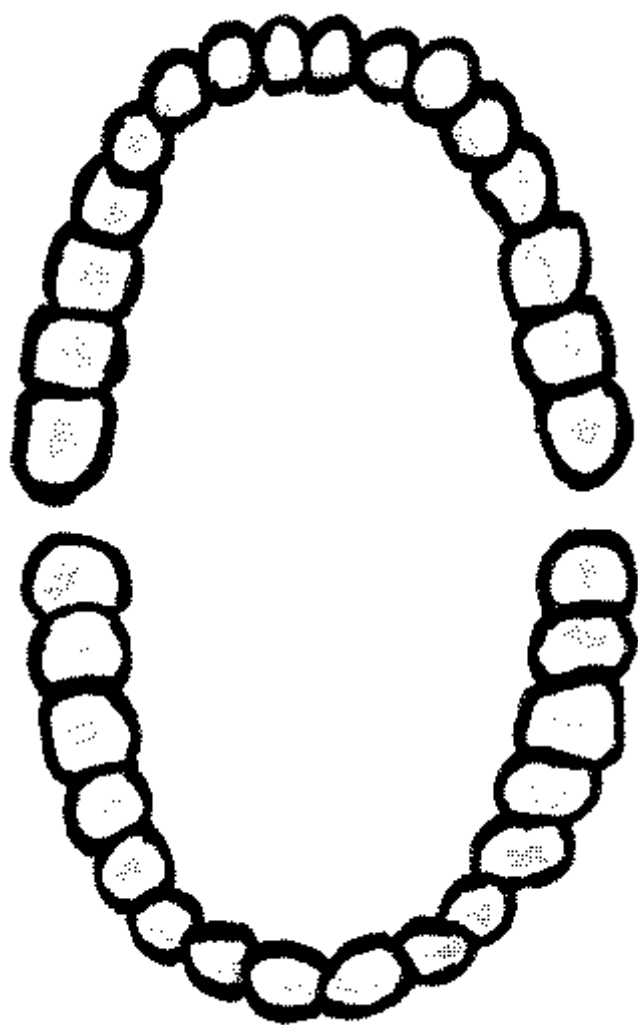
What sort of food cleans our teeth?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





# HELP AT HOME

This is something you have to take home and then bring back, having been signed by an adult.

You must do one, if not all, these things over the next week.

Please tick things that you have done. Remember we might check up on you!

- Drying dishes
- Running errands
- Setting the table
- Keeping you room tidy
- Keeping yourself neat and tidy

YOUR NAME \_\_\_\_\_

YOUR COMPANY \_\_\_\_\_

SIGNATURE OF ADULT \_\_\_\_\_

# INTEREST

# Observation

How observant are you?

We are going to play *Kim's Game*. A number of items will be placed on the table and you will be given time to look at them. The objects will be covered over and you will be asked to remember as many of the items as possible.

How many objects were you asked to remember? \_\_\_\_\_

How many did you get? \_\_\_\_\_

What objects did you not recollect? Write them down here:

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# INTEREST

# Tell the Time

How good are you at telling the time?

Remember, there can be three hands on a watch. One is for seconds, one for minutes and the other for hours.

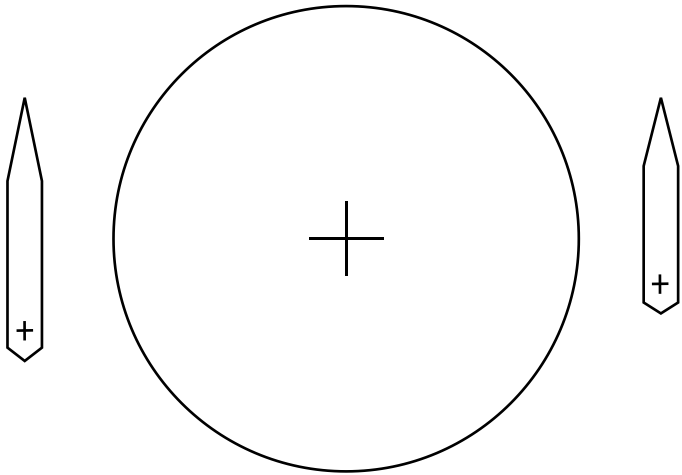
The largest hand is the seconds hand. There are \_\_\_\_ seconds in a minute.

The next largest is the minutes hand. There are \_\_\_\_ minutes in an hour.

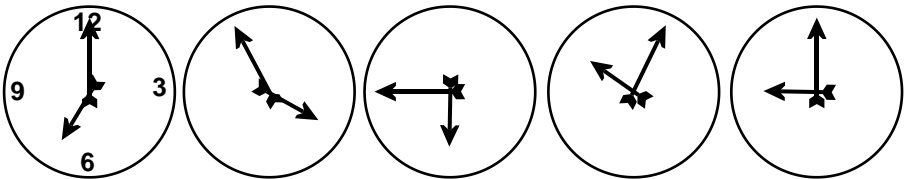
The smallest hand is the hour hand. There are \_\_\_\_\_ hours in a day. It takes one hour for this hand to move from one number to the next.

In this achievement there is a clock for you to make with your officer's help, and some questions for you to attempt.

# CUT OUT THE CLOCK TEMPLATE (in card) TO MAKE YOUR OWN CLOCK



What do the hands of the clock say?



7.00

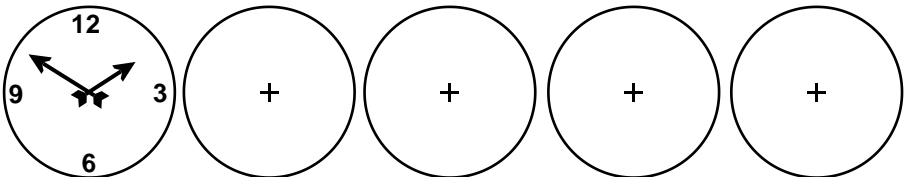
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Where do the hands on the clock go?



2.50

6.00

9.20

7.10

4.30

# PHYSICAL Activities

You will gain this achievement by taking part in team games. Of course you must listen to all commands given, be a good team member and do your very best.

What are your favourite games? List them here:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



# PHYSICAL Throwing & Catching

By taking part in this activity you will improve your coordination. You and a partner will have 4 chances to throw and catch the following objects.

LARGE & SMALL BALL      BEAN BAG      QUOIT

You must catch the object at least twice

What was your score for the objects?

OBJECT	MY SCORE
Large Ball	
Small Ball	
Bean Bag	
Quoit	

Your Leader will allow you to practice before scoring



# SPIRITUAL

## Our Church



What is the name of our Church?

\_\_\_\_\_

It is part of the \_\_\_\_\_  
Church of Scotland      Methodist Church      Baptist Church      Episcopal Church

Our minister's name is \_\_\_\_\_

From where does the minister present his sermon? \_\_\_\_\_

What takes place at the Font? \_\_\_\_\_

What is the table at the front of the Church called?  
\_\_\_\_\_

What is another name for the minister's house? \_\_\_\_\_  
unscramble these letters - E A N S M

Where will you find our minister's house?  
\_\_\_\_\_

Apart from seeing the ministers in Church, where else might we see them?

\_\_\_\_\_  
\_\_\_\_\_



What is the book that is read each week in Church called?  
\_\_\_\_\_

# SPIRITUAL

## An Old Testament Character - Joseph



Joseph's father was called? J \_ \_ O \_

How many brothers did he have? 7 11 9

Did the brothers like Joseph? YES / NO

What special gift did Joseph get from his father?

**Shoes**

**Hat**

**Coat**

What did the brothers do to Joseph

**Kill him**

**Imprison him**

**Sell him**

What did they tell their father had happened to Joseph?

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Joseph went to live in

**E \_ \_ Y \_ \_ T**

What happened in Canaan? There was

**Flood**

**Famine**

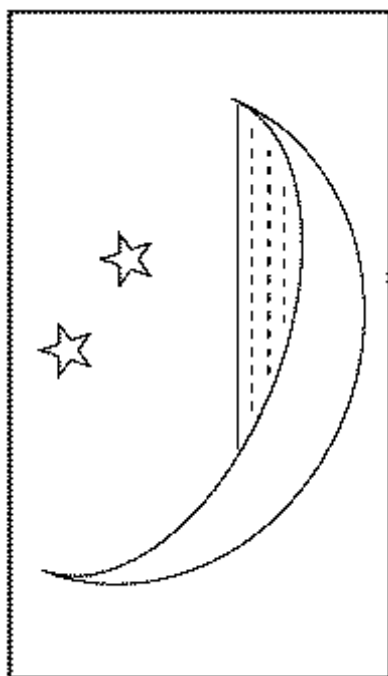
**Earthquake**

Who came to Joseph for help? \_\_\_\_\_

Did he refuse them help?

How did the story end?

- 1 They all lived in Egypt
- 2 They all went back to Canaan
- 3 They went to live in Rome



March						
M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

