

Girl Scouts shape UP!

For 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 natural fruit juices	Milk products
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.

* Many of these activities were adapted from "The Power of Choice," a publication of the United States Department of Agriculture, Food and Nutrition Service and the US Department of Health and Human Services Food and Drug Administration. For more activities or the complete guide, visit:

http://www.fns.usda.gov/tn/Resources/power_of_choice.html