



Eating For You



Badge Overview

Find out how eating well can help you both inside and out. When you've earned this badge, you'll know how to eat your way to a healthy mood, mind, and body.

Badge Components

1. Know how good nutrition helps your body stay healthy

Food comes in a variety of colors! Some experts say you should try to have a diverse array of colors on your plate.

- Check out this [infographic](#) for some ideas of foods that are different colors and then for one week, see how many different colors you can eat!
- Next, look up the benefits of the two colors you ate the most often. Is there room for other colors in your diet?

2. Find out how what you eat affects your skin

Water is one of the most important things that you should consume. With your parents, determine how much water you should be drinking based on your age and then for one week, make sure you drink enough water every single day.

- Do you notice an improvement in how you feel?

3. Explore how your diet affects your stress level

Read this [article](#) about how certain foods are connected to stress, and the effects that they have on your body.

4. Investigate how the food you eat affects your sleep

What you eat at night may be affecting how you sleep!

- Watch this [interview](#) with a gastroenterologist about how eating near bedtime could negatively affect your body.

5. Look at how your diet affects your energy

Explore different vitamins and their effect on your energy!

- What are important vitamins that girls your age should be getting enough of?
- What properties do they have on your overall health?
- What are some ways that you can incorporate them into your diet?

Materials

- Something to write with
- Something to write on
- Access to internet

Florida Educational Standards

The content of all Girl Scout national proficiency Badges and Journeys have been correlated by grade level to national and state learning objectives.

[Click here](#) for more information on how Girl Scout Badge-work supports Florida's educational standards.



We love to see Girl Scouts in action. Snap a photo and send it to marcomm@gssef.org.

Include her name, troop# and the name of the badge she's working on and we'll feature her.

Finished with your badge? Now buy it for your Girl Scout Uniform. Order online at <https://www.girlscoutshop.com/SOUTHEAST-FLORIDA-COUNCIL> and we'll ship it for free.

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