

# CADETTE BADGES TO DO AT HOME

## Cadette Eating For You Badge



**N**utrition isn't just about maintaining a healthy weight: Eating well helps you inside and out. Choosing the right foods can help you sleep better, stress less, and get smooth skin, shiny hair, and strong nails. In this badge, find out how to eat to keep your skin glowing, your mind focused, and your energy flowing!

### Steps

1. Know how good nutrition helps your body stay healthy
2. Find out how what you eat affects your skin
3. Explore how your diet affects your stress level
4. Investigate how what you eat affects your sleep
5. Look at how your diet affects your energy

### Purpose

When I've earned this badge, I'll know how to eat my way to a healthy mood, mind, and body.



**To earn this badge, please complete one option per step.**

STEPS	BADGE REQUIREMENTS	OPTION 1	OPTION 2	OPTION 3
Step 1	Know how good nutrition helps your body stay healthy.	Eat by color. Use the food pyramid's color groups to track the number of servings of each color group you're eating from on a daily basis. What did you uncover?	Virtually challenge your troop members by keeping a list of everything you eat for a week and compare notes. See if you can decide on two changes that will help develop healthier eating habits. Being honest is part of the Girl Scout Law.	Make your own food pyramid by following the guidelines established by the FDA pyramid. Share your pyramid with others in your troop.  Visit this website: <a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a>
Step 2	Find out how what you eat affects your skin.	Get enough water. Find out what the best amount of water you need daily based on your age and activity level and drink up! Figure out 3 ways that will ensure you get your daily dose of water.	Make a top 10 list of anti-oxidant rich foods and work at least 4 antioxidant-rich foods into your daily diet.	Do a virtual grocery store scavenger hunt. Research foods that you like containing selenium, essential fatty acids, health oils, and/or vitamin A, or vitamins that improve skin health. Choose 3 and work them into your meal routine.

<b>Step 3</b>	Explore how your diet affects your stress level.	Food makeovers. Find 3 foods that you may consume that are high in sugar, fat, salt, etc. and substitute with a healthier choice.	Become a sugar detective. Look up all the names that "sugar" can be listed on a package label.	Become a chemical detective. Go online and research food additives and chemicals that are related to anxiety and stress.
<b>Step 4</b>	Investigate how what you eat affects your sleep.	Make a list of foods that can help you sleep as well as those that keep you awake. Keep this by your bed and keep a journal to see what works.	Take a 2-week test and see how high-sugar snacks and caffeine affects you. Track your exercise, eat and sleep time keeping them the same for the duration and determine if your routines have been affected.	Look into the importance of REM sleep. Drinking fluids should cease about 3 hours before bedtime so that you do not have to interrupt your sleep to go to the bathroom. Scientists stress the importance of uninterrupted sleep.
<b>Step 5</b>	Look at how your diet affects your energy.	Do this with your family by asking 5 questions about when they feel the most energy. You can also do this with friends, via phone. Ask yourself the same questions and determine the conclusions/advice you can give.	Go online to help make a list of 20 healthy foods you can get into your body quickly, especially after exercising.	Create a chart detailing 5-10 different foods that explains the ways these can help you stay energized.