



Girl Scouts – Illinois Crossroads Council
650 N. Lakeview Parkway, P.O. 8116
Vernon Hills, Illinois 60061-8116
www.ilcrossroads.org

Fit To Be ME!

Module 4 Healthy Habits



The New Normal? What Girls Say About Healthy Living

In early 2006, the Girl Scout Research Institute released a new original research report entitled ***The New Normal? What Girls Say About Healthy Living***. Studies were designated to examine both attitudinal and behavioral issues that inform girls' health and emotional well-being such as: body image, diet, exercise, and sources of health related information.

Every phase of the research included girls from diverse racial/ethnic geographic and socio-economic backgrounds. Sixteen (16) groups, totaling 2,060 girls were studied and divided in to the following groups:

- Locations: Alabama, Colorado, New Jersey, and Minnesota
- Age groups: 8-10 year olds, 11-12 year olds, 13-15 year olds, and 16-17 year olds
- Weight: normal and overweight

The New Normal? What Girls Say About Healthy Living sheds light on the childhood obesity crisis by asking girls directly how they define health and what motivates them to lead a healthier lifestyle. Findings suggest that today's girls are defining "health" on their own terms, placing the same value on emotional well-being and self-esteem as they do on diet and exercise. For girls, being healthy is more than just eating right and exercising; it is also about feeling good and being supported by family and peers. The study also highlights the important role that adults, and in particular mothers, play in shaping the healthy habits and self-perception of girls.

So what is the status quo? Where do girls feel comfortable? Do they feel they are perceived as "normal?" The messages that tell girls what a "normal lifestyle" is, may be conflicting; on one hand girls are told to be happy with the way they are, and on the other hand, they are given the message that being overweight is unhealthy and unattractive. The major finding of this study reveals that girls today use a new set of "norms" to define health. This "new normal" departs from what adults may believe, in four distinct ways:

Major finding #1: *Aspiring to be "normal healthy"*

Major finding #2: *Emotional health is central*

Major finding #3: *Tension between health awareness and behaviors*

Major finding #4: *The influential role of mothers*

According to the American Academy of Pediatrics, obesity is now the most chronic health problem among children in the United States. In addition to obesity, children today are faced with other challenges, such as teen pregnancies, eating disorders, adolescent depression, and other serious health and fitness ailments. Every girl deserves to live a happy, healthy life in which she feels comfortable in her own body, confident in her choices, and capable of fulfilling her dreams.

Research shows that for most girls, being healthy has more to do with appearing "normal" and feeling accepted than maintaining good diet and exercise habits. Girls claim that emotional health, self-esteem, and body image play a critical role in girls' attitudes about diet and exercise, and although girls may demonstrate basic knowledge about healthy foods, they often do not put this into practice.

So How Do We Start Living Healthier and Fit Lives?

In response to this research, Girl Scouts - Illinois Crossroads Council has teamed up with the United Way of Lake County to launch our own healthy living initiative called *Fit to Be ME!* The *Fit to Be ME!* initiative is an important program because it addresses the “whole girl” rather than just the food she eats, her weight, and her exercise habits. *Fit to Be ME!* combines health and fitness curriculum and self-esteem programs to support youth development and confidence enhancement. A variety of curriculum options focused on the differentiated definitions of fitness - mental, physical, emotional, and academic – are addressed through activity choices.

The information gathered will allow girls to work together or individually to become healthier and happier about themselves. As girls travel through the “*Fit to Be ME!*” journey, note that badges can be earned with each module. Five modules are part of the journey! Girls choose which activities and topics they want that will help them become healthier young women today and tomorrow.

The *Fit to Be ME!* badge is made up of smaller segments which connect together to form a larger badge. In order to complete the entire *Fit to Be ME!* badge, girls have to complete all five modules. Girls have the option to choose and complete activities within each module. The goal of Illinois Crossroads Council is to help girls be as healthy as they can be! As an incentive, our council will provide each girl with a complimentary segment of the *Fit to Be ME!* badge upon completing each module’s pre- and post-evaluations. The segment(s) will be mailed to each girl after the completed pre- and post-evaluations have been reviewed. Deadline for all completed pre- and post-evaluations is April 30, 2008.

The modules will be available on our council’s Web site, www.ilcrossroads.org.

Module 1 - Nutrition

due for release in summer 2007

Module 2 - Healthy Development, Self-Esteem, and Emotional Well-Being

due for release in November 2007

Module 3 - Being Safe

due for release in March 2008

Module 4 - Healthy Habits

due for release in March 2008

Module 5 - Physical Fitness and Sports

due for release in March 2008

Mark Your Calendar!

Saturday, May 3, 2008

***Fit to Be ME!* Celebration**

for the girls who have completed the *Fit to Be ME!* journey

More details will be announced on our Web site!



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Fit To Be ME!

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Module 4 - Healthy Habits Pre-Evaluation

- | | | | |
|--|----------|----------|------------------|
| 1. Do you know what a habit is? | | Yes | No |
| 2. Are habits something positive or negative? | Positive | Negative | They can be both |
| 3. Being healthy is only about what you eat. | | True | False |
| 4. No one can ever change a habit. | | True | False |
| 5. Managing your stress has a lot to do with health. | | True | False |
| 6. Do you have a lot of habits? | | True | False |
| 7. Are your habits healthy? | | Yes | No |
-

Today's date:
(mm/dd/yy)

Age:

- Ethnic Background:**
African American
Native American
Asian/Pacific Islander
Hispanic/Latino
Caucasian (White)
Other

Please complete and send this page with the completed Post-Evaluation (page 36) and Adult Evaluation (page 37) to Girl Scouts - Illinois Crossroads Council, c/o Membership/Program Group.

Prior to the Program

Dear Girl Scout leader/advisor, thank you for your willingness to work with your Girl Scouts on this very important topic. Our goal is that the information the girls will learn from this module will stay with them for a lifetime! The material in the module is designed for girls ages 5-17. However, there is a section on drugs that may be advanced for younger girls. Please use your discretion when approaching this subject and the related material contained within this module. Before learning about healthy habits, please have your Girl Scouts examine how they keep themselves healthy through various habits. Quizzes and handouts about healthy habits are located in the section titled *Supplemental Materials*, pages 23-36:

- ✓ Sleep IQ Quiz
- ✓ What's your Destress Style Quiz
- ✓ Healthy Cleaners
- ✓ Healthy Recipe Substitutions
- ✓ Alcohol IQ Quiz
- ✓ Healthy Eating Habits Quiz

Healthy Habits Module Supplies Needed

- Paper
- Pencils
- Markers
- Spiral Notebook
- Stickers
- Water
- Library Access
- Bag
- Tape

Healthy Habits

What does it mean to be healthy?

To be healthy means “enjoying health and vigor (strength) of body, mind, or spirit.”

What is a habit?

A habit is “a settled tendency or usual manner of behavior.”

So to put these two words together, we get the phrase “healthy habit.” From the above definitions, a healthy habit can be defined as, “a common behavior that encourages strength and nourishment for the body, mind, and spirit.” Any time you are not sure if a habit is healthy or not, ask yourself if the behavior “encourages strength and nourishment for your body, mind, or spirit.” If the answer is yes, then it is a healthy habit!

How does a habit form?

We perform tasks everyday that allows us to get through our day-to-day life. Repetition is one of the main ways habits form and it generally takes 21 days to form a habit. By doing the same action over and over again, our bodies automatically perform the action. Think of a car driving on an unpaved road in the mud: at first, there is no path, but once a car drives though, there is a faint trail. After ten times of the car driving over the same path, the tires of the car automatically go towards the groove in the road and follow the path because it is the least resistant to the car. Habits are like the grooves in the road; we tend to keep doing them because that is what we have become accustomed to do. Remember, we only do what we know; so to do something different, we have to know a different way.

Source: Merriam-Webster Dictionary Online: <http://www.m-w.com/>

Source: Life Organizers. <http://www.lifeorganizers.com/spirit-mind/positive-attitude.htm>

Habits in Your Life

Habits are something that we do over and over again, often without thinking. Some people automatically think a habit is something bad. In this module, we will address how habits can be helpful and how to change some of the not-so-healthy habits into healthy ones! If habits are something that we do without thinking, and habits are something we can change, then it is great to know that we can train our body and minds to make healthier decisions that will help us live a balanced life. Habits do not just affect one aspect of your life. Habits can include personal hygiene, what you eat, and even what you think!

Girl Scout leaders, ask the girls if they have habits. Talk about some common habits:

- Brushing teeth
- Washing hands
- Eating chips as a snack
- Interrupting someone
- Getting angry when something does not go your way
- Drinking water when thirsty
- Telling your family that you love them
- Skipping breakfast
- Drinking soda with meals
- Leaving clothes on the floor
- Leaving the lights on
- Watching TV after getting home from school
- Reading a chapter of your favorite book every night

Discuss how the habits are different, and how some can be helpful and some are not healthy for you. Are there habits that are neutral (do not have a negative or positive effect)? Compare the amount of “healthy” habits as opposed to “unhealthy” habits. Remember to refer to the definition on page 6 and ask the definition question to determine what kind of habit it is, if you are unsure.

Some habits help our bodies and are considered healthy. The great thing about healthy habits is that they not only help you, but may also be helpful to someone else and make them feel good. Some healthy habits are:

- Writing a letter to a distant relative or friend
- Brushing your teeth
- Exercising 30-45 minutes a day
- Giving yourself a compliment
- Drinking water instead of soda when you are thirsty
- Saying something nice to a friend

Healthy habits help you feel good about yourself. They feed your body, mind, and soul, and help keep your body functioning to the best of its ability. There are many meanings of health and various types of habits that support each type of health. Below are some examples of different categories and examples of health. Remember some habits can be under one or several types of healthy habits.

Mind health: the way you think about things affects how you feel about yourself, others, and everything around you

- The brain is operating at the highest potential, you can think clearly and learn new things
- You can handle stress and know how to cope if you have too much stress

Body health: the overall health of your whole body; your organs and muscles are all working the best they can

- You are eating foods that help your body grow and work properly
- You are exercising and helping your bones and muscles stay strong

Soul health: the spiritual aspect of your body is balanced

- You can stay away from activities or people that are not good for you
- You can “listen to your gut” and other body messages

Later sections will include how to work to change our not-so-healthy habits into healthier ones.

Mind Health

Keeping a healthy mind is very important. Your mind controls your thoughts and allows you to take in and learn new information and store it to build your knowledge. Your mind sometimes can get overloaded and negative stress can result in fatigue or confusion. That is why it is so important to make sure you are taking good care of your mind.

Girl Scout leaders, take a moment to ask the girls to brainstorm some healthy habits to strengthen their mind.

Meditation – Meditation is an excellent stress reduction technique and a great way to keep our minds in top shape. By keeping still and using our breath, we can help quiet all of the thoughts in our mind that increase stress.

“Meditation can also help us to understand our own mind. We can learn how to transform our mind from negative to positive, from disturbed to peaceful, from unhappy to happy.”

Source: *How to Meditate.* <http://www.how-to-meditate.org/>

Learning and Exploring – Learning new things is a great way to increase your knowledge and awareness of the world around you. (Plus, safely exploring and learning about new things is a great anti-drug that can help you stay healthy and away from drugs and alcohol!)

Positive Thinking and Reframing Obstacles – The old saying “When life gives you lemons, make lemonade” sums it up pretty well. Everyone has hard times now and then; it is what helps us grow. Without challenge, we would not learn anything new. It can be very helpful to look at adversity and ask yourself “What can I learn from this?” It is not always easy to try to look at situations from a different perspective, but it can help you get through some difficult times. As a bonus, you can share your experiences with others. By imparting how you were able to overcome a demanding or challenging situation, you may help others!

Ask the girls if anyone would like to share a challenging experience that they can turn into a positive example.

Journaling – Journaling is a fun and very effective way to get our thoughts down on paper and help ease stress on our mind and body.

Journaling Activity

(This activity fulfills requirement #3 of the Being My Best badge for Junior Girl Scouts.)

(This activity fulfills requirement #2 of Conflict Resolution Interest Project for Teen Girl Scouts.)

Materials: Pencils; spiral notebook or other notebook for journal; markers, crayons, or stickers; anything for decorating the journal

- Step 1: Decorate the outside of the journal with stickers, drawings, and anything that represents you. For example, if you like basketball, include some sketches or stickers of basketballs. Write words in bold colors and different fonts that help illustrate who you are and what makes you unique.
- Step 2: Journal on a daily basis. Try to spend at least 10 minutes a day writing down your thoughts and feelings.
- Step 3: Write what you like best about yourself for one of the entries. Include how you are special and different from everybody else.
- Step 4: In another entry, write two words you think each of the following people would use to describe you: a neighbor, your best friend, a teacher. Now write two words that you would use to describe yourself.
- Step 5: For two weeks, record all of your conflicts with people. Note how you handled each conflict and whether or not it was resolved. Do you see a pattern? What other techniques might you try in the future?

Try to keep writing down your thoughts and feelings in your journal as often as you can. Sometimes it is helpful to go back and read what you felt at different times in your life. When a similar situation occurs, you might have some ideas about how to handle it.

Body Health

Body health is a broad topic that encompasses everything from nutrition to exercise. As you learned in *Module 1: Nutrition*, what you put in your body greatly effects how well you and your muscles operate. In our busy lives, it can often be very hard to sit down to have a healthy meal. Much of what we eat tends to be pre-packaged or prepared outside the home. It is a common habit to grab 'take-out' for dinner. Another habit related to nutrition and food is snacking when doing a sedentary activity, like watching TV.

These may seem like small things, but sometimes that is how habits first start. We do not realize how much we eat when we sit and snack. There are also times that we do not take the time to think about where our food comes from, and how many different machines or packaging it has been through before it gets to our mouths.

Make Good Food Choices - Fruits and veggies, whole foods, and less processed foods are best. Your body is programmed to recognize foods that are close to nature. Your body knows how to digest and take in the nutrients in foods when they are in their original form, like an apple or brown rice. However, when you eat something that is processed or has many different man-made ingredients, it can be harder for your body to recognize all of these ingredients and break down the food correctly. Eat as many whole foods as you can. Some examples of whole foods are fruits, vegetables, beans, whole grains, and nuts. There are also great whole food forms of dairy, meat, and fish that are nutritious and beneficial to your daily diet.

Use Healthier Ingredients – There are a variety of ingredients when cooking or baking that can be switched out for healthier choices. Many times the recipe not only is better for you, but it actually tastes better too! (See the *Supplemental Materials* for “Healthy Recipe Substitutions” on pages 31 and 32).

Healthy Eating Habits – There are many small things you can do when it comes to eating. Below are some helpful hints from the USDA (United States Department of Agriculture):

1. Truly enjoy your food and do not eat while doing something else.
2. Eat slowly and taste what you are eating.
3. Be honest with yourself. If you eat a large meal, size it down, and have smaller portions at your next meal.
4. Always eat off a bowl or a plate. It can be hard to keep track of how much you eat when it is out of a serving container.
5. Trust your body when you have had enough. It is helpful to remember that it can take 20 minutes for your body to send “full” signals.

Source: *USDA Guide to Choosing Food Portions* http://www.fns.usda.gov/tn/Healthy/Portions_Kit/sensible_portions.pdf

Exercise – Physical activity is crucial to health and is a great healthy habit to practice. There are so many benefits to exercise, and some are listed below.

- Increased strength in muscles and bones
- Decreased chances of becoming overweight
- More positive attitude towards life
- Lowered chances of contracting diseases, such as Type 2 Diabetes
- Decreased high blood pressure and high cholesterol levels

Source: KidsHealth. "Kids and Exercise." http://www.kidshealth.org/parent/nutrition_fit/fitness/exercise.html

Sleep

Some tips from the National Sleep Foundation:

- Exercise regularly, but not too close to bedtime. Late-day workouts tend to keep your body awake.
- Create a pleasant sleep environment; for example, comfortable, dark, and as quiet, as possible.
- Establish a regular bedtime so you can unwind and signal your brain that it is time to sleep.
- Try to use your bed just for sleeping. If you do homework or watch TV in bed, your body is telling you to be alert rather than go to sleep.
- Try to get at least eight to ten hours of sleep a night.
- Do something relaxing before bed. Take a bath or read. Got something on your mind? Write it down in a "worry book" and work on it the next day. Problems often seem smaller in daylight.

Source: Studio 2B Focus Book. "Don't Sweat It." Available through Girl Scout Council Shop.

Take Care of Personal Hygiene – Taking care of your body on the outside is just as important as what you put in it. Some germs can cause disease and health problems, so it is important to wash your hands regularly, especially after holding a pet and before eating. Bathing and brushing your teeth are examples of two healthy habits for your personal hygiene routine.

Use Healthy and Eco-Conscious Cleaning Products – Many of the household products on the market can be harmful not only to the environment, but sometimes to our health. By switching out more toxic ingredients for less toxic ones is a healthy habit that can not only help your body, but also the earth too! (See the Supplemental Materials section on pages 29 and 30 for some great eco-conscious cleaning recipes!)

Drink Water – Water is crucial to our survival and comprises many things, including our own body! The recommended daily amount of water a person should drink is about six to eight glasses (eight ounces in each glass). Other drinks often have added sugar, caffeine, and even preservatives. Oftentimes when our body signals extreme thirst, our bodies are already dehydrated, and we need to make sure to drink enough water before we become so dehydrated.

Water Drinking Activity

(This activity fulfills requirement #1 of the Made of Water Brownie Try-It.)

(This activity fulfills requirement #7 of the Field Sports badge for Junior Girl Scouts.)

(This activity fulfills requirement #2 of The Food Connection Interest Project for Teen Girl Scouts.)

Materials: Pen or pencil, paper, and of course, water!

Step 1: Try to drink at least six to eight cups of water a day, every day, for three days.

Step 2: Record any changes or observations. Were you able to accomplish your goal? What helped or got in the way of you reaching your goal? Is there anything you can do to make sure you reach your goal?

Step 3: Now try to try to drink at least eight cups of water a day, every day for two weeks. Remember what you wrote down about what helped and what got in the way of reaching your first goal.

Step 4: Record anything you noticed. Were you able to accomplish this goal?

Step 5: Throughout your activity, notice how many food products have water. These products do not count towards your daily glasses of water a day because the goal is to make sure you *drink* at least the minimal amount for water by itself. Make a list of products that have water as an ingredient. Discuss your findings with some friends or Girl Scout troop members.

Saying “No” to Drugs and Alcohol – Alcohol and drugs can be very harmful to your body. By staying away from these substances, you are more apt to accomplish anything you want. To keep up this healthy habit, it helps to have an “anti-drug,” something that will help keep you away from drugs and alcohol. An example of an anti-drug is family. Another one is having a cool hobby. (Learning about new things and exploring are great healthy habits too!)

Anti-Drug Activity

(This activity fulfills requirement #1 of the Hobbies Brownie Try-It.)

(This activity fulfills requirement #1 of the High on Life badge for Junior Girl Scouts.)

(This activity fulfills requirement #1 of the All About Birds Interest Patch for Teen Girl Scouts.)

People, places, and things can be an anti-drug. It is up to each person to determine their own anti-drug. This activity will help the girls learn how to find a hobby and to explore new things in the world.

Materials: Pen or pencil, paper, your imagination!

Step 1: With a group of friends, brainstorm a list of at least ten things in your life that give you a “natural high.” Maybe you feel great talking to a friend or riding your bike. Pick your favorite activity out of the list and spend time experiencing it with your friends.

Step 2: Your list might include learning something new. If not, here is one to try: learn about how things fly. What are the mechanics of flight? Compare the structure of a bird to the design and construction of an airplane. What the similarities? What are the differences? Make a list of your findings.

Step 3: Make a list of some hobbies that you would like to try. What makes a good hobby? Each time you think of a hobby you would like to learn, ask yourself these questions:

- Do I think this hobby will be fun?
- Can I afford this hobby?
- Will I have space to do this hobby?
- Will this hobby hurt the environment?
- Is this hobby safe?
- Do I have enough time for this hobby?

Discuss your idea of a hobby with a parent or guardian.

Drugs and alcohol harm our bodies and can even cause death. Below are some common drugs and quick facts about them:

(To test your knowledge, consult page 31 and 32 of the *Supplemental Materials* section for a quiz.)

Marijuana:

- Marijuana smoke contains some of the same chemicals as tobacco smoke that cause cancer, sometimes in larger amounts.
- Marijuana is an illegal drug.
- Most kids do not use marijuana. Four out of every five eighth graders do not use it!

Tobacco:

- Tobacco in cigarettes can cause wrinkles and yellow teeth.
- Tobacco can be smoked, sniffed, or chewed.
- Smoking gives you bad breath and makes your hair and clothes stink.
- Tobacco is the main ingredient in cigarettes and over time tobacco use can cause diseases, such as lung cancer and mouth cancer.
- Cigarette smoking can damage your heart, lungs, liver, skin, and teeth.

Alcohol:

- Alcohol makes your brain and reflexes slow down and can make you do and say things you normally would not say or do.
- Using alcohol can make you depressed.
- Over time, alcohol use can damage organs such as the liver and brain; comas can occur.
- Alcohol usage is illegal for anyone under the age of 21.

Inhalants:

- Inhaling, breathing, or “huffing” fumes from many products can harm your body in multiple ways and make you very sick.
- Sniffing inhalants can cause an irregular heartbeat and irregular breathing rates because your body is being starved of oxygen.
- Inhalants can cause brain damage and even death because they contain extremely dangerous chemicals.

Hallucinogens:

- Hallucinogens are drugs that cause people to hear, see, and smell things that are not there; and they can affect how you move and react to situations.
- Hallucinogens can make you feel very scared and confused because they mix brain messages.
- Hallucinogens alter the way you think. Hallucinogens can make you think you can do things that are very dangerous and even impossible, like flying on your own.

Source: In the Zone Living Drug Free. Girl Scouts of the USA. Created by the Academy for Educational Development under contract to Fleishman-Hillard, Inc. as part of the White House Office of National Drug Control Policy's National Youth Anti-Drug Media Campaign, 2002.

Saying No to Drugs and Alcohol Activity

(This activity fulfills requirement #8 of the High on Life badge for Junior Girl Scouts.)

(This activity fulfills requirement #2 of the Women's Health Interest Project for Teen Girl Scouts.)

Materials: Pen or pencil, paper, access to research materials on drugs and drug abuse

Step 1: Research and learn about the harmful effects of drugs on the body, such as alcohol, caffeine, tobacco, amphetamines, marijuana, cocaine/crack, or steroids on the body.

Step 2: Pick one substance to focus on and become an expert on it.

Step 3: Give a speech to younger children on drug abuse prevention and include information on the drug you researched. Your presentation could include a skit, a puppet show, or even an audiovisual production. Be creative!

Just for fun, discuss what you learned with a friend or group member. Did they do the activity and learn anything that they can share with you?

Soul Health

Merriam-Webster Dictionary defines “soul” in various ways, “the moral and emotional nature of human beings,” as well as “a person's total self.” Think of your soul as the part of you that makes you who you are. It is often defined as the intangible part of you that is hard to put into words and can be considered the level on which your intuition and “gut” feelings operate. You might be in a situation in which you feel like something is not right, but you cannot put your finger on it and explain why. Many people describe this as their “gut just told them something was wrong.” You may have also heard of the phrase, “soul-feeding” or “to feed your soul.” These phrases represent taking care of and supporting your inner self, the part of you that makes up your thoughts and feelings and makes you unique.

Source: Merriam-Webster Dictionary Online. <http://www.m-w.com/>

Communication – It is important to say what you mean and be honest in your communication with others. Communication is the key to letting people know how we feel, our thoughts, wants, and needs. By letting others know how we feel, we can have healthy relationships, increase our self confidence, and achieve our goals. Sometimes it is hard to be direct and ask for something that we need or want, but without saying it out loud, that person may never know. It can be scary to say what we feel and then be vulnerable to others; just remember that everyone has their own feelings.

There are certain ways to say something. Pretend you are in a situation with some friends and they want to go to a certain restaurant that you really do not like. You can respond aggressively by shouting and being very demanding that they not go. This type of response is called an aggressive response. On the contrary, not saying anything and going along with your friends to the restaurant without sharing your opinion is called a passive response. A healthy communication habit to have is to respond assertively. When you respond assertively, you let your friends know how you feel about the restaurant and then suggest a few other options that may have similar food choices. By replying in this way, you honestly express your thoughts and feelings and stand up for yourself, yet you also show respect for the rights and feelings of the others in the group without anger and hostility.

You have a lot to gain by speaking up and saying what you feel. Speaking up increases your self-esteem and gives you a voice in a group. Remember, it may be hard to do at first, but with practice it will become easier to speak up for what you believe.

Source: Junior Girl Scout Handbook, pages 63-64
Source: Cadette Girl Scout Handbook, page 91

Set Goals – Setting goals helps us to achieve our dreams. You may have heard you can be anything you want to be, and that is true. The world is open to many possibilities and by writing goals down on paper you can see them, accomplish them, and reach your greatest dreams!

"The future belongs to those who believe in the beauty of their dreams."

- Eleanor Roosevelt, 1884 - 1962 United Nations diplomat, humanitarian, and Former First Lady of United States

Goal-Setting Activity

(This activity fulfills requirement #6 of the Her Story Brownie Try-It.)

(This activity fulfills requirement #1 of the Being My Best badge for Junior Girl Scouts.)

(This activity fulfills requirement #2 of Understanding Yourself and Others Interest Project for Teen Girl Scouts.)

(This activity fulfills requirement #5 of It's About Time and Interest Project for Teen Girl Scouts.)

Materials: Pencils or pens, paper

Step 1: Making plans is very important to reaching a goal. Reaching a goal also helps build self-confidence. Write down and set a long-term goal you would like to achieve and that you can reasonably accomplish in one month.

Step 2: Identify some short-term goals that can help you reach the long-term goal. (For example, if you would like to be able to run a mile without stopping in one month as your long-term goal, a short-term goal would be to run two minutes without stopping in one week.)

Step 3: Identify any factors that may help reach your goal, such as managing money or managing your time.

Step 4: Think about where you will be when you grow older. Create a timeline for yourself. Write in your timeline what you would like to do or to have happen in the future. Where do you see yourself in one year? How about in five years? What goals would you like to achieve? You can use photos to help illustrate. Share your timeline with your Girl Scout troop members.

Writing goals down will help to accomplish them; you have made a conscious thought as to what you would like to achieve.

Listening to Your Body's Messages – You can pay attention to the sensations in your body, what hurts and what feels good, to help you stay connected with healthy habits and stay away from unhealthy ones. Listen to your body - your body talks to you all of the time. Remember the last time your stomach hurt? Whether it was from something you ate or just having an argument with your friend, your stomachache was your body's way of telling you something was not right. If you had eaten a really big meal of different foods that you have never eaten before and hadn't had any upsetting situations, you might be able to conclude that the stomachache was from the meal. However, if you did not eat anything unusual, but you just had a huge fight with your best friend, it is very likely your stomach was feeling the upset feelings from the recent fight.

"Listen carefully to your inner guidance."

- Dr. Christiane Northrup, Doctor, Author and Advocate for Women's Health

Find Good Friends - Friends are what make the world so special. They are who you can have fun with; friends help you learn about yourself and healthy relationships. Stay away from people and activities that make you feel bad about yourself and that create unhealthy relationships. Negative actions and feelings can be contagious, so it is important to be around people that help support your health and well-being.

It is important to surround yourself with people who make you feel good about yourself and help you to make healthy and positive decisions. In the *Junior Girl Scout Handbook*, there are some questions you can ask yourself to see if you are hanging out with the right crowd.

- Do I feel comfortable with them?
- Do they accept me for who I am?
- Are their values the same as mine?
- Do they make me happy most of the time?
- Do they make me feel good about myself?
- Do I want others, including my family, to know I'm part of this group?

Answering "yes" to most of these questions indicates this group is most likely a positive group for you.

Source: Junior Girl Scout Handbook, page 70

Love and Be Kind Yourself – It is so important to let ourselves know how important we are and that we are special. When we love ourselves, our soul truly feels that love and we build our self-esteem and have greater confidence in ourselves. We create more positive feelings and thoughts and have less room for the negative ones.

Some words on loving yourself from author, counselor, and teacher Louise Hay:

*“So how do you love yourself? First of all and most importantly: Cease all criticism of yourself and others. Accept yourself as you are. Praise yourself as much as you can. Criticism breaks down the inner spirit, praise builds it up. Look into a mirror often and simply say: I LOVE YOU, I REALLY LOVE YOU. It may be difficult at first, but keep practicing and soon you will mean and feel what you say. Love yourself as much as you can and all of life will mirror this love back to you.” **

* Source: Louise Hay. <http://www.louisehay.com/faq.html>

Laugh More Often – Laughter is very important to your overall health. There are studies demonstrating the benefits of laughter.

- Increased immune system benefits
- Decreased levels of “stress” hormones
- Increased brain activity
- Enhanced social benefits through connection with others
- Increased health benefits similar to physical exercise, termed “inner jogging”

“Laughter is the best medicine”

- Common saying

Source: Department of Energy AdvanceMed of Hanford, Occupational Health Services. “Health Benefits of Laughter.” <http://www.hanford.gov/amh/?page=228&parent=173>

Deep Breathing – Focusing on deep breathing is helpful for stress reduction and can be very “soul-feeding.”

As mentioned above, many of these habits overlap because the mind, body, and soul are interconnected. Deep breathing is a healthy habit because it is a form of relaxation that greatly affects the mind, body, and soul together. It is something you can do wherever you are, whenever you feel stressed. Below is a breathing activity that can quiet the mind.

1. Sit or lay in a comfortable position with your feet on the floor and your hands in your lap. Close your eyes.
2. Picture yourself in a peaceful place. Perhaps you are lying on the beach, walking in the mountains, or floating in the clouds. Hold this scene in your mind.
3. Inhale and exhale. Focus on breathing slowly and deeply.
4. Continue to breathe slowly for 10 minutes or more.
5. Try to take at least five to 10 minutes every day for deep breathing or another form of relaxation.

Source: American Heart Association <http://www.americanheart.org/presenter.jhtml?identifier=3047937>

Girl Scout Law

I will do my best to be
honest and fair,
friendly and helpful,
considerate and caring,
courageous and strong, and
responsible for what I say and do,
and to
respect myself and others,
respect authority,
use resources wisely,
make the world a better place, and
be a sister to every Girl Scout.

The Girl Scout Law is an excellent guide by which to live, and helps keep your soul in good health. It encompasses qualities that ensure your mind, body, and soul stays healthy. Try to incorporate the Girl Scout Law into your daily life as much as you can, and pretty soon it will become a habit!

Unhealthy Habits

Identifying healthy habits is important. There is a big difference between being knowledgeable of healthy habits and actually incorporating them into your life. Unhealthy habits can have different levels. Some habits are immediately very harmful, such as using drugs or alcohol. Other habits have more long-term unhealthy effects, such as eating cookies every morning for breakfast.

Examining the unhealthy habits that already are a part of your daily life may help to replace them with healthier ones. Below you will find some unhealthy habits that can eat away at the wellbeing of your mind, body, and soul.

Bullying

Picking on others just spreads anger and negativity. We do not like to feel bad about ourselves and it does not make a situation better to spread negative feelings and make others feel bad about themselves.

Poor Food Choice

“You are what you eat” is a common phrase. What we put in our bodies directly affects how it functions, and therefore, it is important to fill it with nutrient-dense, high-quality food.

Lack of Exercise

Exercise provides numerous benefits and without exercise our bodies may be at risk for many diseases, including cardiovascular disease, obesity, and stress-related illnesses.

Inadequate Water Intake

Our body is comprised of approximately 70 percent water. To keep all systems functioning correctly, we need at least 8 cups of water a day.

Not Telling the Truth

Words are the way in which we express ourselves. To not tell the truth is an abuse of the right of communication. It is important to express yourself honestly and with respect and regard for others. It is easy to get caught up in a lie: then it just becomes harder to see the truth.

Gossiping

We have learned the importance of communication because it is how we express our thoughts, feelings and ideas. However, your words can also be used to say mean or untrue statements. Spreading gossip or rumors that you hear about someone else, ends up hurting everyone involved. It is important to be able to say what you think and feel, however it is equally important to think about what you are saying and why you are saying it. Gossip causes hurt feelings and sometimes tears and anger. It does not end with anything positive and creates unhealthy feelings and actions as a result. Just remember, "if someone gossips *with* you, he or she also might gossip *about* you."

Source: KidsHealth <http://kidshealth.org/kid/feeling/friend/gossip.html>

*"Great minds discuss ideas. Average minds discuss events. Small minds discuss people." **
- Eleanor Roosevelt, 1884 - 1962 United Nations diplomat, humanitarian and Former First Lady of United States

* Source: QuoteDB <http://www.quotedb.com/quotes/146>

Too Much Screen Time (TV and computer) – Studies are showing that watching too much TV can lead to obesity and other health risks such as diabetes. Plus, obesity and inactivity can lead to lower self-esteem. Watching TV and playing on the computer can be fun and sometimes educational; however, neither activity requires much movement or interaction with others, which are both very important to our health! Physical activity is a very important healthy habit, as well as spending time with friends and family.

Source: Medline Plus. "Junk Food, TV Driving Kids to Obesity." http://www.nlm.nih.gov/medlineplus/news/fullstory_55300.html

Skipping Breakfast

Many years of breakfast-related studies illustrate that breakfast is important for all ages. "Eating breakfast is very important for the brain and the body first thing in the morning," stated registered dietitian Gail Frank, spokesperson for the American Dietetic Association. "Breakfast skippers often feel tired, restless, or irritable in the morning."

Breakfast is the first time since the last meal or snack from the previous evening, usually about eight to twelve hours that the body has to refuel. You need food to fuel muscles of the body which are needed for any physical activity throughout the day. Think of a car and if the car does not have enough gasoline, or fuel, it cannot function properly – it cannot even move!

"Breakfast is also very important for weight loss and weight management," Frank said. "You 'break the fast' of not eating for the past eight to 12 hours. It helps curb your hunger and prevent binge eating later in the day. Breakfast is important to manage your weight and potentially lose weight by eating fewer calories throughout the day."

Source: American Dietetic Association. http://eatright.org/cps/rde/xchg/ada/hs.xsl/media_3857_ENU_HTML.htm

Too Much Sugar and Caffeine

Sugar and caffeine are “anti-nutrients,” meaning they take more nutrients from your body than they give to it, so it is helpful to limit your intake.

Inadequate Sleep

Sleep is imperative to good health as it is the time for our body to regenerate. Lack of sleep can cause irritability, poor focus and concentration, and can even contribute to skin and acne problems.

Negative Self-Talk

Words are very powerful, and whether you think them in your head or say them out loud, they can have a huge impact on how you feel. This is great news if they are positive; however if they are negative, it can make you feel very bad about yourself and lower self-esteem.

“If you think you can do a thing or think you can't do a thing, you're right.”

- Henry Ford, 1863-1947, American Founder of the Ford Company and Inventor

Source: Quotations Page. http://www.quotationspage.com/quotes/Henry_Ford

How do you change a habit?

You have now learned about healthy habits as well as unhealthy habits. Below you will find basic steps to change a habit.

Four Steps to Change a Habit

1. In this stage, you do not even recognize the action as a habit, or you may see it as such, but have tried and not been able to change the habit. At this point, it may be helpful to write out the benefits of changing the habit and some of the obstacles in your way.
2. Now you are ready to make a plan to change, including a start date. This is the time to set a goal!
3. This is the primary action stage where you are able to change the habit. It is important to stay away from things that might tempt you to go back to your unhealthy habit. Rewards for your small successes can be important through this stage as well.
4. “Staying Healthy” is the title for this last stage. This is the point at which you feel this new healthy habit is a part of you. Remember, it still may take some work to keep up the healthy habit. It helps to spend time with supportive friends and family.

Source: Center for Disease Control http://www.cdc.gov/pcd/issues/2006/jul/pdf/05_0218_01.pdf

Extra tips:

- Get a buddy
- Ask for help
- Make small changes over time
- Keep a journal
- Set a goal
- Talk to a trusted friend or adult
- Understand why the habit is unhealthy
- Celebrate small successes
- Take one day at a time
- Do not give up
- Believe in yourself

Top Twelve Healthy Habits

1. Eat meals balanced in healthy sources of carbohydrates, fats, and protein.
2. Drink at least eight (eight-ounce) glasses of water daily; drink more if you are very active.
3. Get at least eight hours of sleep every night, and try to be asleep before 10:00 pm.
4. Talk about your feelings and thoughts with someone you trust.
5. Stay away from drugs and alcohol.
6. Practice deep breathing exercises and relaxation exercises, such as yoga and meditation.
7. Surround yourself with good friends who accept you and have similar values.
8. Get at least 20 minutes of aerobic activity a day, such as walking, jogging, and playing basketball.
9. Set goals, believe in yourself, and go after your dreams!
10. Keep a journal of your thoughts and feelings and try to write in it often.
11. Listen to your body's messages and be in tune to when something may not be right for you.
12. Laugh, have fun, and enjoy life!

Healthy Habits Activity

(This activity fulfills requirement #2 of the Highway to Health badge for Junior Girl Scouts.)

Materials: Pencils or pens, paper, bag, rope or tape to mark space on floor

Step 1: Write a list of ten healthy habits and then make a list of ten unhealthy habits. At this time, mark a starting point or line with a rope or a piece of tape.

Step 2: Write each habit on a piece of paper and place it in a bag.

Step 3: Choose a habit from the bag and read it aloud. If it is something positive and you do it, take a step forward from the starting point. If you do not do it, take a step backward. Now if the paper reads an unhealthy habit and you do it, take a step backward from the line. If you do not do it, take a step forward. This completes your turn.

Step 4: After all of the pieces of paper have been drawn, take a look around. Where are you in relation to the starting point? What does this tell you about the habits that you have? What are some steps you can take to increase the healthy habits in your life to get further ahead? Share and discuss with your Girl Scout troop members.



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Fit To Be ME!

Module 4

Healthy Habits

Supplemental Materials





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Sleep IQ Quiz

1. How many hours of sleep are recommended for teens?
 - a. 9 ¼ hours
 - b. 8
 - c. 12

2. One good night's sleep will make up for missing sleep for several days.
 - a. True
 - b. False

3. The average teen falls asleep naturally around:
 - a. Midnight
 - b. 11:00 p.m.
 - c. 9:00 p.m.

4. Lack of sleep can contribute to acne and other skin problems.
 - a. True
 - b. False

5. In order to sleep better, you should:
 - a. Work out or exercise before bed.
 - b. Do something relaxing close to bedtime.
 - c. Have something to eat or drink.

6. What percentage of teens actually gets enough sleep?
 - a. 50%
 - b. 30%
 - c. 15%

7. How important is sleep to your overall well-being compared to food and water?
 - a. More important
 - b. Equally important
 - c. Less important

Source: Studio2B Pulse. Sleep IQ Quiz. http://www.studio2b.org/pulse/quizzes/quiz_sleep_iq.asp



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Sleep IQ Quiz Answers

1. **ANSWER: A.** Teens are recommended to get 9 ¼ hours of sleep per night.
2. **ANSWER: B.** False. One good night's sleep does not make up for missing several days of sleep. It is important to get a good night's sleep every night.
3. **ANSWER: B.** 11:00 p.m. is the time the average teen naturally falls asleep.
4. **ANSWER: A.** True. A lack of sleep can contribute to acne and other skin problems.
5. **ANSWER: B.** To ensure a better sleep, it can be helpful to do something relaxing close to bedtime.
6. **ANSWER: C.** Only 15% of teens actually gets enough sleep every night.
7. **ANSWER: B.** Getting the right amount of sleep is equally important to your overall health as food and water.

Source: Studio2B Pulse. Sleep IQ Quiz. http://www.studio2b.org/pulse/quizzes/quiz_sleep_iq.asp



What's Your Destress Style? Quiz

What's *your* destress style? Are you the person who keeps her head when others are busy losing theirs? Or, do you “fan the fire” when the stress flames rise? Take this quiz and discover your style for destressing when life gets tough and, while you are at it, pick up a few pointers about new ways you can get a grip on the stress in your life.

1. It's the week before winter break, and you are juggling three finals, basketball practice, and rehearsals for the big holiday concert. You are more likely to manage your stress by:
 - a. Avoiding caffeine and sugar binges
 - b. Meditating for five minutes each morning
 - c. Creating a detailed plan for getting everything done
 - d. Asking your parents/guardians to help you prioritize

2. You are psyched when your close friend from camp transfers to your school, but bummed when your BFFs give her the cold shoulder. You are most likely to handle it by:
 - a. Taking long walks by yourself
 - b. Writing in your journal
 - c. Speaking to your friends about their behavior
 - d. Asking your sis or mom what she'd do in your shoes

3. Lately you have been questioning what you are all about. It is clear...you are having your first identity crisis. You are more likely to:
 - a. Join a sports team...you always feel better when you are active
 - b. Explore a new interest in music or art
 - c. Re-decorate your room
 - d. Do volunteer work

4. You caught a story on the news about a recent increase in crime in your community. Now you are losing sleep over fears of random violence. You are more likely to handle your stress by:
 - a. Committing to a regular fitness routine
 - b. Practicing yoga to find serenity
 - c. Joining an afterschool club for students against violence
 - d. Asking your mentor for comfort and guidance

5. Your grandparents are moving to another part of the country. Planning a cross-country visit can be incredibly stressful. You are more likely to:
 - a. Relieve your stress in the gym
 - b. Retreat to your room and zone out with your iPod®
 - c. Update your calendar and create a new plan for the summer
 - d. Turn to your friends for support



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What's Your Destress Style? Quiz Continued

6. Your parents are becoming more interested in monitoring your grades, your extracurricular activities, and your social life. You know they're just looking out for you, but the pressure is taking its toll. You are more likely to reduce your stress by:
- Working out four days instead of three
 - Focusing on yourself, since you cannot control how your parents/guardians feel
 - Cutting back on your extracurricular activities
 - Telling your parents how you feel and asking them to back off
7. Your recent growth spurt has left you stressed about your new fuller figure, especially because you do not feel confident in your "skinny jeans" anymore. You are more likely to:
- Commit to eating small, balanced meals
 - Remind yourself that you are perfect just the way you are
 - Clean out your closet to get rid of clothes that make you feel bad
 - Remember there are much bigger world concerns than what size jeans you wear

WHAT IS YOUR DESTRESS STYLE?

Mostly As - Exercise Goddess:

You know taking care of your physical health through regular exercise and good nutrition is one of the best ways to find serenity no matter what's happening in your life.

Mostly Bs – Balanced Guru:

Sometimes reconnecting with your mind and soul is the best defense against stress. You get a handle on your emotions through creative outlets like journaling, yoga, and meditation, as well as rational thinking, to regain balance in your life.

Mostly Cs - Go-To-It Girl:

When the stress hits the fan, you tackle it head on with tangible techniques like organizing your life, creating realistic schedules, and speaking up when things are not working. Or you just take time to simplify.

Mostly Ds – Big Picture Thinker:

You know the answers to many of life's stresses are right in front of you. By relying on your support system of friends, family, and mentors as well as putting your stress into perspective, you take advantage of the many resources at your disposal.

Source: Studio2B Life – Uniquely ME! De-stress Style Quiz. <http://www.studio2b.org/life/uniquelyme/>



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Using Healthy Cleaners is a Healthy Habit!

With an adult, try using some of these healthy cleaning recipes in your home!

- 1.) Glass Cleaner**
½ cup of white vinegar
1 quart (4 cups) of water
A spray bottle

Mix the vinegar and the water in the spray bottle. Spray the glass with the mixture. Wipe off the dirt with a rag or newspaper.

- 2.) Bathroom Cleaner**
Baking soda
Water

Sprinkle baking soda on the sink, bathtub, or in the toilet bowl. After putting on some gloves, use a wet rag or toilet bowl brush to scour away dirty stains. **Warning:** Do not use this cleaner on things that scratch easily.

- 3.) Furniture Polish**
1 ounce of lemon juice
2 ounces of olive oil
A plastic bottle

Mix the lemon juice and the olive oil in a plastic bottle. Pour a little bit on the furniture and polish with a clean, soft cloth.

*Antibacterial properties of essential oils:
A few drops of tea tree essential oil is an excellent addition to a homemade all-purpose cleaner.*

***Did you know that many essential oils have antibacterial properties? Some studies have shown that many essential oils have calming or energizing affects. You can make cleaning a healthy habit and be energized by using some essential oils!*

Source: Brownie Try-Its Book. Available from Girl Scouts of the United States of America
Source: National Cancer Institute. <http://www.cancer.gov/cancertopics/pdq/cam/aromatherapy/patient/allpages/print>



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Using Healthy Cleaners is a Healthy Habit! Continued

Alternatives and Safer Solutions

<u>For This:</u>	<u>Try This:</u>
Ants	Red chili powder at their entrance point
Chrome polish	Apple cider vinegar
Dish Detergent	1/2 cup baking soda + liquid soap
Flies	Well-watered bowl of basil
Fleas	Gradually add brewer's yeast to pet's diet (consult your veterinarian first)
Ink Spot Remover	Cold water + 1 tablespoon cream of tartar + 1 tablespoon lemon juice
Moth Repellent	Cedar chips enclosed in cotton sachets
Pet odor removal	Cedar vinegar
Roach repellent	Chopped bay leaves and cucumber skins
Rug/Carpet Cleaner	Baking soda
Window Cleaner	2 tablespoons vinegar in 1 quart warm water
Air Freshener	Use herbal bouquets, pure vanilla on a cotton ball, or simmer cinnamon and cloves
Mold and Mildew	Bleach
Drain Cleaner	1/2 cup baking soda + 1/2 cup vinegar, wait a few minutes, then 2 quarts boiling water, repeat process
Stain Remover	Club soda, lemon juice, or salt
Rusty Bolt/Nut Removal	Carbonated beverage

Source: Environmental Health Center. Making Your Home Environment More Healthy! <http://www.nsc.org/ehc/indoor/home.htm>



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Healthy Recipe Substitutions

Nature has provided us with a plentitude of ingredients for cooking that go beyond granulated sugar, vegetable oil, and refined white flour. Below are only a few suggestions for healthier substitutes to standard cooking and baking ingredients. The quality of the ingredients you choose also is a factor in the nutrition of the product. Remember, nature-made products come filled with vitamins, minerals, and other nutrients such as protein and fiber that do not need to be fortified (nutrients added back to the product in processing) because they were never removed. Please note that measurements will be altered due to the original ingredient's mass and density in comparison to the new one. For example, maple syrup is a liquid form of sugar, so a bit more of the flour or binder may be necessary to compensate.

Instead of *sugar*, try:

Pure maple syrup – Maple syrup is still sugar and therefore high in calories, however it is not as refined as granulated sugar and contains beneficial minerals such as zinc and manganese.

Unsweetened plain applesauce – Unsweetened applesauce is naturally sweet and contains fiber and vitamin C.

Brown rice syrup – Brown rice syrup is still a form of sugar, yet it does have some minerals and does not raise glucose levels as quickly and as sharply as plain sugar cane.

Instead of *white flour*, try:

Whole wheat flour – Whole wheat flour is not refined like white flour so it contains many more nutrients like fiber, manganese, and selenium.

Oat flour – As a whole grain flour, oat flour offers fiber, vitamin B1 (thiamin), and minerals such as phosphorus, selenium, and manganese.

Quinoa flakes – As the only grain that is a complete protein by itself, quinoa is a good source of fiber, protein, folate (also known as folic acid), and the minerals, manganese, magnesium and phosphorus.

Instead of *oil or vegetable shortening*, try:

Unsweetened plain applesauce – Unsweetened applesauce is naturally sweet and contains fiber and vitamin C.

Banana – A banana can serve as a sweetener and thickener if you do not mind the banana flavor. Bananas are an excellent substitute because not only are they low in fat, they have other nutritional benefits such as fiber, vitamin B6, vitamin C, potassium, and manganese.

Instead of *breadcrumbs*, try:

Ground walnuts (or other finely ground nuts) – Raw walnuts are an excellent source of good fats, also known as omega-3 and omega-6 fatty acids. They also are a good source of fiber and the minerals copper and manganese. Traditional store-bought breadcrumbs do not offer these good fats and the protein, as well as the minerals and fiber found in walnuts.

Source: *Nutrition Data, Facts and Analysis*. <http://www.nutritiondata.com>



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Alcohol IQ Quiz

1. Alcohol can cause death:
 - a. True
 - b. False

2. Drinking alcohol can do the following:
 - a. Greatly affect your mood and your ability to think straight.
 - b. Hurt your body by now and when you grow up.
 - c. Make you do or say things you normally would not do.
 - d. All of the above.

3. If a friend offers you a drink of alcohol, you should:
 - a. Just take a sip; you do not want to hurt their feelings.
 - b. Take the glass, but just do not take a drink. You still want to look cool.
 - c. Say no firmly and in a direct manner and then talk to a trusted adult.
 - d. Join the crowd; drinking this one time will not hurt anyone.

4. The age at which drinking alcohol is legal in the U.S. is:
 - a. 21
 - b. 18
 - c. 25
 - d. None of the above

5. The younger you start drinking, the greater your chances are to become addicted at some point in your life:
 - a. True
 - b. False

6. Drinking alcohol never hurts people over the legal drinking age:
 - a. True
 - b. False

7. Drinking under age can lead to legal consequences such as:
 - a. Not getting a driver's license on time
 - b. Loss of a scholarship
 - c. Arrest
 - d. All of the above

8. Alcohol is an addictive substance:
 - a. True
 - b. False

Source: *National Institute on Alcohol Abuse and Alcoholism*. http://www.thecoolspot.gov/too_much.asp



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Alcohol IQ Quiz Answers

1. **ANSWER: A** - True. Alcohol can cause death. In fact, alcohol is a factor in 4 out of 10 deaths (that's 40%!) from car crashes, drownings, burns, falls, and other unintentional injuries.
2. **ANSWER: D** - All of the above. Alcohol can cause great damage to your body now and when you grow up. It also can cause you to do and say things you normally would not and greatly impacts your ability to act and think straight.
3. **ANSWER: C** – Say no firmly and in a direct manner and then talk to a trusted adult. It is crucial to staying safe to say “no” to alcohol. It might be hard to be assertive, but it is an action that could save your life. Even if it is your first time or one time, all of the dangers of alcohol can happen, even death. If you hold the drink, you are more likely to actually drink it and you may send a message that you are okay with underage drinking. Make sure to talk to a trusted adult. You are not alone.
4. **ANSWER: A** – The legal drinking age for alcohol in the U.S. is 21 years of age.
5. **ANSWER: A** – True. The younger one is when she starts drinking, the more likely she will develop an addiction at some point in her life. In fact, 4 out of 10 people who begin drinking before the age of 15 eventually become alcoholic.
6. **ANSWER: B** – False. Drinking at any age can be dangerous, especially if one exceeds a safe amount for her body. Alcohol metabolizes, or breaks down, at different rates in different people. Even if someone is over 21 years of age, she can still harm her body or even someone else if she drinks too much and gets out of control. Alcohol is a substance that needs to be used responsibly.
7. **ANSWER: D** – All of the above. The dangers of drinking are not just limited to your body. If you are caught drinking alcohol and you are not 21, you can lose your driver's license or prolong the time to get it takes to get it. In addition, you can lose scholarships, get suspended from sports teams, and even be arrested. The law is very serious about underage drinking.
8. **ANSWER: B** - True. Alcohol is a very addictive substance, which means it is something that one can easily become dependent on if it is not used responsibly.

Source: National Institute on Alcohol Abuse and Alcoholism. http://www.thecoolspot.gov/too_much.asp



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Healthy Eating Habits Quiz

1. Whole-grain and high fiber foods are a better alternative to refined grain products.
 - a. True
 - b. False
2. When choosing meat, choose meat that:
 - a. Has the skin removed
 - b. Is a lean cut
 - c. Without added saturated fats or trans fats
 - d. All of the above
3. When eating, remember to:
 - a. Eat as fast as you can
 - b. Eat as much as you can before you are full
 - c. Eat slowly
 - d. Multitask and get multiple things done while eating
4. Hydrogenated vegetable oil is a trans fat:
 - a. True
 - b. False
5. When choosing a beverage, look for products with:
 - a. No added sugar
 - b. Caffeine
 - c. Extra preservatives
 - d. None of the above
6. Using a bowl or plate when eating instead of eating out of the serving container can help you keep track of portions:
 - a. True
 - b. False
7. The benefits of whole foods are:
 - a. They contain a variety of nutrients.
 - b. Your body can easily assimilate the nutrients.
 - c. They are minimally processed, if at all.
 - d. All of the above.
8. There are healthier ingredients you can substitute for less healthy ones when cooking:
 - a. True
 - b. False

Source: American Heart Association. "Following a Healthy Eating Plan."
<http://www.americanheart.org/presenter.jhtml?identifier=1088>



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Healthy Eating Habits Quiz Answers

1. **ANSWER: A – True.** Whole-grain and high fiber foods are a better alternative to refined grain products. Refined products lose a lot of their nutritional value in the refining products. In most cases, you can find a whole grain option to a refined product.
2. **ANSWER: D – All of the above.** When choosing meat, choose meat that has the skin removed, is a lean cut, and does not have any added saturated or trans fats.
3. **ANSWER: C – Eat slowly.** When eating, remember to eat slowly. This allows your body to focus on chewing, digesting, and absorbing the nutrients in the food you are eating. It also helps eliminate possible indigestion and upset stomach that can happen when you eat too fast.
4. **ANSWER: A – True.** Hydrogenated vegetable oil is a trans fat. Hydrogenation means adding hydrogen to the fat which makes it become more stable, which is why hydrogenated oils are often seen in pre-packaged food.
5. **ANSWER: A – No added sugar.** When choosing a beverage, look for products with no added sugar (like water!) Caffeine and extra preservatives are not a quality to look for when choosing something to drink.
6. **ANSWER: A – True.** Using a bowl or plate when eating instead of eating out of the serving container can help you keep track of portions. When eating out of the serving container, it is easy to keep digging in and not realize how much you are actually eating.
7. **ANSWER: D – All of the above.** The benefits of whole foods are that they contain a variety of nutrients, they are easier for your body to absorb to the nutrients, and usually they are minimally processed if they are processed at all.
8. **ANSWER: A – True.** There are healthier ingredients you can substitute for less healthy ones when cooking. Many products have similar properties for which they are used in cooking or baking. The key is to find the healthier ingredients with the similar properties (like a binder for bringing the ingredients together or fat for moisture) as the less healthy ones.

Source: American Heart Association. "Following a Healthy Eating Plan."
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Fit To Be ME!

Module 4

Healthy Habits

Additional Resources





Girl Scouts.

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Web Site Resources

Mind and Soul Health

- **How to Meditate**, <http://www.how-to-meditate.org/>
- **Yoga Journal**, <http://www.yogajournal.com/>
- **Spirituality and Health Magazine**, <http://www.spiritualityhealth.com>
- **National Center for Complementary and Alternative Medicine (NCCAM)**, <http://nccam.nih.gov/health/meditation/>
- **Mind/Body Wisdom**, <http://www.drnorthrup.com/index.php>
- **KidsHealth, Dealing with Feelings**, <http://www.kidshealth.org/kid/feeling/index.html>
- **Shaping America's Youth (SAY)**, www.shapingamericasyouth.org
- **PBS Kids, It's My Life - Emotions**, <http://pbskids.org/itsmylife/emotions/index.html>
- **Girl Zone**, <http://www.girlzone.com/>
- **Gurl**, <http://www.gurl.com/>

Drugs and Alcohol

- **National Institute on Alcohol Abuse and Alcoholism**, <http://www.niaaa.nih.gov/>
- **National Clearinghouse for Alcohol and Drug Information**, <http://ncadi.samhsa.gov>
- **The Cool Spot**, http://www.thecoolspot.gov/too_much.asp
- **Girls Scouts of the USA**, www.girlscouts.org
- **Partnership for a Drug-Free America**, www.drugfreeamerica.org
- **Students Against Destructive Decisions (SADD)**, www.saddonline.com
- **Campaign for Tobacco-Free Kids**, www.tobaccofreekids.org OR www.kickbuttsday.org
- **Girl Power!**, www.girlpower.gov
- **National Inhalant Prevention Coalition**, www.inhalants.org
- **National Youth Anti-Drug Media Campaign**, www.freevibe.com OR www.mediacampaign.org

Nutrition

- **Eating Well Magazine**, <http://www.eatingwell.com/>
- **Nutrition Facts and Data**, <http://www.nutritiondata.com>
- **United States Department of Agriculture's Food and Nutrition Service**, www.fns.usda.gov/fns

Natural Products: Health, Body and Environment

- **Whole Foods Market**, <http://www.wholefoodsmarket.com/wholebody/index.html>
- **American Lung Association, Household Products**, <http://www.lungusa.org/site/apps/s/content.asp?c=dvLUK9O0E&b=34706&ct=142852>
- **Environmental Health Center**, <http://www.nsc.org/ehc/indoor/home.htm>

*Please note that Web sites will occasionally change. Internet research can be done by using various search engines and typing in the topic of interest.



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Module 4 – Healthy Habits Post-Evaluation

- | | | |
|--|------|-------|
| 1. Did you learn what a habit is and how it is formed? | Yes | No |
| 2. Did you learn any new healthy habits? | Yes | No |
| 3. Did you learn something new? | Yes | No |
| 4. Habits can be changed. | True | False |
| 5. Do you think you have healthy habits? | Yes | No |
| 6. Do you think you can be healthier after completing this module? | Yes | No |
| 7. Did you learn how to avoid or change unhealthy habits? | Yes | No |
-

Today's date:
(mm/dd/yy)

Age:

Ethnic Background:

- African American
- Native American
- Asian/Pacific Islander
- Hispanic/Latino
- Caucasian (White)
- Other

Please complete and send this page with the Pre-Evaluation (page 5) and the Adult Evaluation (page 37) to Girl Scouts - Illinois Crossroads Council, c/o Membership/Program Group.

