



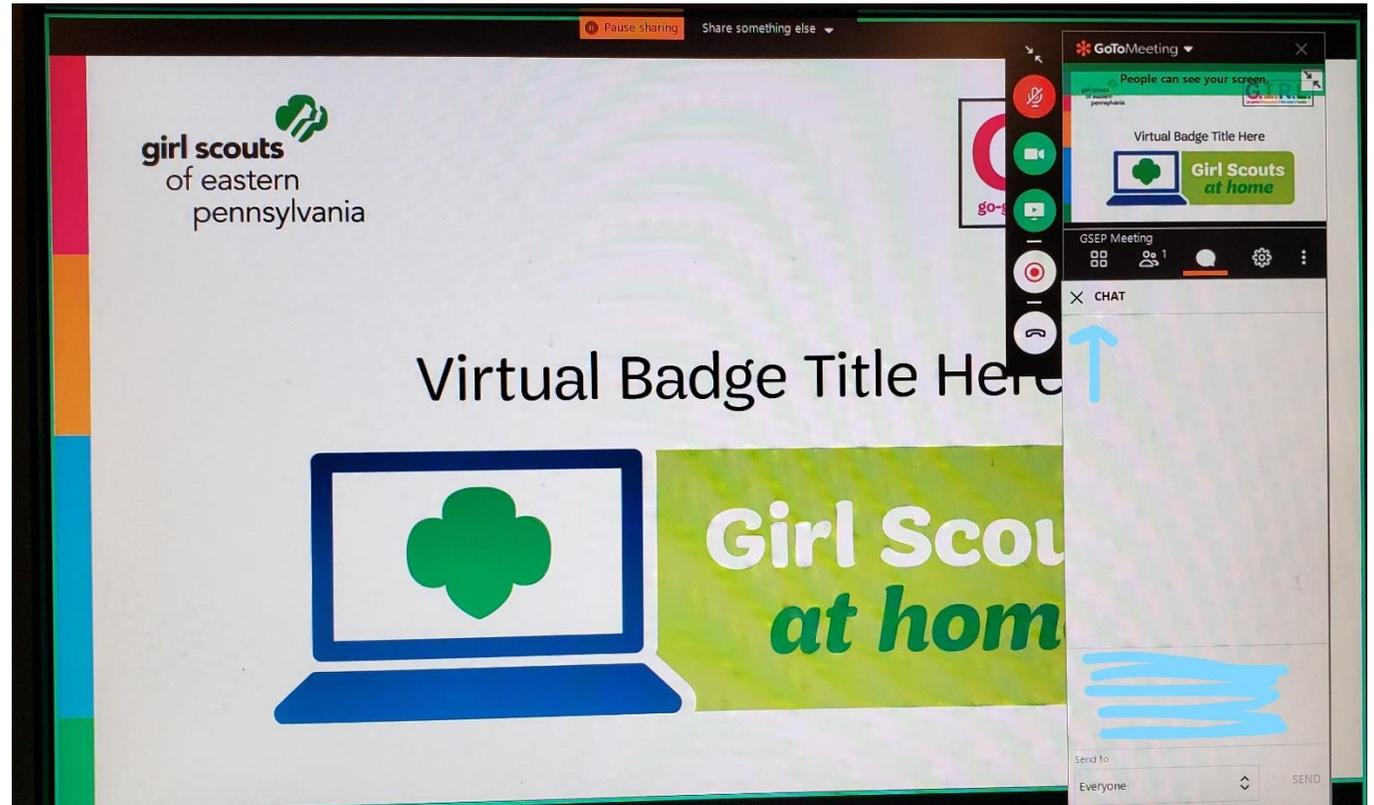
# Simple Meals



**Girl Scouts**  
*at home*

# How will this Virtual Troop Meeting Work?

- On the right side of your screen, there is a control panel. You should see a microphone, a video camera and a chat bubble.
- When we sing together, you will want to click on your microphone so it is green. Then everyone will be able to hear you.
- If you have a webcam, clicking on it will let everyone else in the meeting see you too.
- The Chat Log looks like a cartoon thought bubble...see it underlined in red? You can type questions or comments into the chat log and everyone will be able to see what you write!



# Promise and Law



## The Girl Scout **PROMISE**

On my honor, I will try,  
To serve God and my country,  
To help people at all times,  
And to live by the Girl Scout Law.



## The 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.

# Supplies List

- 2 Large index cards
- Piece of paper
- Pencil
- Markers or crayons

# What we are doing today?

- What is Healthy eating?
- When do we take snacks?
- What do healthy snacks look like?
- Creating our own snacks

# HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.



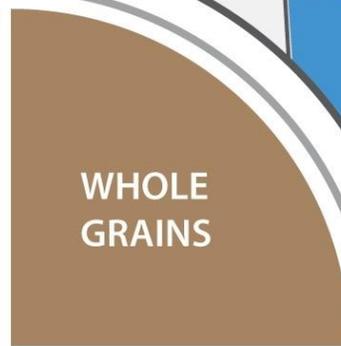
Eat plenty of fruits of all colors.



© Harvard University



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.



Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).



Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Harvard T.H. Chan School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)





8:00- Breakfast

10:00- snack

12:00- lunch

3:00- snack

6:30- Dinner

# snack combos

Pick one from each column



Wholegrain  
bread or  
toast



Wholegrain  
pitta



Wholegrain  
Crackers



Half a  
bagel



Dip /  
hummus



Cold meat



Cheese



Mashed  
Banana



Avocado



Scrambled Egg



Peanut Butter



Grapes



Sliced  
Apple



Veggie  
sticks



Berries



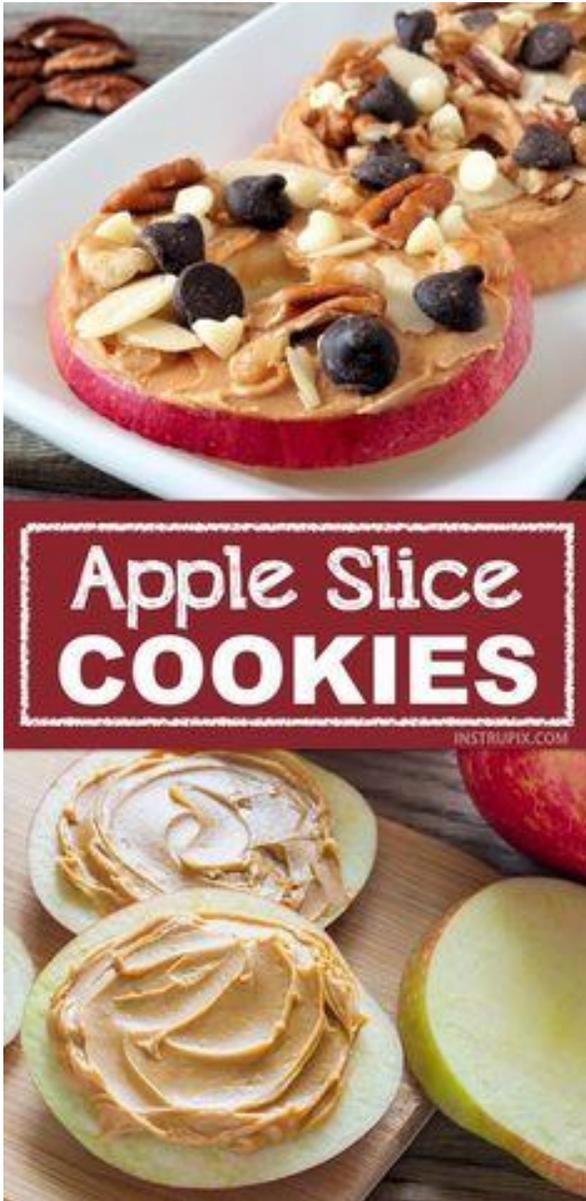
Cherry  
Tomatoes



# Apple Slice **COOKIES**

INSTRUPIX.COM





Food list:

Apples- Green or Red

Optional items-

Peanut butter

Caramel

Choc Chips

Raisins

Cranberries

Nuts

Sprinkles

Oats

Ect.

1. Cut apples as a circle shape
2. Coat the apple with Peanut butter or Caramel
3. Top the apple slice with any of small toppings
4. Enjoy!

## Food List:

Slice cheese

Slice meat

Grapes-Green or  
Red

## Supplies:

Tooth pics or  
Kebab Sticks

1. Slice up your meat in 3 sections
2. Do the same for the Cheese
3. Now take your stick and start putting the slices of cheese on first
4. Then place the meat on after the cheese
5. And finally a grape on the stick
6. Repeat till stick if full in this pattern
7. Enjoy!



# Create your own Snack



# Wrap up



THANK YOU

