

Girl Scouting at Home

PREPARE IT!

Cadette Eating for You Badge

Eating well helps you inside and out. Choosing the right foods can help you sleep better, stress less, and get smooth skin, shiny hair, and strong nails.

Instructions: Complete all five steps to earn your Cadette Eating for You badge

Step 1: Know how good nutrition helps your body stay healthy. (Pick one to do.)

Are you sure you are getting the right kind of fuel that your body needs? Set habits now that will keep your body at its peak performance all your life. First take a look at your current eating habits.

- Research four different types of diets. What are the benefits to these diets? What are the disadvantages? Would you try one? Why?
- Look up what is considered a healthy body for your age. Create 3-5 habits that would help you maintain a healthy body. Share these habits with others.

Step 2: Find out how what you eat affects your skin. (Pick one to do.)

What you eat and drink affects your hair, skin and nails. People used to think chocolate and greasy food caused acne, but research shows that isn't true. However, drinking water is a great way to help your skin stay healthy, glow, and reduce acne. What steps can you take for better skin.

- Do you drink enough water? Find out the best amount of water for your age and activity level? Come up with three clever ways to get enough water every day. Practice for a week and see if you can get others to join you.
- Research the best and worst foods for healthy skin. Think about how you can include foods that are good for your skin into your diet and how to stop eating foods that aren't good for your skin. Write down five ways you were able to do this. What were the results?

Step 3: Explore how your diet affects your stress level. (Pick one to do.)

Certain foods affect our moods, energy level and our ability to concentrate. Take a look into the science behind eating and stress.

- Identify what is your "stress food". What is the one snack you go to when you're struggling with homework or when you need help with something? Look at the nutrition facts on the wrapper, is your stress food healthy? If your stress food isn't healthy, research healthy alternatives. Write down what your stress food was and what it is now. How did changing your stress food improve how you felt? Did it make you happy? Angry? Energized?
- Research food additives and chemicals that are believed to contribute to anxiety and stress. See how many you can find in the foods you and your family eat. Find a creative way to limit these foods and/or possibly substitute them with something else.



Step 4: Investigate how what you eat affects your sleep. (Pick one to do.)

Lack of sleep affects your ability to focus, your stress level, your weight, and much more. Research says that teens and tweens need more sleep than adults. Check out how what you eat—and when you eat—can help you get better sleep.

- Research what foods and drinks can help you get a good night sleep. Write down 5-8 foods and drinks. See how you'll be able to incorporate these foods and drinks into your day for a good night sleep.
- For one week try eating different things before going to sleep to see how it affects your sleep. One night try eating something salty, another night something sweet, another night something sour, another night drink a glass of water, and the last night don't eat anything two hours before you go to sleep. Keep track of your results in a journal. Share the benefits with your family.

Step 5: Look at how your diet affects your energy. (Pick one to do.)

Keeping energy up is all about keeping blood sugar steady—not up or down. For some people, eating whole foods and enough fiber and protein at each meal does the trick. For others, eating five or six small meals throughout the day works best.

- Research the best fruits and vegetables that provide a lot of vitamins and fiber. Find five of the best fruits and five of the best vegetables that are high in fiber and provide a lot of energy.
- What type of jobs or hobbies require a lot of energy? For example, athletes need a lot of energy so they can participate in their sport. Do you play a sport or have a hobby that requires you to have a lot of energy? What type of food do you eat to give you energy when doing your sport or hobby? How many meals and snacks do you have in a day when training or preparing for your sport or hobby? What do you eat right before an event? If you don't have a sport or hobby that requires this sort of special diet, research what an athlete or dancer may need to eat to take in their sport or activities.

Congratulations!

Badges and patches are available for sale at the GSNC Shop when we reopen.