Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

The six “F”s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange them as fits your troop’s particular needs.

**Necessary Resources**

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- Ball
- Blender
- Fruit (and other ingredients for smoothie)

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- Ball
- Graham Crackers
- Chocolate
- Marshmallows

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- Ball
**FUN**

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**Kickball**

Many games originated in America. Did you know that Kickball was created in America! Play a game of kickball! Basketball and Volleyball were also created in America.
FOCUS

The Melting Pot
What is a Melting Pot? America is called a melting pot because people come here from all over the world, but, when they come to America, they become American. This makes America have so many different cultures because of the melting pot. This is called diversity.

Unique Culture
America is a very unique place. Learn about some things that make America’s culture unique. Learn some words that were taken from other languages, such as Kindergarten (German), tofu (Chinese), and burrito (Spanish). Learn that the reason we have all these words from different languages is because people from different countries come to America and contribute to our culture.

What is Culture
Culture is what America has altogether. America has many people from many different places and cultures. When they come to America, they bring their individual cultures to this country. Then, all the different cultures add to America’s culture, making it a very unique one.
FINGERS

Smoothie Time!
Learn about the Melting pot by making a smoothie! Give each boy a different piece of fruit (or another smoothie ingredient) and have them put it in the blender. Make sure they notice that each ingredient is different. When all the ingredients are in the blender, blend it up and show them that, even though the ingredients started out different, they are the same thing now. Everyone can now drink the smoothie! Make sure to check for food allergies first.

American Foods
Learn about different foods that were made in America!

- Pecan Pie
- Meatloaf
- Corn Dogs
- Macaroni and Cheese
- Milkshakes
- S’mores

Make some S’mores with the Trailmen and have them eat them. American food tastes good!

Words
Try learning what words originated in different cultures. Practice them with each other and learn where they are from. Bring and share snacks from different cultures. Make sure to check for food allergies first.
**FAITH (TRAIL GUIDE THOUGHTS)**

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**American Faith**
Learn about how America has been shaped by faith. Think about your faith. Faith is very important in your life, just like it is in America.

Pray about faith with the Trailmen.

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**Diversity**
Read Galatians 3:28
Talk about how Diversity is good and we as Christians are one family.

Pray with the Trailmen.

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**Faith**
America was founded on faith in God. Culture plays a very important role in faith. The culture of your church plays an important part in your faith. Faith in God is very important in our lives. We need to remember to always have faith.

Pray with the Trailmen.
FAMILY

Where Is Your Family From?
Talk with your family about the diversity in America. Ask your family where your family originated from.

Culture
Discuss culture with your family. What things make culture in your area unique? Does your family have a culture?

Family Culture
Talk with your family about culture and diversity. Think about the history of your family and culture.
By actively participating in this meeting, each Trailman earned the American Culture Step on the Heritage Branch.

*Note: It is up to the Trail Guide to determine whether or not a Trailman was an active in the meeting. Even if he attended the meeting, you are not required to award him the Step if he did not participate.