

Badge Blueprint



Eating For You

Purpose: This badge teaches girls the importance of eating healthy.

Step 1: Eat by color! Know how good nutrition helps your body stay healthy

Make a rainbow on your plate using different fruits and vegetables. Did you find that it was easier to incorporate certain colors into a specific meal time? Is there a certain fruit or vegetable that has the widest variety of colors? What color was the hardest to find? Create a color quiz and give it to friends to help them choose a healthy variety of foods too.

Step 2: Make a top 10 list of antioxidant-rich foods. Find out how what you eat affects your skin

Use the internet to learn about antioxidant-rich foods. Learn why antioxidants are important to your skin and how they prevent cell damage and repair damage that has already been done. Come up with a way to work at least four of the foods you find into your regular diet.

Step 3: Be a chemical detective. Learn how your diet affects your stress level

Go online to a library to research food additives and chemicals that may contribute to anxiety and stress. Find your favorite foods at home. Go on a scavenger hunt and look at the ingredients. How many food additives can you find in your favorite foods? Talk to your family and offer to go grocery shopping with an adult to find healthy substitutes the whole family will enjoy eating.

Step 4: Make an illustrated chart of snooze/lose foods. Investigate how what you eat affects your sleep

Identify foods that help you sleep and those that keep you awake. Post your chart near your bed. As a reminder of the foods you shouldn't eat before going to bed, and those that make you more awake in the morning, keep a journal. Track your dreams for a week and draw pictures of what you remember. Are your dreams related to what you eat, or how long you sleep?

Step 5 on next page

Step 5: Do an exercise/energy experiment. Look at how your diet effects your energy.

When are the times during the day that are especially important for you to get food into your body? Make a list of 20 healthy foods that you can make quickly. Which ones are portable? Keep at least two with you when you go out to play. Keep track of which ones make you feel better before, during, and after your workout or form of movement.

Congratulations! You have now earned the Eating for You Badge.

Remember, the Volunteer Toolkit Online has more activities to explore and is a great resource for planning meetings.