

## Silver Award Girl's Lesson Plan for Healthy Eating Meeting:

### Activity 1: Play Nutrition Game

(If you think girls will be hungry give them cheese sticks and whole grain crackers during the game.)

Game:

- 1) Separate girls into four teams using popsicle sticks that are colored red, blue, yellow, or green at the end (color the sticks with a Sharpie marker).
- 2) Give each team a bell-like object to make noise with.
- 3) Give each team a piece of paper and marker to keep score.
- 4) Have each team sit in a single file line, the first person in each line will be the one who answers the next question.
- 5) Ask the first question, when someone thinks they have an answer they ring their bell and give an answer.
- 6) Whichever team gives the correct answer first gets a point
- 7) After the correct answer is said you can give any facts/ explain the answer (these are the words in italics)
- 8) Have the girls who just answered move to the back
- 9) Repeat steps 5-8 with each new question

Questions:

1. Is the first ingredient on a packages' ingredient list the largest or smallest in quantity?

*Largest*

2. Is all fat bad for you?

*No, an example of a healthy fat is the fat found in Greek yogurt. Good fats can keep you fuller longer and your body needs fat to survive.*

3. True or false? You should never eat dessert.

*False, it is okay to have a treat sometimes, make sure to balance your diet between unhealthy and healthy foods.*

4. What is usually the first ingredient in kids' cereal?

*Sugar*

5. True or false? You should never read the label on your food.

*False, it is important to read the label because some foods may have added ingredients that are not good for you.*

6. Finish the sentence. The longer the list of ingredients on a package the more likely

\_\_\_\_\_.

*It is unhealthy.*

7. Finish the sentence. If I cannot pronounce an ingredient it is usually \_\_\_\_\_.

*Artificial or not good for you.*

8. How many servings of vegetables should you eat per day?

*5- 13*

9. Name two foods that contain protein.

*Greek yogurt, nut butter, fish, meat, beans (there may be more correct answers)*

10. Name a food high in iron.

*Spinach, strawberries, fish, raisins (there may be more correct answers)*

11. What does calcium do for our bodies? Give one example of a food that contains calcium.

*Calcium makes our bones, nails, and teeth strong. Milk, cheese, yogurt, sardines, kale. (There may be more correct answers)*

12. True or False? There is no added sugar in beverages such as fruit punch or soda.

*False*

13. Why is it important to eat healthy?

*There will be many answers.*

### Activity Two: Make Your Snack

- Split the girls into two groups
- Have one group make the green goddess dip and the other make the chocolate dip
- Bring cut up fruits and vegetables to dip with:
  - Green Goddess: carrots, cucumbers, tomatoes, broccoli, etc.
  - Chocolate: apple slices, strawberries, bananas, etc.

### Green Goddess Dip:

#### Ingredients:

3 scallions (chopped)

¼ cup dill

1 cup basil

1 clove garlic (minced)

½ cup Greek yogurt

½ cup low fat mayonnaise

1 tablespoon olive oil

Juice of ½ lemon (or lime)

½ avocado

#### Directions:

Combine in blender until creamy; serve. (Can also stay in the fridge in an airtight container)

## **Chocolate Almond Butter Fruit Dip:**

### Ingredients:

1½ cups fat free Greek yogurt  
½ cup almond butter  
¼ cup honey  
2 tbsp. unsweetened cocoa powder  
1 tsp. vanilla extract

### Directions:

1. Add all the ingredients to a bowl. Whisk until well combined.
2. Cover and refrigerate for at least 30 minutes.
3. Serve cold with assorted fruit for dipping.

## **Activity Three: Plant an Herb**

- Choose an herb: basil works very well
- Try to use an herb that the girls worked with in the dip

- 1) Give each girl a small pot and some markers to decorate with.
- 2) Once they have colored their pots have them line up to get soil.
- 3) Give each girl some soil.
- 4) Then have them make a small hole in the middle with their finger.
- 5) Give each girl 4-5 seeds to put into hole.
- 6) Have them cover the hole with dirt.
- 7) Give each pot a small amount of water.

### How to Care for Basil:

Set basil plant in a sunny south window so it is exposed to as much natural sunlight as possible.

Once plant starts to bloom, pinch back (pick) the basil plant every few days to encourage new growth.

Mist (or water) the plant daily to increase the moisture in the air.

Check for mites or other insects while the basil is growing indoors. Hold plant slightly upside down under lukewarm water to rinse off the pests.

Don't overwater the plant.

You can feed it with fertilizer but that is not necessary.

You can also plant it outside if you like

Send each girl home with instructions on how to care for their herb and with the recipes for the dips.