



Cadette Eating for You

Pillar: Civic Engagement/Life Skills

Outcomes: Strong sense of self

Cadettes earn this badge by finding out how to eat to keep your skin glowing, your mind focused, and your energy flowing. Nutrition isn't just about maintaining a healthy weight: eating well helps you inside and out. A healthy regimen can boost your immune system, protecting you from common colds and flus.

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?
 - a. Have a food-log challenge with family or friends. Make an exact and honest list of everything you eat for a week. Swap with a friend or family member 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.
 - b. Check out [ChooseMyPlate.gov](https://www.choosemyplate.gov) for healthy eating tips and tricks.
2. Find out how what you eat affects your skin
 - a. Drinking water is beneficial for skin health! Get your skin glowing in this step: 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 first thing in the morning, fill a pitcher with the goal amount of water to drink, then drink from it all day until it is GONE. Practice for a week and see if you can get others to join in!
3. Explore how your diet affects your stress level. Caffeine and sugar affect mood swings, fatigue, and concentration.
 - a. 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. Go through your kitchen and find as many items with sugar in disguise as possible. Are you surprised by what has sugar in it and how much sugar is in certain foods? Check out this [Pinterest board](#) to learn about all the different words for sugar.
 - b. Finding the Sugar Challenge: Since we don't usually know what a gram looks like, let's figure that out in terms of teaspoons. [Go to this website](#) to figure out how many teaspoons of sugar are in the products you found in your kitchen. Then, measure that out and see for yourself. Anything over 9 grams per serving is really high!
4. Investigate how what you eat affects your sleep
 - a. For two weeks, track all snacks/ drinks you have between dinner and bedtime, how much screen time you have before bed, how easy it was to get to sleep, and how much sleep you got each night. Keep other variables the same – hit the sack at the same time and exercise the same amount during the day. Did you notice that caffeine and high-sugar snacks before bed tweak your system? Did you notice if screen time before bed impacted your sleep? Check out this [Pinterest board](#) for info on a healthy bedtime routine.
5. Investigate how what you eat affects your energy level
 - a. Ask your family or friends five questions about when they feel most energetic and how it seems to relate to what/when they've eaten. Now ask yourself the same questions. What conclusions/advice can you draw?
 - b. Learn how fiber and vitamins in five different fruits can help you stay energized and why. Share what you learn with family, friends, or your troop.

Online resources:

- <https://www.pinterest.com/gprograms/cadette-resources/eating-for-you/>

When you're finished: Congratulations, you have earned your badge! You can purchase by emailing shopdept@gsksmo.org or at <https://www.girlscoutshop.com/cadette-eating-for-you-badge>

No shipping charges apply at this time.

