

Topic: Cadette-Healthy Living

Badge: Eating for You!

Helpful websites: (Have adult permission to go online)

[Click here](#)-Food Pyramid Color groups

[Click here](#)-Blank Food Pyramid

[Click here](#)-Choose my plate



Steps: (Every step has three choices. Do ONE choice to complete each step.)

Step 1: Know how good nutrition helps your body stay healthy. Your body is a complex, amazing machine. Are you giving it the right kind of fuel? Set habits now that will keep your body at its peak performance all your life. First, take a look at the good and great, the bad and really bad in your current eating habits.

Choices-Do one:

- o **Eat by color!** Use the food pyramid's color groups to track how many servings of each color you're eating. Try this for two weeks and see if you can make the second week healthier than the first.
- o **Have a food-log challenge with friends.** Make an exact and honest list of everything you eat for a week. Swap your list with a friend and analyze each other's choices. Decide on two changes you can make that will result in healthier eating habits and put them in action for the next week.
- o **Make your own food pyramid.** Trace the FDA pyramid. Then head to your fridge and pantry and draw what's in them on to your pyramid. The foods from your house might look different from the pictures on the pyramid, but the FDA guidelines can still help if you know where your foods fit in. Share your pyramid with your family and work together to write a week's worth of healthy meals.

Step 2: Find out how what you eat affects your skin. Lean protein, complex carbohydrates, whole grains, fruits, and veggies make you skin, hair and nails look better. People used to think chocolate and greasy food caused acne, but research indicates they have little effect on pimple production. However, drinking water is beneficial for skin health, glow, and for reducing acne. Get your skin glowing in this step.

Choices-Do one:

- o **Get enough water.** Scientists used to think that everyone needed to drink eight glasses of water a day, but most researchers now think that number is too high. Find out the best amount of water for your age and activity level and come up with three clever ways to get enough water every day. You might program your computer or phone to make a gurgling noise for an alarm or place a glass pitcher with lemon slices on your desk. Practice for a week!
- o **Make a Top 10 list of antioxidant-rich foods.** Come up with a way to work at least four into your regular diet.
- o **Do an online scavenger hunt.** Find foods that contain selenium, essential fatty acids, healthy oils, and/or vitamin A-all things that are thought to improve skin health. Choose three of these foods to work into your meal routine.

Step 3: Explore how your diet affect our stress level. Caffeine and sugar affect mood swings, fatigue, and your ability to concentrate. When your levels of cortisol (also known as the stress hormone) go up, so do your cravings for fat, sugar, and salt-what a cycle! Take a look into the science behind eating and stress.

Choices-Do one:

- **Food makeovers.** Find three foods you eat that are high in sugar, fat, or salt, and make a healthier choice, either by substituting another food all together or by creating new recipes that use healthier ingredients.
- **Sugar Detective.** Just because the label doesn't say "sugar" doesn't mean the product isn't full of it. Look up all the names that sugar masquerades under. Then look in your fridge and pantry and find as many items with sugar in disguise as possible.
- **Chemical Detective.** Go online to 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. Talk to your family about limiting these foods and finding substitutes for them, and why it's important to your family's health.

Step 4: Investigate how what you eat affects your sleep. Lack of sleep affects your ability to focus, your stress level, your weight...the list goes on and on. And research says that teens and tweens need more sleep than adults do and are more affected by lack of sleep than adults are. Check out how what you eat-and when you eat-can help you get better sleep.

Choices-Do one:

- **Make an illustrated chart of snooze/lose foods.** These are foods that help you sleep and those that keep you awake. Post it near your bed and keep a journal for a week to see what works for you and what doesn't.
- **Take the two-week test.** For two weeks, track the time you eat dinner, what and how much you eat at dinner and before bed, and how easy it is to get to sleep. Keep other variables the same-hit the sack at the same time, and exercise the same amount during the day. Do you notice that caffeine and high-sugar snacks before bed tweak your system?
- **REM it up.** Look into the importance of rapid eye movement (REM) sleep. Many specialists stress the importance of uninterrupted sleep, which means not drinking after a certain time, so you won't have to get up to use the bathroom. Avoid drinking three hours before you go to bed for four nights in a row. Did you sleep better?

Step 5: Look at how your diet affects your energy. 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.

Choices-Do one:

- **Take a poll of friends and family.** Ask them five questions about when they feel most energetic and how it seems to relate to what and when they've eaten. Now ask yourself the same questions. What conclusions or advice can you draw from their answers?
- **Do an exercise/energy experiment.** There are times during the day-especially when you exercise-when getting food into your body fast is key. Make a list of 20 healthy foods you can make and eat quickly. See which ones make you feel best before, during, and after your workout.
- **Create a chart.** Explain the ways the fiber and vitamins in five different fruits can help you stay energized and why.

***Once completed, this badge can be purchased at the GSWESTOK Girl Scout shop for \$3.00 at:**

<https://www.girlscoutshop.com/cadette-eating-for-you-badge>