



## Cadette Eating for You

**Pillar:** Healthy Living / Life Skills

When you've earned your badge, you will know how to eat your way to a healthy mood, mind and body.



### Cadettes will follow these steps to earn their badge:

1. Know how good nutrition helps your body stay healthy. (Discover, Take Action)
  - a. Study the MyPlate graphic here: <https://www.choosemyplate.gov/eathealthy/WhatIsMyPlate> and watch a video here: <https://www.youtube.com/watch?v=-J1hmmy1OB4>  
Build a plate that resembles the graphic for at least one meal a day for a week. Track how you feel after that meal over time.
  - b. Fresh whole foods are best. Did you know that the healthiest foods are around the perimeter of the grocery store and NOT down the aisles on shelves? Challenge your family to a whole food shopping trip. For one week of groceries, can you only shop from the perimeter of the store? What will you have in your cart? It should look a lot like fresh fruits, vegetables and lean proteins. If you have to go down the aisles, can you stick to whole grains with no added sugars, sugar free options and items low in sodium?
  - c. Watch this video to learn about mindful eating: <https://www.youtube.com/watch?v=ZIX7RphOtGO>  
Try to incorporate one or two things you learn. Track how this improves your eating habits.
2. Find out how what you eat affects your skin. (Discover, Connect and Take action)
  - a. How is your water intake?
  - b. Watch these videos: <https://www.youtube.com/watch?v=aeAmktAGSGI> and <https://www.youtube.com/watch?v=73S3D1afyIM> Using what you learned from watching the videos, what changes can you make to your diet? Try trading foods that are not good for your skin for whole foods that are.
  - c. Put it together! Take a natural, no make-up, close-up selfie today! Increase your water intake (try to get the recommended amount each day) and track it! Substitute healthy foods good for your skin for your less healthy foods. Do all this for a week. Take another natural selfie. Then do it another week. Take another selfie. Do it two more weeks. Compare your selfies after one month. Can you see a difference? How do you feel? Ask members of your family and or troop to do this challenge with you! Check in weekly to assess how it's going!
3. Explore how your diet affects your stress level. (Discover, Connect and Take Action)
  - a. What is your go-to snack when life seems difficult? Do you crave sweets or salty snacks? Journal or chart when you have the craving, what you are craving and what is the stress trigger and what is happening with your mood. Once you eat what you crave, track your recovery from the stress. See what you find over time.
  - b. Replace sugary and/or salty snacks with healthier options. Read your labels! Sugar has a lot of names! Learn how to identify hidden sugars and high sodium! Repeat your journal or chat keeping from above. Is there a change in your feelings, energy level or recovery from the stress?
  - c. Do a kitchen detox! Get your family on board! Research the best snacks for combating stress. Clean out unhealthy snacks from your kitchen and replace with a variety of healthier options! Do a family check-in! After one week, check in and see how the family is feeling. Continue for another week of healthy snacking. Check in again. Can the family detect a difference in how they feel?



4. Investigate how your diet affects your sleep. (Discover, Connect)
  - a. For a week, change nothing and journal your eating habits and sleep. Write down what you eat in the evening. Record bedtime, how long it took to fall asleep, how many times you remember waking during the night, the time you wake up and how rested you feel. This will serve as a baseline.
  - b. Try to replace food and drink that have caffeine with healthier alternatives. This video has some great ideas: <https://www.youtube.com/watch?v=Z7mNwDrr53c> (you can stop the video at 1:36)
  - c. Make some changes, then track your sleep for another week. What happened?
  - d. Need help calming your mind for sleep? Look up some sleep meditations to try or a nighttime yoga routine!
  
5. Look at how your diet affects your energy. (Discover, Take Action)
  - a. Look at this WebMD slide show of foods that boost energy: [https://www.webmd.com/diet/ss/slideshow-food-energy-boost?ecd=soc\\_pt\\_180620\\_cons\\_ss\\_foodsthatboostenergy&linkId=100000002813190](https://www.webmd.com/diet/ss/slideshow-food-energy-boost?ecd=soc_pt_180620_cons_ss_foodsthatboostenergy&linkId=100000002813190)
  - b. By now you have learned a lot about choosing whole foods and making changes to promote healthy skin, sleep and provide energy for your body. Eating a healthy diet will make you feel good on the inside which makes you look better on the outside! Work with your family to create a healthy meal plan for the week. Share what you have learned and encourage better choices! Go shopping for healthy meals!
  - c. Start a recipe book or Pinterest board! Look for recipes that incorporate whole food ingredients that are low in sugars and sodium. Look for a variety of foods that will give you energy to make it through the day feeling satisfied. Choose colorful foods with a variety of flavors! Collect the recipes, find fun new recipes to try and work with your family to make healthy meals! When you get some practice, volunteer to make a healthy dinner for your family once a week! Share your recipe book/board with others looking to make healthy changes!

**When you're finished:** Congratulations, you have earned your badge! You can purchase online at <https://www.girlscoutshop.com/cadette-eating-for-you-badge>



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You can also purchase your Girl Scout Virtual main patch and bars through our online store. Begin your shopping experience at <https://www.gsksmo.org/en/our-council/shop.html>

