

Girl Scouts of Sycamore Council

Eat Right – Stay Healthy Brownie Girl Scout Try-It

Overview

This guide provides troop leaders with a template for three troop meetings that center around the topic of eating right to stay healthy. Girls will earn the Eat Right, Stay Healthy Try-it at the end of the last session. Activities that are starred (*) are those that are required to meet the badge. All other activities are optional and have been created as a guide to help leaders plan their troop meetings.

Activity topics

Meeting One: It's a Balancing Act

Meeting Two: Food Advertising

Meeting Three: Fun with Food!

Types of activities

Play the Food Pyramid Relay Game

Set Up a Taste Test Experiment

Create Your Own Yogurt Dessert

Meeting One: It's A Balancing Act

Leader advance preparation and supply list

1. Make copies of the *Fruit & Vegetable Word Find*, if you plan to do this activity.
2. Find 12 grocery bags. Make two sets of bags that are labeled as follows:

Shopping Cart

Fats, Sweet, Oils

Fruits & Vegetables

Dairy

Breads & Grains

Meats

NOTE: If you have non-readers in the group you may want to have a picture on the bag that represents that food group.

3. Cut up each set of food cards and put one set in one grocery bag (Shopping Cart) and the other set in a second grocery bag (Shopping Cart).
4. Collect a bunch of food advertisements from the paper, your local grocery store etc. to be used to make the food pyramid mobile. Some leaders suggest that you go to the store and get enough copies of the ads (one for each girl) this way everyone has the same foods to work with. You could also bring in some magazines that have pictures of food.
5. One plastic clothing hanger per girl.
6. Yarn, scissors, construction paper, markers and glue for the mobile (see pg. 27 in the Brownie Try-it book).
7. If you have younger brownies, you will want to cut the yarn ahead of time to help save time. For each girl give them 6 long pieces (use for grains), 7 medium length pieces (use for fruits & vegetables), 6 short pieces (use for dairy and protein), and 1 really short piece for fats. This will make the mobile look like a pyramid when it is hanging up.

Pre-activity

The *Fruit & Vegetable Word Find* is an optional activity that you can use if you need something for girls to do as you are waiting for everyone to arrive. Let the girls help each other or work together.

Opening

Begin your meeting how you normally do (welcome, flag ceremony, song, etc.).

Business

Take care of items such as dues, kaper chart, permission slips, etc.

Discussion

Questions to ask the girls:

What fuel makes a car run? (Gas)

What gives a flashlight power? (Batteries)

Where does a TV get energy? (Electricity)

What fuel powers our bodies? (Food)

What foods do you think fuel our bodies the best?

How many of you have heard of the food pyramid? *Show the pyramid.*

What are the five food groups on the pyramid?

Where do the foods you just named fit on the food pyramid?

Why do we need to eat food from all five groups every day? *You can also have girls turn to page 48 in their handbooks and have them read aloud.*

Notes

Our bodies need over 40 different nutrients for good health. No one food contains them all. That's why we must eat a variety of food each day to get the energy, protein, vitamins, minerals, and fiber we need to have a healthy body.

Activities

Food Pyramid Relay

Divide the girls into two teams. Put both sets of labeled grocery bags at the front of the room. Give one grocery bag with the food cards to each team.

When you say "Go," the first person in each line takes a food picture from the picture bag and runs to the labeled grocery bags and drops it into the correct food group bag. The girl then runs back and tags the next player who picks out the next food card. Girls can help each other determine what bag the picture goes in. Girls continue until all of the cards are done. Check both team's bags to see that the foods are in the right categories.

Don't have space OR Have special needs girls: Modify the game by having girls sit in a circle with their team with the food group bags in the center of the circle. Girls can pass the bag with the picture cards around the circle, drawing a card and dropping it in the correct bag. See which team can get through their cards first. Did they get in the correct bag?

*Balancing Act (required for try-it, pg. 27, #5, Brownie Try-it book).

It is important to eat a well-balanced diet. You need to have at least 6 servings of grain, 3 servings of fruit, 4 servings of vegetables, 3 servings of protein, 3 servings of dairy, and very little fat and sugars.

Make a mobile representing the amount of different types of food you are supposed to eat every day. For details on this project, turn to page 27 in the Brownie Try-it book. See additional notes on the

supply list above. Tell girls to hang their mobile at home where it will remind them to eat healthy foods.

Closure

Finish your meeting as usual with your closing song and/or ceremony and friendship squeeze. Include any reminders for next week.

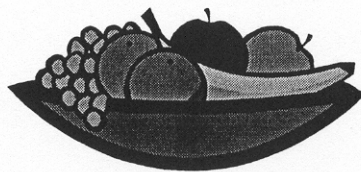
Note: Save your left over food pictures and food ads for the food people activity in the third meeting of this series.

FRUITS & VEGETABLES WORDFIND

apple orange banana pear plum

peas carrots lettuce celery tomato

O	R	A	N	G	E	T	B	P	C
P	S	P	F	D	D	O	A	S	E
E	K	P	J	L	H	M	N	R	L
A	J	L	U	H	N	A	A	T	E
S	P	E	N	J	Y	T	N	R	R
R	P	E	A	R	W	O	A	Q	Y
O	R	A	N	G	E	P	L	U	M
X	W	C	A	R	R	O	T	S	E
L	E	T	T	U	C	E	I	L	P



Meeting Two: Food Advertising

Leader advance preparation and supply list

1. Make copies of the *Crack the Code* game (if you choose to do this activity).
2. If you have access to a TV and VCR for your troop meeting, video tape some food commercials during Saturday morning cartoon time.
Otherwise, clip out pictures from the paper (preferably in color) of food items. Both those that appeal to kids and those that do not.
3. Find three packages of a similar product (i.e., animal crackers) such as a fun package designed for kids, a generic brand, and an organic brand.
4. White paper and colored pencils or markers.
5. Three plates

Pre-activity

Optional Activity (for Brownies that can read) - Let girls work on the *Crack the Code* game and see the secret messages about why you want to choose food for good health.

Opening

Begin your meeting how you normally do (welcome, flag ceremony, song, etc.).

Business

Take care of items such as dues, kaper chart, permission slips, etc.

Discussion

Have girls either watch a video of commercials or look at food ads from the paper. Ask girls these questions:

What do the advertisers do to make you want to buy their product?

Bright colors, cartoon characters, lights, music, prizes, etc.

Some products use cartoon characters on their boxes. Can you name some cereals that have cartoon characters?

Do healthy foods like vegetables have cartoon characters on the package?

What would happen if vegetables had cartoon characters or maybe a prize or toy in the package?

Would that make you want to buy them?

Activities

Create a Cartoon Character:

Tell girls that they are going to create a cartoon character for either a fruit or a vegetable that could be used to advertise the product and make it look more fun for kids to buy and eat.

Give girls white paper and colored pencils or markers.

Have girls come up with a name for their character.

Have the girls pretend they work in advertising and go around the circle and introduce their character to the group. See what characters the group thinks will help to sell a particular fruit or vegetable.

Taste Test Experiment:

Let's look at one item (cereal bars, animal crackers – whatever item you brought) and see what the advertisers did to make us want to buy their product.

How are the packages similar and different?

Which product do you want to buy?

Does the product pictured on the package match the real size of the product?

Have the girls close their eyes while you set-up the taste-test (or you can set this up ahead of time). Put some of each item on three different plates. Have the girls each test one of each item and decide which one they like best. Once each girl has chosen, reveal which item went with what packaging.

Does the one with the best packaging have the best taste?

Are you surprised?

Which one cost the most?

*Food Labels (required for try-it, pg. 26, activity #1, Brownie Try-it book):

Show girls the food label from one of the packages of food that you used for the taste test. Explain to girls that food labels list ingredients starting with the largest amount down to the smallest amount.

They also show how much of each nutrient is in one serving.

Tell girls (or if they can read, have a girl read the label) what the main ingredient is for that package. Is it the same for each brand? What about the rest of the ingredients – is one of the brands healthier than another? Tell girls that they can begin to be more aware of what they are eating by looking at food labels.

Note: If you are working with young Brownies that aren't able to read, you can just touch on this topic. Point out what a food label is and what information it can tell you. You can read the main ingredient from each brand aloud and ask if it is the same or different. You can point out which one has sugar closest to the front of the list and point that out. You don't need to have a large discussion on this. Best to point it out so they become familiar with the term food label and move on.

Closure

Finish your meeting as usual with your closing song and/or ceremony and friendship squeeze. Include any reminders for next week.

Meeting Three: Fun With Food!

Leader advance preparation & supply list

1. Make copies of the Snacking Is Fun game if you plan to use it.
2. 1 apple
3. 1 knife
4. Two bowls
5. 1 cup measuring cup
6. Small carton of orange juice
7. Magazines, food ads, construction paper, scissors, glue for Food People (see page 27, activity 4 in the Brownie Try-it book).
8. Plain non-fat yogurt – enough for each girl.
9. paper bowls and spoons – enough for each girl.
10. Bowls and toppings for yogurt (see pg 26, activity 3 in the Brownie Try-it book).

Pre-activity

Let girls work on the Snacking Is Fun game while you are waiting for everyone to arrive.

Opening

Begin your meeting how you normally do (welcome, flag ceremony, song, etc.).

Business

Take care of items such as dues, kaper chart, permission slips, etc.

Discussion

What do you usually like to have to eat as a snack?

Are those foods good for you?

What are some snacks to eat that will make your body healthy and strong?

Activities

Brown Fruit Experiment:

If we wanted to have fruit for our snack, what sometimes happens to fruit once you cut it? (Turns brown) Who likes to eat brown fruit? We're going to do an experiment to see if we can discover a way to keep fruit from turning brown.

1. Cut the apple into slices.
2. Have girls divide the slices into two bowls (you can include a little math activity here).
3. Have another girl measure out $\frac{1}{2}$ cup of orange juice.
4. Have another girl pour the juice over the apples in one bowl.

We're going to come back and check on our experiment in 15 minutes.

*Food People (required for try-it, pg. 27, #4, Brownie Try-it book):

Let's have some fun with food. Now you are going to create yourself out of the nutritious foods that you like to eat. See page 27, activity 4 in the Brownie Try-It book for description of the project. The book includes a great photo of this project.

Let's see what happened in our experiment. What do you see? (One bowl has brown apples and the other doesn't). What do you think happened?

Leader notes

Adult description - vitamin C, an antioxidant present in orange juice, prevents the oxidation process in which oxygen in the air reacts with chemicals in the fruit to turn it brown.

Girl description – vitamin C keeps the oxygen in the air from making the fruit turn brown.

If you were going to make a fruit salad for a party would you want your fruit to look like this (brown) or like this (not brown)?

You now know a magic trick for keeping fruit fresh!

*Dairy Foods (required activity for try-it, pg. 26, #3, Brownie Try-it book):

Let's go around the circle and show our Food People.

How many people have dairy foods in their Food People?

Many kinds of foods use milk as an ingredient – can you name some?

What are your favorites?

For snack we are going to make new flavors of yogurt.

Snack

Set out small bowls with the different toppings and let girls create their own special brand of Yogurt.

NOTE: Girls will want to load up on their toppings – you might want them to only pick two from the selection so that they each create a special new dessert.

While girls are eating, have each girl describe her new yogurt – have each girl think of a name for her new product. Discuss with girls that some people are allergic to dairy foods.

Have girls clean-up snack and get ready for closing.

Closure

Finish your meeting as usual with your closing song and/or ceremony and friendship squeeze. Include any reminders for next week.

Congratulations!
You Have Just Earned the Eat Right – Stay Healthy Try-It!

Program leaps

If your girls are enjoying these types of activities, here are some program leaps you can take:

Begin working on the Healthy Habits Try-it.

Go on a troop field trip to a grocery store – call ahead to see if you can get a special tour.

Do the restaurant activities described below:

Restaurant

Have girls create a restaurant that serves healthy meals. Divide girls up to take care of the different jobs:

Cooks: Have these girls create the Food Pyramid Party Mix found on page 49 of the Brownie Handbook.

Waiters: Have these girls create menus for the restaurant with healthy food choices.

Owners: Have these girls set-up the restaurant, tables, place mats etc. and come up with a name for the restaurant.

Let girls role play with the restaurant, taking turns acting as the waiter, the host, etc. Make sure all girls get to eat their snack!

Eat Right – Stay Healthy Try-It! Evaluation

General Information

Service Unit _____ Troop Number _____

of Girls: _____ 1st Grade _____ 2nd Grade _____ 3rd Grade

Years as a Leader: _____

How long are your troop meetings? _____

How often do you meet? _____

Overall, how useful/helpful is this type of guide?

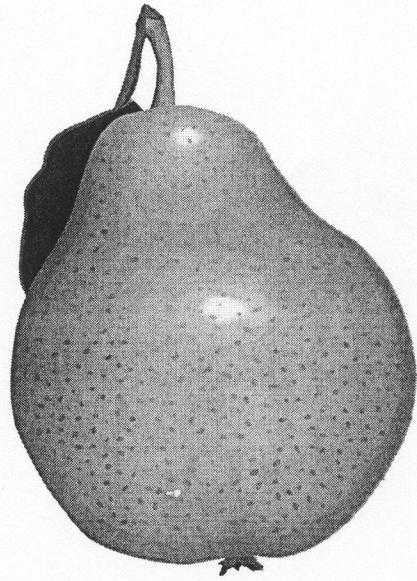
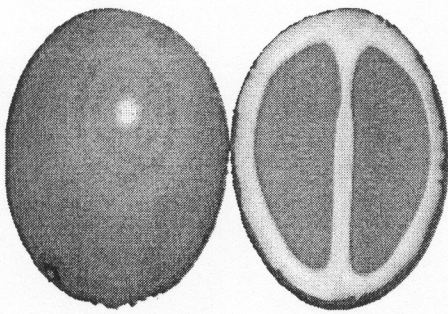
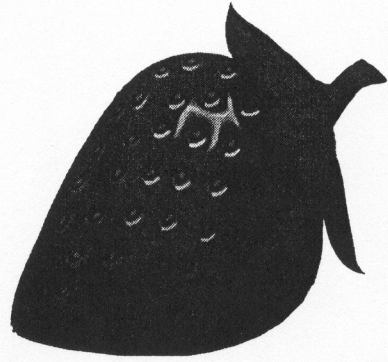
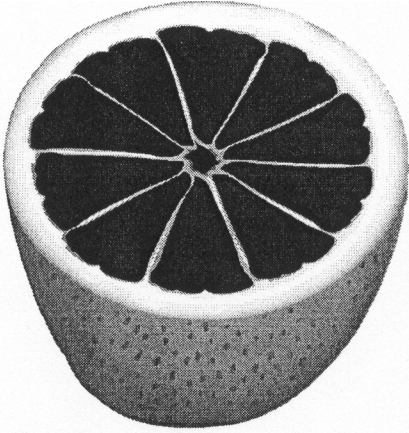
Did you have any problems with the activities?

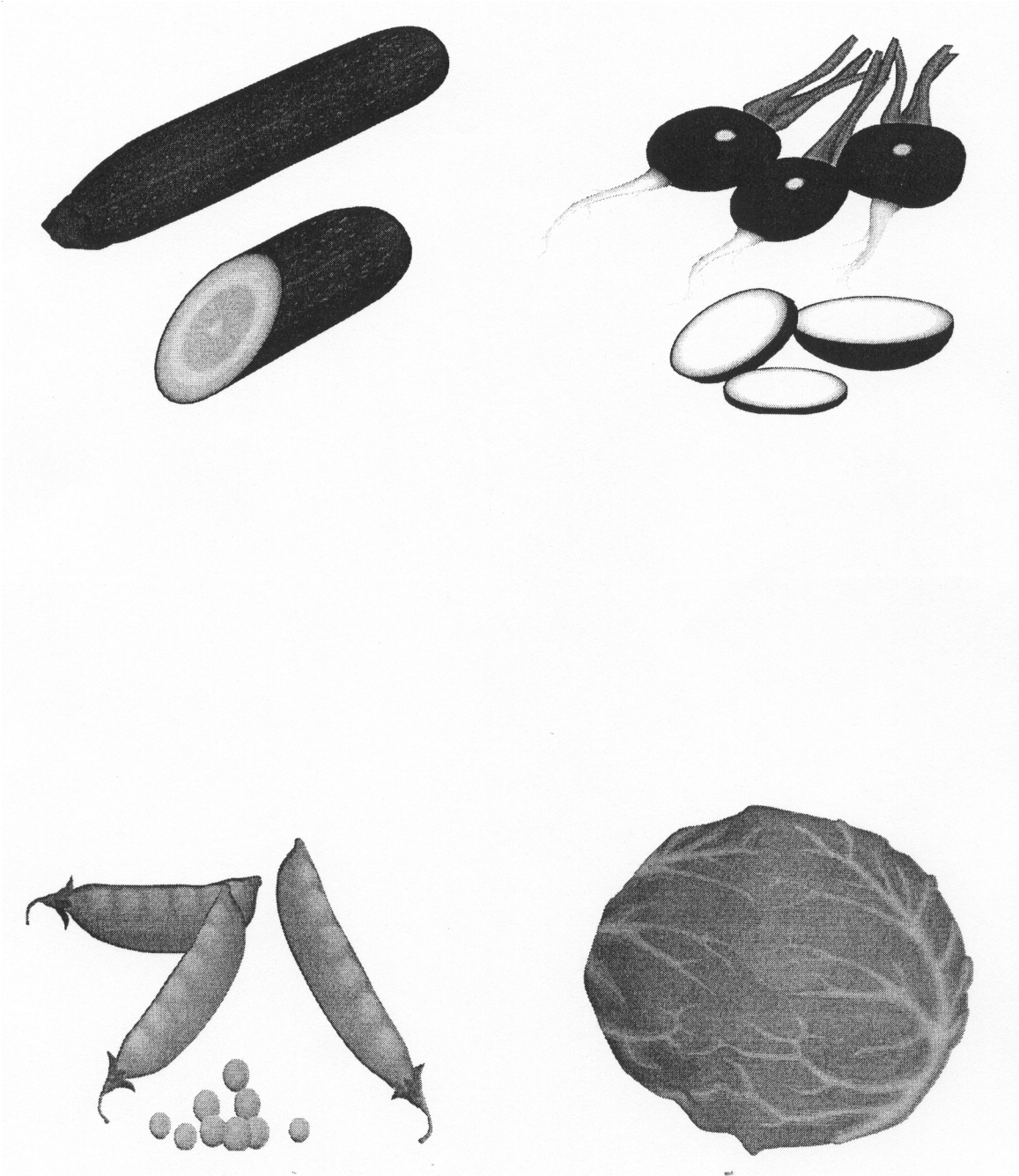
Would you like to have more try-it guides available? If yes, what try-its would you like some assistance with?

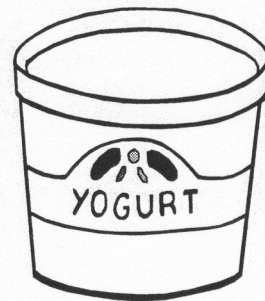
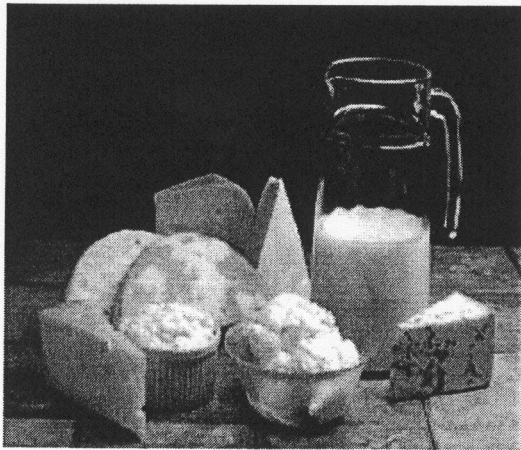
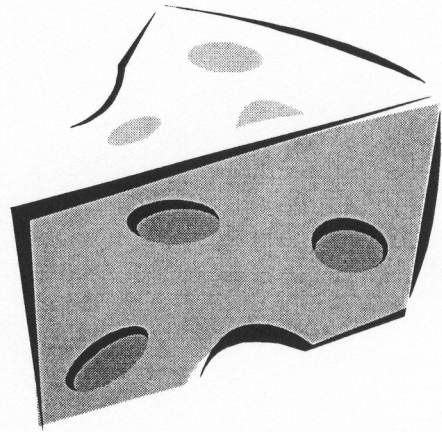
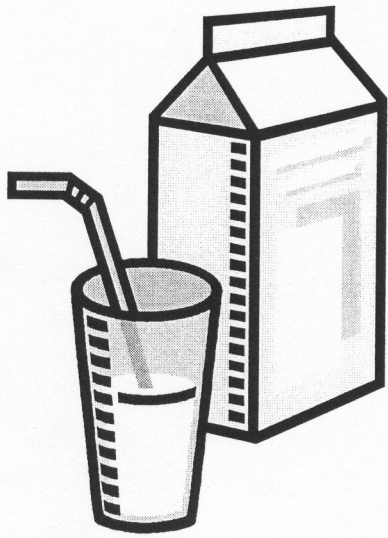
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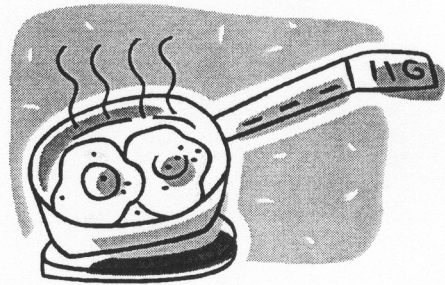
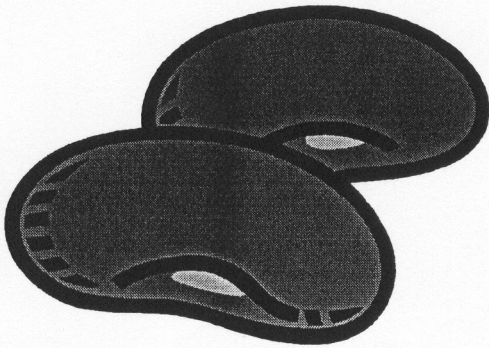
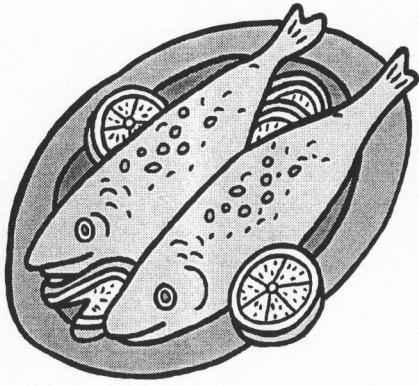
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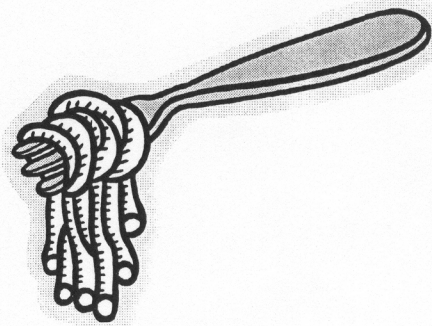
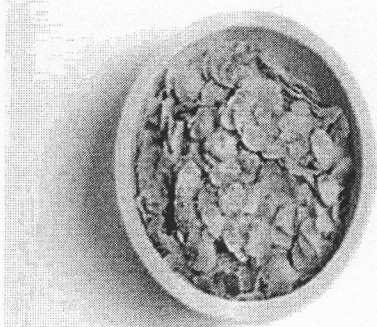
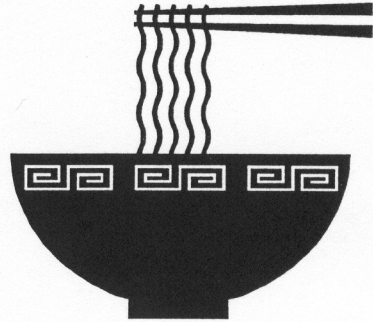


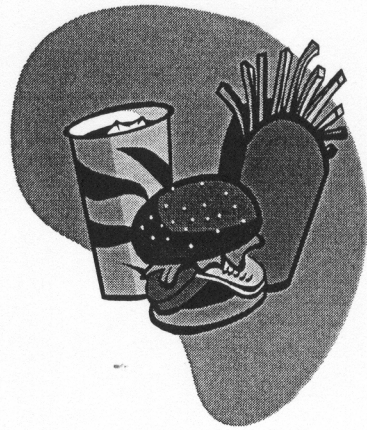
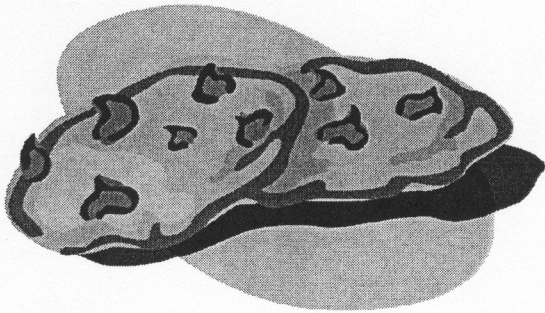
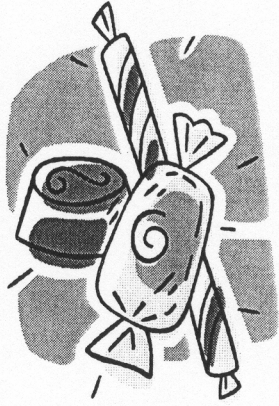












Building Healthy Meals & Snacks



The U.S. Department of Agriculture's Food Guide Pyramid is a guide you and your family can use to assess your eating habits. It presents guidelines for choosing foods that provide the right balance of vitamins, minerals, and other nutrients. With your child, you can create tasty menus that meet the goals you set based on the pyramid.

Food Guide Pyramid:
A Guide to Daily Food Choices

Remember! The calorie needs of young children vary. Each day, your child should be eating the lower-to-middle number of servings suggested on the Food Guide Pyramid for each of the five major food groups.

Bread, Cereal, Rice, and Pasta Group
6 to 11 servings

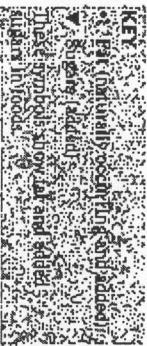
Vegetable Group
3 to 5 servings

Milk, Yogurt, and Cheese Group
2 to 3 servings

Fats, Oils, and Sweets
(use sparingly)

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group
2 to 3 servings

Fruit Group
2 to 4 servings



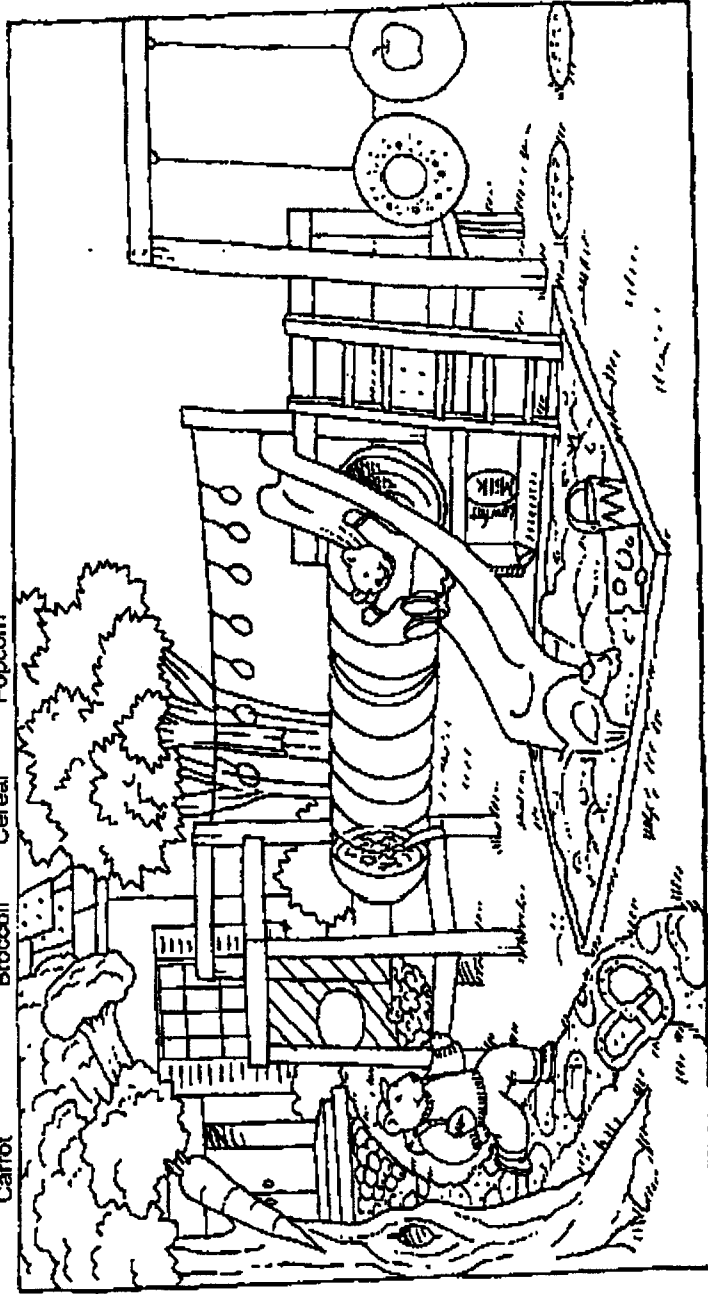


Snacking Is Fun and Nutritious

CAN YOU FIND THESE SNACKS IN THE PICTURE?

Graham Cracker Cheese Milk Cereal Pretzel Bagel Chicken Apple Banana

Carrot Broccoli Cereal Popcorn



CRACK THE CODE

Decode the following messages using the information below. On the line above each number, write in the corresponding letter. For example, the number 3 corresponds to the letter E, so above all the 3's write in E. By filling in all the lines you will reveal the four benefits to choosing food for good health.

1)
 4 3 3 7 2 3 13 13 3 11

2)
 5 11 10 15 2 3 13 13 3 11

3)
 2 3 12 13 11 10 9 5 3 11

4)
 6 1 14 3 8 10 11 3 3 9 3 11 5 16

- | | |
|--------|--------|
| A = 1 | R = 11 |
| B = 2 | S = 12 |
| E = 3 | T = 13 |
| F = 4 | V = 14 |
| C = 5 | W = 15 |
| H = 6 | Y = 16 |
| L = 7 | |
| M = 8 | |
| N = 9 | |
| O = 10 | |

Answers: 1. feel better; 2. grow better; 3. be stronger; 4. have more energy