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Allina Health 

Junior Simple Meals Badge Activity Plan 2

Purpose: When girls have earned this badge, they will know how to serve up a meal for family and friends.

Planning Guides Link: Healthy Living and Creativity

Fun Patch Link: Eating Smart or S0987 Healthy Food

Activity Plan Length: 1.5 hours

Involve Family and Friends: Participation from family and friends can enrich your troop's Girl Scout experience, both for the girls and for you. Use the suggestions below to make it easier for you to connect with additional support.

- Before the meeting:
 - Send a note to families to find those with interest in or expertise with the topic. Ask them to lead or support an activity or two, or even lead the whole meeting.
 - Offer this activity plan as a starting place and point out that they may choose alternative activities using the *Customize It!* section as a guide. For example: If an activity plan directs girls to sit outside and observe animal habitats, you may choose to go to the zoo and learn about animal habitats there instead.
- At home:
 - Encourage families to ask questions about their girls' badge activities. Some examples that work for any badge include: What did you learn? What surprised you? What does it make you think of trying next?
- Throughout the year:
 - Suggest to families ways that girls can share or display their Girl Scout accomplishments. Possibilities include a bulletin board, a scrapbook, a special memories box or family sharing time.

Girls Take the Lead: Include girl leadership through long-term planning, short-term meeting prep and specific activities at meetings.

- Long Term Planning
 - If you use "Plan Your Junior Year", share this with the girls at the start of the year. Have them ask friends and family to help out with specific meetings or activities. Let the girls brainstorm ways to make the plans their own, such as thinking of related field trip activities. If a girl has experience with a field trip, ask her to be assistant tour guide.
 - If you are adapting the "Plan Your Junior Year", get the girls' input on which badges to choose. Offer just a few choices in each category or timeframe to make decisions easier. Every girl should have at least one badge or journey she's excited about.
- Short Term Planning
 - Ask a family to help lead a badge. Make sure they have access to activity plans and any resources you might have. Keep additional requested materials to a minimum.
 - Choose two helpers to stay after a meeting for 15 minutes. Give them each an activity to introduce and either instruct or help guide at the next meeting.
 - Before a meeting, ask everyone to vote on some aspect of the activity: draw posters or perform skits, open with a song or game, etc.
 - Use a rotating list of helper tasks, called a 'kaper chart', to share responsibilities. Examples include acting as emcee of the meeting, leading an opening game, bringing a snack next meeting or taking attendance.

- At the Meeting
 - During the opening, have 1-2 girls share their answers to a get-to-know-you question.
 - Have girls fulfill their kaper chart responsibilities.
 - Try to find something in each activity that you can let girls decide or manage.

Customize It: If your group wants to expand work on this badge, or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the Junior *Girl's Guide to Girl Scouting*, completing two of these activity plans, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:

- They have learned to plan out meals like a chef
- They have made multiple meals or items
- They have shared what they've learned about healthy eating and planning with others

Tips and Tools

- Check out ways to stay safe using Safety-Wise at <http://gsrv.gs/safetywise>.
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made. If you have questions regarding specific adaptations, please contact River Valleys at 800-845-0787.

Resources

- Allina Health's Health Powered Kids program provides additional lesson plans that go along well with this badge, including "Create Your Own Healthful Snack", "Smart Snacking", "Healthy Heart", "Oversweetened: The Truth About Sugary Drinks", "Get the Facts: Know Your Food Label", "My Plate and Yours Too!", "Portion Distortion". "It's Mealtime! Relax and Enjoy" and "Vegetarian Basics".

To use these plans:

- Visit healthpoweredkids.org
- Log in using:
 - Username: gsrv
 - Password: allinahealth
- Find lessons for this badge on the Girl Scouts page.
- This lesson plan has been adapted from the *Junior Girls Guide to Girl Scouting* – Junior Simple Meals Badge, which can be used for additional information and activities.

Getting Started

Time Allotment: 10 minutes

Materials Needed:

- Optional: Girl Scout Promise and Law printed out on poster board

Steps:

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.

Girl Scout Promise	Girl Scout Law
<i>On my honor, I will try:</i> To serve God and my country, To help people at all times, And to live by the Girl Scout Law.	<i>I will do my best to be</i> honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, <i>and to</i> respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.

3. Play a game so girls get to know each other better. Use the example below, if needed.
 - Pile Up: Girls sit on chairs in a circle. Choose a leader who will have a list of “yes” or “no” questions, such as “Do you have on brown shoes?”, “Are you wearing a ring?”, “Is your favorite color purple?” As the questions are asked, those that can answer “yes” move one chair to the right. Those that answer “no” don’t move. Girls will end up “piled-up” on chairs.

Activity #1: A Week of Good Starts

Badge Connection: Step 2 - breakfast

Time Allotment: 15 minutes

Materials Needed:

- Recipe books or cards, magazine articles, or internet access
- Paper/pens

Steps:

1. Introduce the activity to the girls: “Breakfast is an important start to a productive day. It also happens at a time of day when we often are feeling rushed, so sometimes we don’t eat well first thing in the morning. If someone makes us breakfast, or we have something we can have ready in two minutes or less, then we are more likely to eat breakfast. With some planning and preparing at the beginning of the week, you can set up a week’s worth of sensible, grab-and-go foods.”
2. Give everyone a piece of paper and a writing utensil. Have them fold it in half, unfold, and label one side ‘menu’ and the other side ‘weekend prep’.
3. As a group, brainstorm ideas for breakfast that are already quick, either to make or eat (cereal requires no cooking but you generally sit down to eat, an egg and English muffin sandwich takes time to make but can be carried with you.)
4. Now have the girls think about what steps of some of their favorite items could be done in advance. Examples include washing and cutting fruit to add to yogurt, making your own granola bars, make mini ham and cheese egg bakes in a muffin tin, make extra pancakes on the weekend and freeze them (put in toaster and spread with peanut butter).
5. Have the girls choose enough items for their breakfast menu for a whole week. On the ‘weekend prep’ side, have them note what they would do in advance that will make it faster and easier to get their breakfast food together. Note that some things can be done well in advance – granola bars will keep all week – while some should happen sooner – fresh cut fruit should be eaten promptly.

Activity #2: The World is Flat at Lunchtime

Badge Connection: Step 3 – lunch or dinner

Time Allotment: 25 minutes

Prep Needed:

- Gather materials and supplies.
- Decide whether you will be providing actual food and how much, if everyone will bring a contribution from home, or if the girls are merely planning. Check on food allergies; if families are sending food to the meeting, inform everyone of what they can and cannot bring.
- Allow for time to set out food at your meeting place, or arrange for girls or family members to help before the meeting starts

Materials Needed:

- Books, articles, and recipes on breads around the world
- Napkins, utensils, plates
- Variety of flat breads – some familiar; when choosing something the girls might not know, offer just a small amount to try so you aren't left with too many leftovers
- Variety of toppings – can have at least some that match culturally with the breads; spreads will be popular, but cheese, veggies, and meats are good too

Steps:

1. Bread has been a staple of diets around the world, and many of the earliest varieties have been flat or nearly flat in shape. Have the girls brainstorm varieties they can think of, and prompt them for ones they may have missed. For types that might be less familiar, locate illustrations in books or on the internet to share. Point out some commonalities and differences:
 - Wheat is common and has spread around the world, but local varieties use local grains, including corn in the first tortillas (Mexico/Central America), teff and sorghum in injera (Ethiopia), and potatoes in lefse (Scandinavia).
 - Some breads are unleavened, like matzo (Israel) and chapatti (India), but even very flat breads like pita (Mediterranean) focaccia (Italy) and naan (central/south Asia) have some kind of rising agent. A few – like pancakes and crepes – can even include eggs.
 - Many can be used for wraps, but some are hard and crunchy, like crackers – lavash (Armenia), rye flatbrod (Scandinavia)
2. Optional: If girls have brought something from home, give them a chance to share what they brought, any information or history, and what they like about it.
3. Discuss the kinds of bread available and point out the foods that have traditionally been served with them. Encourage the girls to try at least a little of something new or less familiar. Versatile toppings and dips include cheese, hummus, peanut butter and jelly, butter or margarine, cinnamon sugar, cream cheese, salsa, pizza sauce, bean dip.
4. Have books and recipes available for girls to find other examples of flat breads. While eating, they can compare the types you brought with their favorites, discuss which ones they would like to try, and share what their families eat at home.

Activity #3: Deserving a Better Dessert

Badge Connection: Step 4 - dessert

Time Allotment: 20 minutes

Prep Needed:

- Gather materials and supplies. Do some research in advance to find books and resources on healthy recipe substitutions. The Mayo Clinic website has many resources, and healinggourmet.com has a list of egg and fat substitutes for baking.
- Make photocopies of common substitutions, or make a large poster or chart.
- If desired, have girls bring one or two recipes from home of favorite dessert dishes

Materials Needed:

- Paper/pens
- Gathered resource materials
- Dessert recipes – even if everyone brings one or two, not all recipes are easy to change. Have some others as back up

Steps:

1. Start by asking the girls to name some favorite dessert foods. Would you like to have these more often? *Should* we have them more often? *Why* not?
2. Even the less healthy items in a recipe are they for specific reasons, and not just because chocolate or whipped cream taste good. Baked goods, in particular, will have different textures based on their ingredients; flour, water, and a fat like oil or lard can make tortillas, but flour and water mostly makes glue, or bakes into bricks.
3. Have the girls look at their recipes, or choose a few from recipe cards or books. Check through the ingredients. Which ones are the ones we should limit how much we eat? Are there also some that are good for us, or at least good in small amounts?
4. Go over some of the ingredient substitutions. Some approaches:
 - Smaller amounts, if it doesn't affect texture, or leave off a topping or filling layer
 - Eggs: use egg whites instead of whole eggs(the fat is in the yolk), or applesauce in baking (replaces both eggs and fat)
 - Fat: use dairy products that are low or no fat, use evaporated milk instead of cream, use thick yogurt instead of sour cream, substitute milled flax seed in baked goods
 - Sweets: use fruit in natural form instead of with added sugar, use dark chocolate instead of milk, add spice or crunch instead of more sugar
 - Add small amounts of nuts (protein and minerals, though also adds fat) or dried fruit (fiber and vitamins, though also calories), switch part of white flour to whole wheat or other grains, add shredded carrot or zucchini, find ways to rely more on whole grains as well as fruits and vegetables and less on white flour, white sugar, and fat
5. Have each girl go through her ingredient list and look for ways to make their dessert healthier. Invite girls to share their ideas.

Wrapping Up

Time Allotment: 15 minutes

Materials Needed:

- Optional: Make New Friends printed on poster board

Steps:

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
2. Sing "Make New Friends."

Make New Friends		
Verse One	Verse Two	Verse Three
Make new friends, but keep the old. One is silver, the other is gold.	A circle is round, it has no end. That's how long, I will be your friend.	You have one hand, I have the other. Put them together, We have each other.

3. After the song, ask everyone to be quiet.
4. Assign one girl to start the friendship squeeze by gently squeezing her neighbor's hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it

travels around the circle. When the squeeze returns to the girl who started, she says “Goodbye Sister Girl Scouts” and the girls unwrap and face outward instead of inward.

5. Optional: Have girls make a wish after their hand has been squeezed and before they pass the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

More to Explore

- Field Trip Ideas:
 - Visit a restaurant specializing in international cuisine
 - Visit a place where you can see at least part of the process of your food being made
 - Go to a farm or orchard that lets you pick your own produce.
- Speaker Ideas:
 - Invite someone who regularly changes recipes and looks for substitutions for whatever dietary reason – allergies, gluten sensitivities or celiac, vegetarian, low sodium, low carb, low fat, or other. Or, find a nutrition or health professional who makes those plans for others.
 - Bring in someone to talk about topics such as formal dinner etiquette, place settings and table decorations, hosting a dinner party and creating hand-made invitations, creating theme meals, or other hosting and entertaining tips.

Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email troopsupport@girlscoutsrv.org.

Family Follow-Up Email

Use the email on the next page as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today learning about easy meals and desserts and have earned the Simple Meals Badge.

We had fun:

- Planning how to eat a healthy breakfast all week long
- Trying a variety of flat breads from around the world
- Learning how to improve the nutritional value of some favorite foods

Continue the fun at home:

- Try growing a small garden, or even just one or two herbs in a window flowerpot, and include the results in a future meal you make together.
- Experiment with new flavor combinations for sandwiches
- Cook something together that is part of your family’s cultural traditions.

Thank you for bringing your Junior to Girl Scouts!