



Fresh and Fit



It's important for girls of every age to understand the benefits of a healthy lifestyle. This patch program is designed to teach girls that health starts both on the plate and in the mind. Girls will learn how to choose the right foods and understand the power of everyday decisions in maintaining a healthy lifestyle.

This patch program is designed for Junior, Cadette, Senior, and Ambassador Girl Scouts. Girls should choose at least **one** activity from **each category**. Below are the numbers of activities required to be completed by each age level:

- Juniors ----- at least 4 activities
- Cadettes ----- at least 5 activities
- Seniors and Ambassadors ----- at least 7 activities

The patch can be purchased from Promise Provisions Girl Scout Store (7007 Idlewild Rd., Charlotte, NC 28212; 704-731-6608) upon completion.

Discover

1. Look up the new "My Plate" guidelines on the website below to find out how much fruits, vegetables, grain, and protein should be in your diet. Discuss how you can make your meals more well-rounded. What kinds of foods should you eat more of? Draw a plate of actual foods that would fit into the "my plate" template.
www.choosemyplate.gov
2. How much time do you spend watching television? Write down how many hours you think you spend watching TV every day and multiply that number by 365. That is how many hours you spend each year watching television. Talk about ways you can limit your time in front of the TV. Pick a day when you won't watch any TV for 24 hours, and instead be active.
3. What is metabolism? Nutrition experts tell us that starting off each day with a good breakfast will help us get our metabolism going, but what does that mean? Look up what your "metabolism" is and find out why it is so important. Does everyone have the same metabolism? How does metabolism change as we get older? How does exercise affect metabolism?
4. Where does your food come from? Go to the produce section of your local grocery store and look at the labels. Find out what different regions and countries the foods that you eat come from. Is most or any of the produce grown locally?

5. Safety is important when cooking in the kitchen. With a partner, create a funny or serious skit about kitchen safety. Include at least three safety tips, and share the skit with others. You could talk about knife safety, hand washing, oven safety, etc. (Check out <http://www.straighten-up-now.com/kitchen-safety-tips.html> for a list of safety tips)
6. Did you know that being stressed can cause you to overeat? Take time at the end of everyday to de-stress and relax your mind with some simple yoga positions. Take the time to learn at least three simple yoga poses and practice them with your troop. (See <http://www.yogasite.com/postures.html> to learn some easy yoga poses)

Connect

7. Visit a local farmers market with your troop, friends, or family. Purchasing locally grown food is healthier for the environment because less fossil fuels are used to transport the foods to your plate. Buying locally grown food also supports the local economy. Check out the booths and see what kinds of foods farmers grow in your area. Find out if they grow organically or if they use pesticides. Try some of the fresh food and support the local food movement. (see <http://www.ncagr.com/markets/facilit/farmark/> for more information)
8. Using the Better Food for a Better You cookbook found at <http://goldribbonrecipes.wordpress.com>, make at least one recipe. Analyze the recipe and discuss what makes it healthy. Talk about why cooking with fresh ingredients is healthier than eating processed foods.
9. Analyze your school's lunches for a week. Write down what you eat for lunch at the end of every day. How much of what you eat would be considered healthy? How much of it is processed foods? Is any of it fresh produce?
10. Grocery stores are typically organized with the freshest foods on the outside and the processed foods in the aisles. Go to a grocery store and design a meal with items from the outside of the store and then a similar meal from the frozen foods section. Compare the prices of both meals. Is it more expensive or cheaper to eat with fresh ingredients? Would it be difficult for someone with a limited budget to create meals with fresh ingredients?
11. Water, water, and more water! Water is the most important drink for our bodies. Make sure that you drink at least 4-5 glasses a day. Next time you want to grab a soda, remember that they are full of extra sugars that are bad for your bodies. Even chocolate milk can have as much sugar as a can of soda! You can hydrate much better and healthier with a tall glass of water. With a friend, design an ad for water that is fun and would make kids want to pick water over other sugar filled drinks. Share the ad with your friends or your troop.
12. Find out about local cooking classes in your area, and attend one with your friends or your troop. Ask the person teaching the class about ways to cook with healthier and fresher ingredients.

Take Action

13. Start a vegetable garden or herb garden. Find out what grows best in North Carolina. (refer to http://www.ehow.com/how_4781475_grow-vegetable-garden-north-carolina.html to get started). Make a dish with fruits or vegetables from your garden.
14. Challenge yourself and your friends. Pledge to eat only fresh foods for one meal. No packaged or processed foods. It's harder than you might think! Pick fresh fruits and veggies, nuts, and meats to make a healthy meal.
15. Many children today don't know what fresh fruits and vegetables look like because they are used to processed foods and fast food. Create a word search/crossword puzzle/trivia game made up of different fruits and vegetables with pictures to help younger girls learn about produce and share it with another troop.
16. Childhood obesity is a major problem in our country. Read about the rise of childhood obesity in the United States at <http://www.cdc.gov/healthyyouth/obesity/>. Write a letter to your state or federal representative urging them to support initiatives to get healthier foods into the school systems and better educate the public on how to make healthy food choices.
17. Throw a party with your troop or friends. Have everyone bring in a healthy homemade dish (have at least one dish made with fresh fruit, one with fresh vegetables, one with whole grains, and one with lean protein) with the recipes printed out to share. Have everyone create mini cookbooks out of the recipes to take home.
18. Take one of your family's favorite recipes and see how you could make it healthier. Substitute low-fat dairies and fat-free items into the recipe when possible. Try out the healthier version of the meal with your family. Check out this link to find out how to make healthier recipes: <http://www.mayoclinic.com/health/healthy-recipes/NU00584>

Websites and Resources to Explore:

<http://goldribbonrecipes.wordpress.com> – Healthy eating and nutrition blog

<http://www.choosemyplate.gov> – USDA's My Plate guidelines and nutrition facts

<http://kidshealth.org> – Teen and youth health resources, recipes, and advice

<http://girlshealth.gov> – Health info and advice for girls

<http://www.cookingteens.com> – Cooking tips and recipes for teens

<http://www.nutrition.gov> – Nutrition advice for all ages

<http://www.yogasite.com/postures.html> - Examples of easy yoga positions