

GIRL SCOUTS LIVING HEALTHY PROGRAM PACK



Program Age Levels: All levels of Girl Scouting
Purpose: To promote a healthy lifestyle.

	GIRL SCOUTS LIVING HEALTHY PROGRAM PACK	Girl Scouts of Silver Sage Council 1410 Etheridge Lane Boise, ID 83704 (208) 377-2011 or (800) 846-0079 www.girlscouts-ssc.org
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Purpose: To promote a healthy lifestyle.

Requirements: Do at least 30 minutes of activity three times a week for 1 month and all of the nutrition activities for your age group.

Part 1 – Get Movin!

Participate any way you want – in whatever activities you choose- by yourself, in a group, with your family or other adult. Just be active a minimum of 30 minutes three-four times a week for 1 month.

Ask you Girl Scout leader or advisor for help in planning a fun routine. You can choose from the following list of sample activities, or think of an activity on your own.

Active play (running with the dog, playing catch, tossing a Frisbee, jump rope, etc) Aerobics Badminton Basketball Bike riding Bowling Dancing Field Hockey	Gymnastics Handball Hiking/Backpacking Horseback riding Ice Skating Ice Hockey Lacrosse Rollerblading Rowing Sailing Skiing	Snowboarding Snowshoeing Soccer Softball Swimming Tae kwon do Tennis Track and Field Volleyball Walking Water Skiing Weight Lifting
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Part II – Eat Right!

It’s up to you! When it comes to your health, it’s the “power of choice”. You can live on pizza and fries or you can eat wisely – tasty meals with less fat, smaller portions and scrumptious new foods. Make healthy choices most of the time and you’ll feel better, improve your physical condition and look fabulous. Please do all of the activities for your age group.

Daisy/ Brownie Girl Scouts:

1. **The right foods.** To be healthy, everyone should eat fruits, vegetables, milk and foods made from milk every day. Use the following chart to keep track of what you eat and drink. Find out if there are other foods you should eat.

What Did You Eat and Drink Today?

	Vegetables	Fruit and Fruit Juices	Milk and Dairy
Morning			
Afternoon			
Evening			

2. **How much should I eat?** A good way to make sure that you don't eat too much is to learn how much food is the right amount for you. With help from your leader or family, find out what a portion size is. Do you eat too much? Can you do better tomorrow? Of course, sometimes you might be really hungry and want to eat more and that's all right. Just not all the time at every meal.

3. **Strong bones, strong girls.** Calcium helps you grow strong. Do you know which foods have calcium? Milk is one. Ice cream, broccoli, yogurt and cheese pizza are others. With the help of your leader or family, plan a delicious snack that has calcium for a troop meeting. Share the recipe.

Junior Girl Scouts:

1. **The food pyramid.** The food pyramid tells you the five kinds of food you should eat each day based on your needs:

- Vegetable group
- Fruit group
- Milk, yogurt and cheese group
- Meat, poultry, fish and eggs group
- Bread, cereal, pasta and rice group

Get a chart of the food pyramid and see how many servings of each food group you should try to eat every day. What can you do to include all of these foods? With your family, plan some simple menus that can easily cover all groups. Share them with your group.

2. **Serving sizes.** Serving sizes are measuring tools to help you estimate how much you eat. For example, a serving size of meat is about 3 ounces or the size of a deck of cards. A medium potato is about the size of a computer mouse. Read the food labels on packages and cans to find out how much a serving size is, then keep track of what you eat for an entire day. Are you overeating? Jot down what you can do to cut down on some of the serving sizes you eat. You don't need a scale; just use common sense. If you eat a steak the size of your dinner plate or three bowls of pasta, you ate too much!

3. **Snack time.** Got the munchies between meals? Create one or two smart snacks to share with friends. Smart snacks will be lower in fat and calories, but high in taste, like fruit and yogurt mix, string cheese, or a frozen juice bar.

4. **Fast food?** If you eat too fast, you may eat too much and get stuffed. It takes your stomach about 15-20 minutes to talk to your brain and let it know that it's full. Try this: plan a family meal with "regular" portions of food and try to eat more slowly (can you all share the day's events between bites?). Wait a while to see if you're still hungry before eating more.

Cadette and Above

1. **The 5/20 rule.** Sometimes it's hard to eat smart when you have so many foods from which to choose. Learn to read food labels and check "daily value" percent, the number that allows you to know whether there's a lot or a little of a particular nutrient. For nutrients you want less of (such as saturated fat, cholesterol, and total fat), choose foods with a low percent DV (five percent is low; 20 percent is high). For nutrients you want to eat more of (such as calcium, fiber, vitamins A and C, iron), choose foods with a high percent DV. Look at the daily value percent of three items that you eat often. Are you getting the right amount of nutrients in these foods? Can you substitute something else that might be more nutritious?
2. **Fast food madness.** How many calories do you think are in a huge burger with lettuce, tomato and fries, a 16-ounce can of soda and some yummy fried apple pie? This fast food meal actually has more than 1300 calories (about 50 percent of the food energy you need for the day), almost 100 percent of the fat you should eat daily, only 14 percent of the calcium you need and hardly any fruits or veggies. What can you do to make this a healthier meal? Look at three of your favorite fast food meals and see how you can reduce the calories and fat and add calcium, fruits and vegetables.
3. **Treat your taste buds.** Sample some international foods at a local restaurant, group meeting or special event. Perhaps your friends might have some traditional ethnic foods they would like to share at a special event.
4. **Calcium counts.** It's no secret. Calcium and Vitamin D build strong bones. Find out how much you need each day. Then find several tasty foods that can help you reach your goal.

A few words about Vitamin D: Vitamin D plays a major role in helping your body absorb calcium. Vitamin D is manufactured in skin following direct exposure to sunlight. Usually 10-15 minutes exposure of hands, arms and face two to three times a week (depending on one's skin sensitivity) is enough to satisfy the body's vitamin D requirement. But don't stay out in the sun too long and never try to get a tan. Too much direct sunlight without protective wear and sunscreen can be dangerous. Other sources of Vitamin D are found in foods such as vitamin D-fortified dairy products, egg yolks, saltwater fish and liver.

Soy milk is a rich, creamy "milk" made by pressing the liquid from ground soybeans. It is lactose and casein free. Soy milk is available in regular and low-fat varieties, and some brands are fortified with calcium, vitamin D and/or vitamin B-12. If you are substituting soy milk for dairy milk in your diet, it is a good idea to choose one that is fortified with calcium and vitamin D. Several flavors of soy milk are also available.

5. In the mood for food? Do you eat when you're stressed? Bored? Lonely? Angry? Do you nibble when you watch TV? Do homework? Want to reward yourself? If you eat when you're not really hungry, you can eat too much. Jot down three things you can do instead of reaching for food when you're not really hungry.

It's your choice! Use this chart to help you enjoy healthy – tasty meals and snacks.

My Goals	I Can Do More	I Do Enough	I Can Do Less
Make smarter food choices			
Pay attention to how much I eat			
Use food labels			
Choose foods with less fat			
Make smarter beverage choices			
Make smarter snack choices			
Avoid the urge to eat too much			
Try new foods			

Nutrition Tracker

your name _____

date _____

Did you eat from all Five Food Groups today? Did you eat the number of servings you need from each food group? Use this form to answer these questions and compare your diet to the MyPyramid.

1 List everything you eat and drink during the day.

2 Add up each column.

3 Compare your totals for the day to the servings you need from each food group.

4 Share your Nutrition Tracker with your parents. Even better, have them use the Nutrition Tracker, too.



FOODS (include the amount you ate)		grain group	vegetable group	fruit group	milk group	meat group	"others" category
morning							
lunch time							
dinner time							
after dinner							
TOTAL SERVINGS:							
Servings you need if you are 7 to 10 years old:		5	4	3	3	2	
Servings you need if you are 11 to 13 years old:		6	5	3	3	2	

Use this chart to organize your troops chosen activities to accomplish this program.

Activity	Materials Needed
Example #1	List of Emergency Numbers, Poster Board, Markers

PROGRAM PACK EVALUATION

Troop _____ Service Unit _____ Age Level _____

Leader's Name _____

Address _____

Street City Zip

Phone (h) _____ (w) _____

Our troop of _____ girls worked on and completed the _____
_____ Patch Program.

Please complete the following evaluation with responses from the girls.

1. Why did you choose this program? _____

2. How much time did you spend on it? _____

3. What outside resources did you use? (people, facilities, equipment, etc.) _____

4. What part did you like best? _____

5. What would you do differently another time? _____

6. What are some things you learned to do for the first time or better? _____

7. How did the adults feel about the program? _____

Patches may be purchased at the council.

Other Program Packs Available

PROG001	SAFE AND SOUND AT HOME ALONE	
PROG013	SIGN LANGUAGE	
PROG015	RIDE THE OREGON TRAIL	(THIS IS A COUNCIL OWN BADGE)
PROG016	VALUING DIFFERENCES	
PROG018	GOOD TURN PROJECT	
PROG029	ONE WARM COAT	
PROG035	LEWIS AND CLARK	
PROG036	HAND IN HAND	
PROG060	MILK: IT DOES A BODY GOOD	
PROG063	BROWNIE SMILES	
PROG064	INTERNATIONAL FRIENDSHIP: COUNTDOWN TO THINKING DAY	
PROG065	DIMES FOR DAISY	
PROG066	HEALTHY LIVING	
PROG067	BULLYING STOPS HERE	
PROG068	BREAST CANCER AWARENESS	
PROG075	TREASURED MEMORIES	
PROG086	CHICAS	
PROG140	IDAHO POTATO	(THIS IS A COUNCIL OWN BADGE)
PROG149	SEW EZ	

