

## A HEALTHIER YOU Junior Badge

### 1. Healthy Bones - Calcium Rich Foods

Enjoy a calcium rich snack(s) at 4 or more meetings. Try different recipes and share them with your family

#### "Sippable S'Mores" Milk

Ingredients: 1 cup lowfat milk, 1/8 tsp vanilla extract, 2 tbsp chocolate syrup, 1/2 graham cracker sheet, crushed fine, 10-15 miniature marshmallows

Preparation: Shake all ingredients in a container with tight-fitting lid or stir in glass until well blended. Sip milk with straw and spoon marshmallows.

#### Three-Cheers Parfaits

Ingredients: 3/4 cup coarsely crushed cinnamon or plain graham crackers, 1 8-ounce carton vanilla yogurt, 1 4- to 5-ounce container vanilla pudding, 1 4- to 5-ounce container chocolate fudge pudding, Pressurized whipped dessert topping

4 small decorative cookies or maraschino cherries

Directions: In 4 individual parfait glasses sprinkle 1/4 cup crushed graham crackers. Stir together half of the vanilla yogurt and the vanilla pudding. Spoon into parfaits. Sprinkle 1/4 cup more graham crackers over the parfaits. Stir together remaining yogurt and chocolate fudge pudding. Spoon into parfaits. Sprinkle remaining cracker crumbs atop. To serve, top each parfait with dessert topping and a cookie or maraschino cherry. Makes 4 servings.

#### Cheesy Spider

Ingredients: 1 package [cream cheese](#), 1 cup shredded [cheddar cheese](#), 1/4 cup [poppy seeds](#) 2 [sliced ripe olives](#), crackers

Directions: Combine cream cheese & cheddar cheese. Shape half the mixture into a ball to make the spider body. Shape remaining mixture into legs and join to body. Sprinkle with poppy seeds and decorate with olives to make a face. Refrigerate, serve with crackers.

#### Soft Cheese Nachos

Ingredients: 4 8-inch flour tortillas, 1/2 cup shredded Monterey Jack cheese (2 ounces), 1/2 cup shredded cheddar cheese (2 ounces), 1/4 cup salsa or taco sauce, Dairy sour cream

Directions: Preheat the oven to 450 degree F. Stack tortillas and cut into 4 wedges. On a 12-inch pizza pan arrange tortillas in a single layer, overlapping slightly if necessary. Bake in the 450 degree F oven for 7 to 9 minutes or just until brown. Sprinkle cheeses over tortillas on pan. Return to oven about 2 minutes more or until cheeses melt. Drizzle with salsa or taco sauce. Dollop with sour cream, if desired. Makes 3 to 4 snack servings.

#### 3-Minute No-Bake Cookies

Ingredients: 2 cups granulated sugar, 8 tablespoons (1 stick) margarine or butter, 1/2 cup low-fat milk, 1/3 cup baking cocoa, 3 cups Quaker® Oats (quick or old fashioned, uncooked)

Preparation: In large saucepan, combine sugar, margarine, milk and cocoa. Bring to boil over medium heat, stirring frequently. Continue boiling 3 minutes, stirring frequently. Remove from heat. Stir in oats.\* Drop by tablespoonfuls onto waxed paper. Let stand until firm. Store tightly covered.

### **3. Talk to Me - Food Disorders**

Anorexia and Bulimia are eating disorders that affect a person's emotional and physical health. An anorexic starves herself by not eating enough; a bulimic eats too much at one time and then vomits, exercises compulsively, or uses laxatives; and person with binge eating disorder eats an excessive amount of food at one time and then feels guilty afterward. Take the quiz below to check out your relationship with food. Answer YES or NO to each question.

1. Do you think you're fat when your friends and family think you're thin?
2. Do you think about food a lot of the time?
3. Do you eat too much?
4. Do you eat too little?
5. Do you exercise constantly for fear of gaining weight?
6. Do you take laxatives or force yourself to throw up after a meal?
7. Do you live in fear of getting fat?
8. Do you eat when you feel sad, bored, lonely, or depressed?
9. Are you overweight, yet continue to eat fattening foods because they make you feel good?
10. Do you feel guilty or upset after you eat?

If you answered yes to any of these questions, now is the time to start thinking about your relationship with food. You may be feeding your emotions instead of your body, and you may not know what a healthy relationship with food looks like.

### **5. Getting the Message Out -**

**ACTIVITY:** With your troop/group make a T-shirt to educate yourself and your friends about healthy eating. Use silk screen, fabric paint, tie dye, etc.

### **4. Tell Me What You Think - Mirror-Mirror...**

Mirror Mirror On The Wall, Does Anyone Really See Me At All?

Try this - hold up a mirror and look at yourself. Now pretend that your mother is standing right behind you. She is looking over your shoulder at your reflection in the mirror. What does she see? Now pretend that it is your father looking at your reflection. Now your best girlfriend; now some girl you wish you could be better friends with; now a teacher who really seems to like you; now a teacher that drives you crazy; now your boyfriend or the guy you wish was your boyfriend. Now your grandmother. What's going on here? Who are you anyway? Aren't you always the same person? Isn't it always you? Doesn't it make you crazy that different people think different stuff about you?

Now cut out pictures from old magazines and design an "Ideal You". Answer the following questions about yourself: What do you like about how you look? What do you think are your best features? Eyes? Hair? Fingernails? Nose? What do you like about yourself that is not related to your appearance? Talents? Skills?

## 7. Ways To Help - Heart Health for Women

National Wear Red Day supports the Red Dress as the national symbol for women and heart disease awareness. On the first Friday in February each year, women and men across the country can unite in the national movement to give women a personal and urgent wake up call about their risk of heart disease. Everyone can participate by showing off a favorite red dress, shirt, or tie, or by wearing the Red Dress Pin. Make "Red Dress" pins and share them to show your support

Directions: Print the dress pattern. Use a copier if needed to reduce or enlarge size to 3". Pin to red felt (or whatever "red" you have) and cut out. Finish by attaching a heart-shaped rhinestone "over the heart" and a pin back with fabric glue or a safety pin.



## 10. Sun Safety - Make Your Own Sun Protection Gear

**Crazy Hats** - in addition to protecting us from cold, rain, snow, etc. different types of hats can protect us from the sun.

Create a "crazy hat" with recycled materials from home. Use fabric or paper pieces to form a rim (such as on a wide-brim hat) or flaps that cover your ears & necks. Have a contest and decide which crazy hat is the most original and offers the best "sun protection".

**Cool Shades** - Always wear sunglasses that block 100 percent of the UVA and UVB radiation. Design Sunglasses from card stock, let your imagination go and decorate!  
Need: Construction paper or card stock, sunglass pattern, cellophane sheets in varying colors, glue, decorations, glitter, etc. Copy a sunglass pattern onto card stock. Cut out. Glue cellophane inside frame. Decorate.

Thoughts: Look outside without the sunglasses then again with the sunglasses on. What were the differences? Next, rub a little glue on the cellophane over one eye. What does it look like now? Explanation - too much sun can hurt our eyes, and our vision could get cloudy as we get older. Have a Sun Safety fashion show; wear your "new" hats and cool shades in addition to other sun safety clothing!

