

## CADETTE EATING FOR YOU BADGE – MEETING 1

**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"> <li>Begin the meeting by reciting the Girl Scout Promise + Law.</li> </ul>	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
15 minutes	Rainbow Meals <ul style="list-style-type: none"> <li>Plan meals that are filled with color.</li> </ul>	<input type="checkbox"/> Meal planning worksheet (at the end of the activity plan) <input type="checkbox"/> Writing utensils
15 minutes	Water, water, water! <ul style="list-style-type: none"> <li>Learn about the importance of water.</li> </ul>	None
30 minutes	Apple Nachos <ul style="list-style-type: none"> <li>Create a healthy alternative to nachos.</li> </ul>	<input type="checkbox"/> 2 medium apples <input type="checkbox"/> 2 Tbsp peanut butter <input type="checkbox"/> ¼ cup granola <input type="checkbox"/> (Optional) Chopped nuts <input type="checkbox"/> 1 Tbsp chocolate chips <input type="checkbox"/> Plates <input type="checkbox"/> Small microwaveable bowl
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: Rainbow Meals

Time: 15 minutes

Badge Connection: Step 1 – Know how good nutrition helps your body stay healthy

Materials Needed: Meal planning worksheet (one per girl); writing utensils

- As a group, brainstorm a list of foods in each color of the rainbow (red, orange, yellow, green, blue, and purple).
- Meal planning is a great way to keep on track each week. Use the meal planner at the end of the activity plan to plan your meals for the week.



3. Try to incorporate a food from each color category every day. If you get stuck, look online for recipe ideas.
4. At the next meeting, check in with everyone. What was the hardest part? What was easier than you thought it would be?

## Activity #2: Water, water, water!

Time: 15 minutes

Badge Connection: Step 2 – Find out how what you eat affects your skin

1. Drinking water is an important daily routine. Make sure you are drinking enough water!
2. Until your next meeting, you should drink the recommended daily dose of water. Do your research! Some say eight 8-ounce glasses a day (or 64 fl oz) is how much you need. Other sources say you can take half your weight and drink that many ounces (Example: If you are 120 lbs, you should drink 60 ounces).
3. At the next meeting check in to see how everyone did with the water challenge. Did you notice any other benefits to drinking water?

## Activity #3: Apple Nachos

Time: 30 minutes

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

Materials Needed: Apples; peanut butter; granola; (optional) chopped nuts; chocolate chips; plates; small microwaveable bowl

1. Create this healthy alternative to nachos! First, wash the apples and cut into slices. Make sure to take the core out.
2. Next, put the peanut butter into a small microwaveable bowl and heat for 20-30 seconds. Take out of the microwave and stir.
3. Sprinkle granola and chopped nuts over the apples and then drizzle the peanut butter over the apples and toppings.
4. Top with the chocolate chips.
5. While enjoying your snack, talk about other healthy alternatives for junk foods.

Source: Recipe from livinginhappyplace.com. Feel free to substitute another snack based on your troop's dietary restrictions/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 vegan restaurant or store to see what they use as healthy alternatives.
- Speaker Ideas:
  - Invite a nutritionist to your meeting to talk about healthy eating habits.
  - Invite a chef to your meeting to talk about food prep.



# MEAL PLANNING WORKSHEET

Fill in the blanks of the meal planning worksheet for the week

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack (am)							
Lunch							
Snack (pm)							
Dinner							

