

Eating for You Badge

Virtual Meeting Adaptation: Troop leaders have shared that the most successful virtual meetings allow plenty of time for games and socialization. Consider splitting this meeting into four sessions using this framework.

Meeting Framework: 4 meetings, 90 minutes each

General Sequence	Meeting 1	Meeting 2	Meeting 3	Meeting 4
Welcome	Opening Ceremony (5 min)	Opening Ceremony (5 min)	Opening Ceremony (5 min)	Opening Ceremony (5 min)
Program Activity	Select an activity (35 min): - Eat by Color! - Keep a Food Log - Make Your Own Plate	Select an activity (35 min): - Make an Illustrated Chart of Snooze/Lose Foods - Take the One-Week Test - REM it Up	Select an activity (20 min): - Get Enough Water - Make a Top 10 List of Antioxidants - Do a Grocery-Store Scavenger Hunt	Select an activity (30 min): - Take a Poll of Your Friends and Family - Do an Exercise/Energy Experiment - Create a Chart or Social Media (Blog) Post
Social Activity	Yoga or meditation activity (45 min)	Make scented candles (40 min)	Select an activity (20 min): - Food Makeovers - Sugar Detective - Chemical Detective	Make an energy-boosting treat! (45 min)
Closing	Closing Ceremony: Friendship Circle (5 min)	Closing Ceremony: Choose Your Activities (10 min)	Closing Ceremony: Choose your activities and try a Zumba video! (45 min)	Closing Ceremony: Friendship Circle (5 min)