

5 A Day Patch Program

Girl Scouts of Chesapeake Bay Council

Daisy, Brownie, Junior and Teen Girl Scouts



Developed in cooperation with the Produce for Better Health Foundation.

Program Objectives:

1. Girls will learn the importance of fruits and vegetables in their diets.
2. Girls will increase their awareness of the great variety of fruits and vegetables available.
3. Girls will increase the variety and quantity of fruits and vegetables in their diets.
4. Girls will share what they have learned with others.

Patch Purchases:

Patches may be purchased through the program dept for \$1.80 each or you may get them as part of a council check-out kit containing resources to assist you with completing the requirements as well as a cookbook for each girl to keep (see page 4). Contact Barb Fallat at 302-456-7150 ext. 7173 or bfallat@cbgsc.org.

The 5 A Day patch program encourages girls to develop good health habits and educates them about the importance of eating five or more servings of fruits and vegetables every day. (Note: new FDA Guidelines released January 12, 2005 recommend 4 ½ cups of fruits and vegetables each day.) Fruits and vegetables provide many of the vitamins and minerals needed to maintain healthy body functions. Scientists have learned that phytochemicals, natural compounds that protect plants and give many of them their color, may also provide disease protection to humans.

Requirements:

Daisies complete 4 activities total, Brownies complete 6 activities total, Juniors and Teens complete 8 activities total. Each age level should complete one activity from both Service and Visibility.

Education:

1. Become a produce detective. Solve the mystery of eating "5 A Day the Color Way." As with any mystery, you will need to uncover the facts, examine the evidence and draw your own conclusions to solve the mystery. (Attachments for grades 6-12)
2. Try a new fruit or vegetable from each of the five color groups. Learn what defines a serving of various fruits and vegetables. Before tasting, have a "Measuring Session" to help you learn what a serving of each looks like. Measure the food in a measuring cup and then pour the serving onto a plate so that you can learn to recognize the proper amount on your plate.
3. Create your own "Girl Scout Seal of Approval." Prepare a list of suggested fruit and vegetable snacks appropriate for Girl Scout parties and camp outs. Follow your "Girl Scout Approved Snack List" as a guideline for your troop snacks. Share your list with others in your service area or council.
4. Plan and prepare the meals for a troop campout or weekend overnight with 5 servings of fruits and vegetables for each day.
5. Make a collage of pictures of fruits and vegetables. Display your collage in your kitchen at home to help you remember to eat 5 A Day. Older girls and teens may prefer to create a craft type project instead, such as: a refrigerator magnet, stenciled apron, or other craft.
6. Make up a skit, play or puppet show about a super hero "Captain 5 A Day" who rescues kids from unhealthy snack foods by helping them change their eating habits. Perform your skit, play or puppet show for younger girls or a community gathering.
7. Make 5 A Day Soup. Read the book Stone Soup (by Marcia Brown & Jon Muth) with your Daisy or Brownie Troop. Create your troops own version of stone soup. Have everyone bring one ingredient needed to contribute to the soup for your next meeting or camping trip.
8. Have a Fruits and Vegetables Scavenger Hunt. Look in the cabinets, refrigerator and freezer at home to find as many fruits and vegetables as you can. Compare your results with your troop.
9. Host a tasting event with your troop or service unit. Prepare and bring a dish that contains fruit or vegetables to share. Print recipe sheets for everyone to take home with them.

10. Conduct a "Tasting Survey" with your troop or family. Make a poster or chart to record the likes and dislikes of each person. Include a column for some fruits and vegetables that each person hasn't tried yet. Over the next couple of weeks, sample some of those from the "haven't tried" column.
11. Take a field trip to an Educational Farm (see attachments), roadside produce stand or local supermarket. If possible, schedule a tour and talk to one of the employees. Learn something new about where or how the produce is grown, check out some produce that you haven't seen or tried yet. Ask about recommend methods of preparation and how to judge the quality of various fruits and vegetables. Practice weighing some of the produce and calculate the cost of your "purchase."
12. Find a fruit or vegetable, canned or fresh, which is not native to your area. Find out what region of the U.S. or other country it is from and where and how it is produced. Use this food as an ingredient in 2 different recipes.
13. Pick 3 or 4 of your favorite fruits and vegetables. Find out where they are grown and locate those areas on a world or U.S. map. Discuss how things like weather and pests can affect the crops and all the things that have to happen to get the produce from the fields to your supermarket. How might different situations affect the cost and availability of fruits and vegetables? Look in the world and national sections of the newspaper or a television news show for any events that you think might impact the cost or availability of produce grown in these areas.
14. At a grocery store, comparison shop for 6 different fruits and vegetables. Look for as many different versions of each as you can find – fresh, frozen, canned or dried. Which is the best value for your \$? Which ones would you rather eat and why?
15. Participate in a "5 a Day Supermarket Tour." Contact the Produce Manager at your local supermarket for details.

Service:

1. Organize and/or participate in a food drive to collect canned or dried fruits and vegetables for a local shelter or food pantry.
2. Host a workshop for younger girls to have fun while learning about the importance of eating 5 fruits and vegetables daily.
3. Create a game to help younger children learn about 5 a day and donated it to a Girl Scout resource center, day care, community center, library or children's home.
4. Create your own service project to educate others about the importance a healthy diet that includes at least five servings a day of fruits and vegetables.

Visibility:

1. Create posters or brochures to encourage kids to eat 5 fruits and vegetables daily. Display your work in a public place.
2. Create your own PSA (Public Service Announcement), radio jingle or song to encourage others to eat 5 a day. Record your advertisement on audio or video tape and share your message with others.
3. Plan and perform a skit or puppet show about 5 A Day for a community group such as: a service unit event, a day care or a senior center or a community festival. Go to www.dole5aday.com or contact the program department for a copy of an educational musical performance kit – 5 A Day Live! The kit includes costume ideas, sheet music, scenery, directions and a script.
4. Write a letter to the editor or an article for the school newspaper or local paper to tell people about the importance of eating 5 A Day.
5. Develop your own visibility activity to inform the public about the importance a healthy diet that includes at least five servings a day of fruits and vegetables.

Girl Scout of the Chesapeake Bay 5 a Day Patch Program Supplemental Attachments

Attachment	Daisy Girl Scouts	Brownie Girl Scouts	Junior Girl Scouts	Teen Girl Scouts
Bobby Banana's Color Mix-up	X	X		
What's in Lucy Lettuce's Salad?	X	X		
Kenny Canned Pineapple Color by Numbers	X	X		
Terry Tomatoes Tasty Tongue Twisters	X	X	X	
Rainbows on a Stick	X	X	X	
Rainbow of Colors Shopping List		X	X	
Nutrition Fact Sheet			X	X
Put a Rainbow on Your Plate Quiz		X	X	
Rainbow Shopping			X	X
Is There a Rainbow on Your Plate?		X	X	X
Take the 5 a Day Challenge		X	X	X
Fruits & Vegetables by Color Category	X	X	X	X
A Plateful of Color		X		
Colorful Eating		X	X	
Pledge Certificate	X	X	X	
Activity Sheets: suitable for all ages in some aspects – recipes and activities				
Blueberries Fruit Kabobs Dried Fruit Pears Watermelon Peaches Tomatoes Oranges Strawberries Grapes Spinach Broccoli Avocados Apples Zucchini Sweet Potatoes Pumpkin Cucumbers Corn Cauliflower	X	X	X	X
Be a Food Detective				X
Educational Farm Tours	X	X	X	X

Answer Key:

Put a Rainbow on Your Plate Quiz

1. True
2. True
3. True
4. True
5. False (inside is white)
6. True
7. True
8. False
9. True
10. Varies by Individual

Learning

Links

5 A Day
www.5aday.org

California Asparagus for Kids
www.calasparagus.com/consumer/kids.htm

Chiquita Kids
www.chiquitakids.com

Del Monte Kid Zone
www.freshdelmonte.com/content.cfm?pageID=74

Dole's 5 A Day
www.dole5aday.com/Kids/K_Index.html

Fruit and Vegetables For Me www.fandvforme.com.au

Healthy Choices for Kids www.healthychoices.org

Sunkist Kids www.sunkist.com/kids/

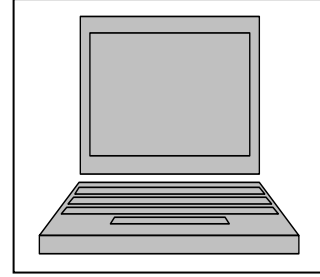
The Produce Patch
<http://www.aboutproduce.com/producepatch/paulina.asp>

Nutrition Explorations <http://www.nutritionexplorations.org/>

4-H Virtual Farm
<http://www.ext.vt.edu/resources/4h/virtualfarm/main.html>

Ag is for Me
http://www.mdaginthe classroom.com/ag_is_for_me.htm

Maryland 4-H www.maryland4h.org



5 A Day Kit Components

CBGSC has check-out kits available to help your girls earn the 5 a Day Patch. Kits are \$3.50 per girl and include both non-consumable pieces to be returned and consumable pieces that the girls keep (cookbook and patch). To reserve a kit, contact Barb Fallat at 302-456-7150 ext. 7173 or bfallat@cbgsc.org

Daisy/Brownie Girl Scouts

Non-Consumable

Book-Lunch at the Zoo
5 A Day Flash Cards
Game-5 A Day Let's Eat and Play
Cassette-Jammin' 5 A Day Songs
Audio CD-Veggie Power
Book-Stone Soup

Consumable

5 A Day Kids Cookbook (1 per girl)
1 patch per girl

Junior Girl Scouts

Non-Consumable

Video-Color Your Plate
Cassette-Jammin' 5 A Day Songs
Audio CD-Veggie Power
Game-5 A Day Bingo Game
5 A Day Twister Game

Consumable

5 A Day Kids Cookbook (1 per girl)
1 patch per girl