

Nutrition Badge

(Written by Doreen Olson)



Otters: Four requirements, including the two starred.

____*1. Find and read definitions of protein, fat, carbohydrates, and calories. If you have a pound of protein, a pound of fat and a pound of carbohydrates, which one has the most calories?

____*2. Learn to read nutrition labels. Find five packaged, single-ingredient foods. Examples: canned tomatoes, canned fruit, canned vegetables, packages of flour & oats, jars of molasses or honey, bottles of juice or oil. Arrange the items from most to least by protein content per serving. Then do the same thing for fat, carbohydrate, and calcium.

____3. Talk to another family member (a parent is usually best) about ways to include more fruits, vegetables, and fiber in your family's diet. Make a list of five dishes your family likes to eat and how to make them more nutritious.

____4. Collect pictures of foods, cut them out and sort them. Make the pictures into two collages of two separate kinds of food, such as a vegetable collage, a meat and high-protein foods collage, a grains/bread collage, etc.

____5. Write a song or paragraph about or make a poster showing the functions of protein, fat, and carbohydrates in a person's body.

____6. Find out what the word "refined" means. Be able to explain to someone why white sugar and white flour are not good things to have in your diet.

____7. Make a poster that lists five activities and the number of calories those activities use up in an hour. Be careful to convert the calorie amounts into those used up in an hour if your reference lists them for just a few minutes—ask for help if you need it.

____8. Keep track of the water you drink for three days. Do not count sodas, fruit juice, or milk. Only count water or herb teas. How close do you come to six cups of water a day?

Dolphins: Five requirements, including the three starred.

____*1. What are the building blocks of protein called? What are the building blocks of fat called? What is the difference between sugars, starches, and indigestible fiber?

____*2. Learn to read nutrition labels. Find six packaged, single-ingredient foods. See Otter #2 for examples. Arrange the items from most to least by protein content per serving. Then do the same for fat, carbohydrate, calcium, sodium, and vitamin C content.

____*3. Learn the definitions of vitamins, minerals, and phytonutrients (also called phytochemicals). List 8 of the vitamins, minerals, and phytonutrients found in fruits and vegetables. Find out the benefits of four of the nutrients on your list.

____4. Talk to another family member (a parent is usually best) about ways to include more fruits, vegetables and fiber in your family's diet. Help make a dish that's been changed from the original recipe to be more nutritious.

____5. Read about artificial flavors and colors in any book by Ann-Louise Gittelman, Leanne Ely, Marilu

Henner, Dr. John Lee or any other author who understands why some food additives may be harmful. Go to a store and read children's chewable vitamin labels. See how many you can find without artificial flavors or artificial colors.

_____6. Make up a game, song or skit that teaches about nutrition. Play or perform it. You can also do a demonstration on nutrition for your troop.

_____7. Read about sweeteners. What are some of the problems with artificial sweeteners? What are some problems with refined sugar and corn syrup? Can you find a sweetener that has either health benefits or contains nutritional value other than just calories/energy?

_____8. Learn the names of two deficiency diseases and which nutrient deficiency causes them.

Butterfly (do 6 requirements including the 3 starred)

If this is your first time doing the nutrition badge, do the starred requirements for the Dolphin level, putting 7 items in order for requirement 2, and listing 9 nutrients & benefits for 5 of the nutrients for requirement 3. If you have earned the nutrition badge before, use the 3 starred requirements below.

_____ *1. Why are some amino acids and fatty acids called essential? Find out how many grams of protein and fat you are supposed to eat a day. What are simple and complex carbohydrates?

_____ *2. By using nutrition charts and nutrition labels, keep track of what you eat for five days. Track your grams of fat, protein, and carbohydrate and amount of either calcium or iron that you consume.

_____ *3. Find out what fat soluble and water soluble means. Memorize the fat soluble vitamins. Learn the names of two phytochemicals, what foods they're in and why they are important.

_____4. Find three natural things that can help preserve food. Find three natural ways to change the color of a punch, icing, gelatin dessert, or cookie. Use one natural coloring agent in preparing a dish.

_____5. Help fix a breakfast, a lunch, and a dinner that are more nutritious than what your family usually has. Or help fix the same three meals for a family that needs meals brought to them.

_____6. Same as dolphins' #6.

_____7. Same as dolphins' #7, plus find out the reason why diabetics and hypoglycemics need to use less sugar than other people.

_____8. Learn the names of 3 deficiency diseases and which nutrient deficiency causes them.

_____9. Read about the concerns some people have for chlorine, fluorine, pesticides or industrial chemicals in our water supply. Keep track of your water intake for five days. Do not count sodas, milk or fruit juice. Do you drink enough?

Eagle requirements are still being written.