STRONG GIRLS Healthy Meeting Patch Program

Girl Scouts of Southeastern New England is excited to launch the Strong Girls Patch Program for you and your Girl Scouts!

Please contact Morgan Lovely, K-12 Program Specialist, with all your Strong Girls Patch Program needs at mlovely@gssne.org
# STRONG GIRLS Healthy Meeting Patch Program

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**STEP 1: DISCOVER**

COMPLETE ONE ACTIVITY FROM DISCOVER AS A TROOP OR CREATE YOUR OWN.

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<th>Daisy</th>
<th>Brownie</th>
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<tr>
<td>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 (page 3) to find more ideas for recipes.</td>
<td>Hold a taste test where each girl rates samples of different fruits and/or vegetables. Try the Taste Test activity handout (page 4).</td>
<td>Complete the Sugar Detectives activity (page 5).</td>
<td>Create a troop recipe book of fruit and vegetable snacks and make the troop's favorite snack at a meeting.</td>
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<td>For something new and refreshing, make fruit-flavored water by having girls add frozen or sliced fruit.</td>
<td>Decorate reusable water bottles that girls can bring to troop meetings using things like stickers or paint.</td>
<td>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.</td>
<td>As a troop, review menus from a variety of restaurants and cuisines. Identify dishes that include fruit or vegetables and determine how to modify the menus to include more fruits and vegetables.</td>
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<td>Play Red Light, Green Light. Try a movement like hopping or skipping for “green light.”</td>
<td>Make a healthy yogurt dip to accompany a fruit or vegetable snack. For dip recipes, see the Snack Smart handout (page 3).</td>
<td>Invite a health professional, such as a personal trainer, or registered dietitian, to lead an activity at a meeting.</td>
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**STEP 2: CONNECT**

COMPLETE THE HEALTHY MEETING TRACKER AS A TROOP.

**STEP 3: TAKE ACTION**

COMPLETE ONE ACTIVITY FROM TAKE ACTION OR CREATE YOUR OWN.

**DISCOVER:** Complete the healthy meeting activities using the *Healthy Meeting Tracker* (page 2)

**TAKE ACTION**

Be physically active with your family or friends. Make a date to visit a playground, walking path, or park.

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 (page 6).

Hold a fruit and vegetable taste test for family or friends and have them choose their favorite item.

Lead the Sugar Detectives activity (page 5) with family, friends, or another Girl Scout troop.

With a family member or friend, try a new physical activity or sport.

Start a walking or running club with family, friends, or community members.

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.
### 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:
- **Serve a fruit or vegetable snack at 3 meetings**.
- **Serve water as the primary beverage at 6 meetings**.
- **Do 15 minutes of physical activity at 9 meetings**.

#### Meeting or Gathering Dates:

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*Snacks at gatherings or special events outside of regular meetings can also fulfill this requirement.*

#### 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.

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Once your troop has completed the patch requirements, please email Morgan Lovely at mlovely@gssne.org with the names of the girls in your troop to obtain 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.

**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

**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!*

**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.*

**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 Sprowtz*
  www.supersprowtz.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

The girls are being exposed to new fruits & vegetables. They want to come up with a different fruit or vegetable to try for snack. Our troop really liked trying new things!

-Troop leader, Girl Scouts of Eastern Massachusetts
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.

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<tr>
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TROOP FAVORITE - FRUIT

TROOP FAVORITE - VEGETABLE

Strong Girls Healthy Meeting Patch - DISCOVER Activity
Ask girls to guess how much sugar is in each drink by matching sugar containers with drinks. Then, reveal the correct pairs. Ready, Set, Investigate! 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!

**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.
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.”

### 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.
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LOOKING FOR MORE FUN ACTIVE GAMES TO ADD TO YOUR TROOP MEETINGS? Check out these opportunities and links to see how Strong Girls can make healthy meetings contagious for Girl Scouts of all ages!

We would love to hear your feedback on how fun and creative your healthy meetings went with the Strong Girls Patch Program! If you have comments or questions, please contact Morgan Lovely, K-12 Program Specialist at mlovely@gssne.org.

COUNCIL RESOURCES

Where To Get Patches!?
Pick up your patches by visiting our Girl Scouts Shop in Warwick, RI upon completion of the Strong Girls Patch Program.

Fun & Active Supplies!
Request a "Strong Girls" Program Box with fun games and active equipment to spice up your Strong Girl meetings.

Let's Get Creative!
Reserve a copy of "Strong Girls: Active Fun" or "Strong Girls: Nutritious Eats" for more active fun, and nutritious & delicious eats at your council today!

For the above resources, contact Morgan Lovely, mlovely@gssne.org, for more information, to reserve a box, or reserve a book!

OTHER RESOURCES

1. Zoom Games for Kids
2. PBS Games-Outdoor and Indoor Fun
3. The Ultimate Camp Resource
4. Kids Activities.net
5. Pinterest-Various Contributors on Kids’ Health, Wellness and Outdoor Fun
6. JumpBunch
7. YouTube-Various P.E. Teacher Contributors
8. Exercise for Children: MedlinePlus
9. Fitness Blender Kids Workout
10. Why Exercise is Cool.org
11. KidsHealth.org
12. Kids on the Move
13. SheKnows.com
14. Fun Fitness Games For Kids/livestrong.com
15. 18-Get Off the Couch Games
16. MommyPoppins.com
17. Exercise Games for kids/ACTIVE.com
18. NickJr. Games/Kids & Exercise
19. Kidnetic.com
20. PE-Games Teaching Ideas
21. Getting Kids Moving-Exercise Games for Kids
22. Exergaming Fitness/Motion Fitness
23. Fit2B Kids Workouts
24. Stretching Exercises
25. Sports Injury Clinic/Stretching
26. Stretching Exercises for Athletes
27. Exercise is Medicine/ACSM-Kids Health

If you thought the Strong Girls Patch Program was fun, check out how your Girl Scouts can participate in other Patch Program opportunities offered by Girls Scouts of Southeastern New England:

http://www.gssne.org/en/events/patch-programs.html