

CADETTE EATING FOR YOU BADGE – MEETING 2

Badge Purpose: When you earn this badge, you'll know how to eat your way to a healthy mood, mind, and body.

Activity Plan Length: 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Begin the meeting by reciting the Girl Scout Promise + Law. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
15 minutes	Sleep Test <ul style="list-style-type: none"> Prepare for a sleep test. 	<input type="checkbox"/> Paper <input type="checkbox"/> Writing utensils
15 minutes	“No Junk Food” Challenge <ul style="list-style-type: none"> Decide on the rules to a “no junk food” challenge. 	<input type="checkbox"/> Poster board <input type="checkbox"/> Markers <input type="checkbox"/> Paper <input type="checkbox"/> Writing utensils
30 minutes	Dip it! <ul style="list-style-type: none"> Create some healthy dip recipes. 	<input type="checkbox"/> Pita chips <input type="checkbox"/> ½ cup Greek yogurt <input type="checkbox"/> Dry danch dip mix <input type="checkbox"/> 1 (15 oz) can of chickpeas <input type="checkbox"/> 2 cloves of garlic <input type="checkbox"/> 3 Tbsp. tahini <input type="checkbox"/> 2 Tbsp. lemon juice <input type="checkbox"/> 2 Tbsp. olive oil <input type="checkbox"/> ½ tsp. ground cumin <input type="checkbox"/> Salt and pepper <input type="checkbox"/> ¼ cup water <input type="checkbox"/> Food processor <input type="checkbox"/> Bowls
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends lyrics poster

Getting Started

Time: 15 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.



Activity #1: Sleep Test

Time: 15 minutes

Badge Connection: Step 4 – Investigate how what you eat affects your sleep

Materials Needed: Paper; writing utensils

1. Have you ever noticed how what you consume can affect your sleep? Start a log of things that you have right before bed and what time you ate or drank them. When you wake up in the morning, record how well you feel you slept.
2. During the meeting, create what your log will look like. Maybe you want to write it more like a journal or perhaps you would like to chart your progress. This part is up to you!
3. Do you notice any patterns? Try incorporating new routines before you go to sleep. These routines could be drinking "sleepy time" tea or even altering what time you eat your dinner.
4. Share your findings with your troop. You might learn some new routines that others have been trying!

Activity #2: “No Junk Food” Challenge

Time: 15 minutes

Badge Connection: Step 5 – Look at how your diet affects your energy

Materials Needed: Poster board; markers; paper; writing utensils

1. Everything that you consume is turned into energy, but did you know that not everything you eat will affect you the same way?
2. Try a "No Junk Food" challenge. This means to try to cut out eating anything that you deem "unhealthy" (this might vary from person to person, and that's okay!)
3. Take note on what is working for you, and what isn't. What was the most challenging?
4. (Optional) To make it even more of a challenge, make it a contest between you and your troop mates. Decide on the rules ahead of time and come up with a celebration or prize at the end. It's always easier to go along with challenges when you have a friend doing it too!

Activity #3: Dip it!

Time: 30 minutes

Badge Connection: Step 3 – Explore how your diet affects your stress level

Materials Needed: Pita chips; Greek yogurt; dry ranch dip mix; can of chickpeas; garlic; tahini; lemon juice; olive oil; ground cumin; salt and pepper; water; food processor; bowls

Prep Needed:

- Measure out the ingredients ahead of time.
1. Try these two recipes for dips. Make sure to bring some pita chips to enjoy!
 2. Create your own ranch dip.
 - Take about a 1/2 cup non-flavored Greek yogurt.
 - Add in about 1-2 tsp of dry ranch dressing mix into the yogurt and mix together.
 - Adjust how much mix you add in based on your own tastes.
 3. Make hummus!
 - Add 1 can of chickpeas (rinsed and drained), 2 cloves of garlic, 3 tbsp. of tahini, 2 tbsp. of lemon juice, 2 tbsp. of olive oil, ½ tsp ground cumin and a pinch of salt and pepper into a food processor.
 - Blend until smooth; add in water and continue to blend until the hummus is the right consistency.
 4. While enjoying your snack, discuss ways that you can incorporate healthy substitutes into your diet every day.

Note: Hummus recipe from gimmesomeoven.com. Please adjust recipe based on dietary needs.



Wrapping Up

Time: 15 minutes

Materials Needed: (Optional) Make New Friends lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

- Field Trip Ideas:
 - Visit a sleep clinic. Discover suggestions they may have on diets and how it affects sleep.
- Speaker Ideas:
 - Invite a nutritionist or dietician to your meeting to talk about the importance of nutrition and how your diet affects your stress, sleep, and mood.

