

STRONG GIRLS Healthy Meeting Patch

The Strong Girls Healthy Meeting Patch helps Girl Scouts make healthy habits become the norm during meetings and spread these habits to their friends, family and community. Troop leaders: Get started at your next meeting by following the steps below.



STEP 1: DISCOVER

SELECT ONE ACTIVITY FROM DISCOVER AND COMPLETE THIS AS A TROOP.

STEP 2: CONNECT

COMPLETE THE HEALTHY MEETING TRACKER AS A TROOP. THE ACTIVITY YOU CHOOSE FOR DISCOVER CAN COUNT TOWARD THE TRACKER REQUIREMENTS.

STEP 3: TAKE ACTION

EACH GIRL SELECTS ONE ACTIVITY FROM TAKE ACTION OR CREATES THEIR OWN.

DISCOVER

TAKE ACTION

	Daisy	Brownie	Junior	Cadette & Up
DISCOVER	<p>Name a fruit or vegetable for every letter in the alphabet and have each girl identify their favorite. Bring in a fruit to make a fruit Salad, or use the Snack Smart handout* to find more ideas for recipes.</p> <p>For something new and refreshing, make fruit-flavored water by having girls add frozen or sliced fruit.</p> <p>Play Red Light, Green Light. Try a movement like hopping or skipping for “green light.”</p>	<p>Hold a taste test where each girl rates samples of different fruits and/or vegetables. Try the Taste Test activity handout.*</p> <p>Decorate reusable water bottles that girls can bring to troop meetings using things like stickers or paint.</p> <p>Make a healthy yogurt dip to accompany a fruit or vegetable snack. For dip recipes, see the Snack Smart handout.*</p>	<p>Complete the Sugar Detectives activity.*</p> <p>Play active Tic-Tac-Toe: In pairs, girls create a board of 9 active movements, such as air jump rope or toe touches. To put an X or O on a square, girls must complete the active movement listed on the square.</p> <p>Invite a health professional, such as a personal trainer, or registered dietitian, to lead an activity at a meeting.</p>	<p>Create a troop recipe book of fruit and vegetable snacks and make the troop’s favorite snack at a meeting. Share the recipe book with other troops.</p> <p>As a troop, review menus from different cuisines and cultures. Identify the dishes that include a serving of fruit or vegetables and make suggestions for how to modify the menus to include more fruits and vegetables.</p> <p>Invite a health professional, such as a personal trainer, or registered dietitian, to lead an activity at a meeting.</p>
CONNECT: Complete the healthy meeting activities using the <i>Healthy Meeting Tracker</i> (next page).				
TAKE ACTION	<p>Do physical activity with your family, such as a visit to a playground, walking path, or park.</p> <p>Bring water on a family outing.</p>	<p>Lead your family or friends in an active game that you’ve done in a meeting, or a new game. See the examples on the Move More handout.*</p> <p>Hold a fruit and vegetable taste test for family or friends and have them choose their favorite item.</p>	<p>Lead the Sugar Detectives activity* with family, friends, or another Girl Scout troop.</p> <p>With a family member or friend, try a new physical activity or sport.</p>	<p>Start a walking or running club with family, friends, or community members. Share with your Troop when your club reaches 10, 20, and 30 miles.</p> <p>Collect items for a healthy food drive for a local food pantry. Set up a donation box and ask family or friends to contribute healthy, non-perishable items.</p>

*Handout included in the resource packet.

STRONG GIRLS Healthy Meeting Tracker

STEP 2: CONNECT

Use this tracker to record the dates of the meetings or gatherings when your troop has water, a healthy snack, or performs physical activity.



Healthy Meeting Activities:

3  Serve a fruit or vegetable snack at 3 meetings.*

4  Serve water as the primary beverage at 4 meetings.

4  Do 15 minutes of physical activity at 4 meetings.

Meeting or Gathering Dates:

1	2	3
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*Snacks served at events or other gatherings can fulfill this requirement.

1	2	3	4
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1	2	3	4
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Many activities from Discover also fulfill the Healthy Meeting Tracker requirements!

Once you've earned the patch, show your Strong Girl pride by continuing these healthy habits during troop meetings!

Quick Tips: Snack Smart

Ask parent volunteers to rotate bringing in a fruit or vegetable snack. Check out the Snack Smart handout for ideas and activities.

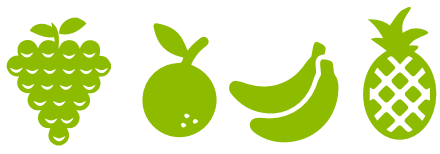
Quick Tips: Drink Right

Make sure water is in plain sight and easily accessible. Encourage girls to bring a water bottle to meetings and show them where they can refill it.

Quick Tips: Move More

Make physical activity fun! Try music or props, like hula hoops. Keep all games and activities non-competitive and encourage all girls to participate.

Once you've completed the patch requirements visit gswestok.org/stronggirls to request free patches!



Strong Girls Snack Smart



Set an example of healthy eating habits by serving fruits, vegetables, and water at meetings.

Below are ideas and activities to help you get started.

“The girls were more willing to make healthy choices - like eating fruits and vegetables - since they were all committed to doing it as a troop.”
-Troop leader, East Lake, Ohio



Make water fun and appealing to girls by adding:

- Fresh citrus slices, like lemon, lime, and orange
- Frozen fruit, like strawberries or blueberries
- Fresh herbs, like mint or basil



Preparing food together as a troop can help girls learn about community. Each girl can:

- Bring a fruit to add to a fruit salad
- Bring a vegetable to add to a soup or salad

Along with this activity, you can read or share a story about community, such as *Stone Soup*.



Pair a healthy dip with fruits or vegetables:

Savory Dip:

Combine 2 cups low fat plain yogurt, 1 tsp. garlic powder, 3 Tbsp. lemon juice, ¼ cup grated parmesan cheese, and a pinch of salt and pepper. Mix well.

Sweet Dip:

Combine 2 cups low fat vanilla yogurt, ½ tsp nutmeg, and ½ tsp cinnamon. Mix well.

Try healthy snack pairs, like carrot or celery sticks with hummus, or apple slices with nut butters.
Be aware of any allergies!



Parents can rotate bringing in a fruit or vegetable snack. Clementines, apples, grape tomatoes, and bananas are good options that require little preparation.

Check out these websites for snack ideas and recipes:

Chop Chop
www.chopchopmag.org/recipes

Produce for Kids
www.produceforkids.com/meal-planning/category/snacks

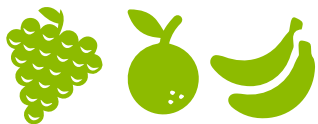
Super Sproutz
www.supersproutz.com/recipes/snack



Be sure to mark the dates on your troop’s Healthy Meeting Tracker when you serve fruits, vegetables, and/or water!



Find more resources for the Strong Girls Healthy Meeting Patch at www.HealthyKidsHub.org/Scouts



Snack Smart Taste Test



There are hundreds of fruit and vegetable types, from apples and avocados to yams and zucchini. With this taste test, your troop can learn about fruits and vegetables and discover their favorites!

1. Wash and slice samples of fruits and vegetables.
2. Give a taste test sheet to each troop member, or complete the activity together using one sheet.
3. Have girls guess the name of each sample. Create more of a challenge by having them close their eyes!
4. Mark an 'X' in the table next to the words that best describe each sample.
5. Vote on the sample most liked by the troop.

	FRUITS			VEGETABLES		
	SAMPLE A: _____	SAMPLE B: _____	SAMPLE C: _____	SAMPLE A: _____	SAMPLE B: _____	SAMPLE C: _____
CRUNCHY						
SWEET						
SOUR						
JUICY						
BITTER						
YUMMY						
RIPE						
SLIPPERY						
CHEWY						
BLAND						
SURPRISING						
OTHER _____						

TROOP FAVORITE - FRUIT

TROOP FAVORITE - VEGETABLE

Did you know? Research shows that it can take up to 15 tries before you begin to like a new fruit or vegetable.

Sugar

Detectives

Drinking water helps us avoid the large amounts of added sugar in common beverages. Almost half of the added sugar in our diets is from beverages. Help girls learn about sugar-sweetened drinks and why water is the best choice!

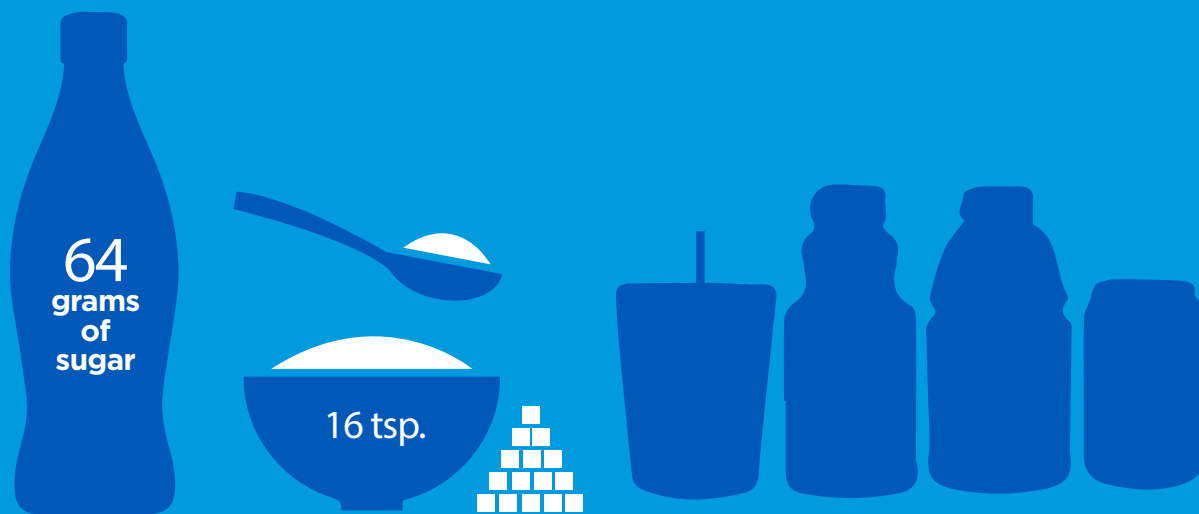
- Collect a **variety of popular drinks**, such as a sports drink, juice pouch, and soda.
- Find the **total grams of sugar** in each drink using the Nutrition Facts label. Convert the grams to teaspoons (tsp.) - 4 grams is equal to about 1 tsp.

Example: A 20 oz soda contains **64** grams, or **16** tsp. of sugar ($64/4=16$)

- For each drink, **measure the number of teaspoons of sugar** into a **small bowl**, or **clear plastic bag**. You can also tape together sugar packets, using one packet for each teaspoon of sugar. Label each bowl, bag or string of sugar packets with the number of tsp. it contains.

Find the Sugar

The nutrition label lists the grams of sugar **per serving**. Check how many servings are in the drink, then multiply the amount of sugar by the number of servings.



- Ask girls to guess how much sugar is in each drink by matching sugar containers with drinks. Then, reveal the correct pairs.

Discussion Ideas

Why is water the best choice for staying hydrated and healthy? Water doesn't contain any sugar! It also carries nutrients throughout our bodies and energizes our muscles.

Think about the drinks you had today. How much sugar did you drink?

Sugar Detectives, Round 2

You can expand this activity by using different popular drinks to use in the display. Try including a sweetened iced tea, energy drink, or a drink with added vitamins, to show that even these drinks contain a lot of sugar.

Older girls could create a poster to display at a community event, using poster board, empty bottles of drinks, and bags of sugar or sugar packets.



STRONG GIRLS *MOVE MORE*



How can you fit 15 minutes of physical activity into your meetings?

Beginning: Have girls release energy for better focus during the meeting

During: Do physical activity in between activities or as the main event

End: Close a meeting with a fun active game

Below are active games that can work in different meeting spaces and for many troop levels.

GUESS THAT NUMBER

1. Select one girl to be the Guesser. The remaining troop members pick a number between 0 to 1,000 (or 0-100 for younger girls). *Be sure the Guesser doesn't hear the number!*

2. The Guesser will start to guess numbers. The troop helps her get to the right number by giving her active clues:

If her guess is **too high**, the troop does squats: *Go lower!*

If her guess is **too low**, the troop jumps up and down: *Go higher!*

3. The guessing and clues continue until she gets to the correct number. Try multiple rounds so girls can take turns being the Guesser.

AEROBIC ROCK PAPER SCISSORS

1. Start by showing Girls how to move their bodies for "rock," "paper" and "scissors"



ROCK - Crouch down into a ball.



PAPER - Arms and legs out wide.



SCISSORS - One arm forward, other back, one leg forward, other back - as if you're running, but with straight arms and legs.

2. Girls should pair off and with their partner, jump up and down four times while saying "Rock, Paper, Scissors, Shoot!"

3. On "Shoot," players pick their movement.

**Rock beats Scissors, Scissors beats Paper, and Paper beats Rock. Best two out of three wins!*

QUIZ CALISTHENICS

What you need: Lists of questions

1. Create a list of true/false questions relevant to your current meeting topic.

2. Instruct girls to answer "true" by doing jumping jacks and to answer "false" by doing sit-ups.

3. Vary the types of exercises for "true" and "false."



TRUE



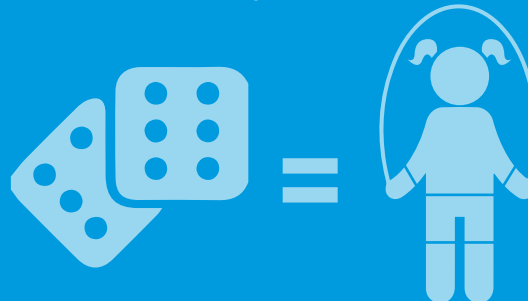
FALSE

FREE FORM FITNESS

What you need: Two 6-sided dice, pens/paper

1. Have the Troop create a numbered list of six activities that involve movement (i.e. jumping rope, jumping jacks, or hula hooping).

2. Girls take turns rolling the dice. The first dice rolled tells them the activity to do and the second dice tells them how many times to do the activity.



QUICK TIPS

- Use music to make dancing, free play or an active game more fun!
- Cheer loudly and often! Offering positive encouragement to girls during physical activity will help build their confidence in being active!
- ✓ **Be sure to mark the dates on the Healthy Meeting Tracker when your troop did 15 minutes or more of physical activity.**

numbers to live by

for a healthy Oklahoma



Healthy kids and healthy families make everything possible. Good nutrition and physical activity patterns start in early childhood. 5210 are numbers to live by to promote healthy lifestyles for children and families. We realize healthy living can be challenging so we encourage everyone to start small, think big, and take one step at a time.

5 OR MORE FRUITS & VEGETABLES

Fruits and vegetables are packed with nutrients. To get the amount recommended, most of us need to increase the amount of fruits and vegetables we currently eat.

2 HOURS OR LESS OF SCREEN TIME

Two hours or less of computer, video and TV screen time every day. Increased screen time has been linked to lower reading scores, behavioral problems, and unhealthy weight.

1 HOUR OR MORE OF PHYSICAL ACTIVITY

Activity that makes your heart pump faster and your body breathe harder makes you strong, helps you feel good and allows you to think clearly. Kids in active families are more likely to be active adults.

0 SUGARY DRINKS

Sugary drinks such as soda, sweetened tea, sport drinks, fruit punch, and other fruit-flavored drinks have little health benefit. Sweetened beverages add empty calories. There are about 150 calories and 9 teaspoons of sugar per 12 oz. can of soda.

eat healthy

- Fill half your plate with fruits and vegetables.
- Include at least one fruit or vegetable at every meal and snack.
- Try-A-Bite Rule - offer new fruits and veggies and encourage everyone in the family to try a few bites each time. It can take 7 to 10 tries to like a new food.

watch less

- Encourage your whole family to decrease screen time to 2 hours or less each day.
- Keep the TV and computers in central locations and out of children's bedrooms.
- Enjoy your family - turn off the TV when eating and talk about the day.

play more

- Take gradual steps to increase your physical activity level.
- Do a few minutes of activity several times a day until they add up to 60 or more minutes each day.
- Physical activity should be fun - swimming, biking, walking, running, dancing, gardening, and even vacuuming!

cut down

- Encourage your family to love water. Serve it, choose it, and remember if it's there people will drink it. Also, remember water has zero calories.
- Be wary of commercials. Juice products labeled "-ade", "drink", or "punch" often contain mostly corn syrup sweetener and less than 5% real juice.
- For kids 2 years and older, encourage fat free or low fat milk rather than whole milk.