



Girl Scouts®

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Try-It: Passport to Health and Fitness



AGE LEVEL: Brownies

PROGRAM DESCRIPTION: Having girls start at an early age to develop life long healthy living habits is important. This patch program will give girls a chance to do a variety of healthy living activities.

TRY-IT REQUIREMENTS: Complete four activities including one of the starred activities.

Activities:

1. Participate in a sports field day.
2. Talk to the physical education teacher at your school and learn about his/her job.
3. ***Learn about the food pyramid and plan one well balanced meal for your family. Help prepare the meal.
4. Try out a new sport.
5. Exercise for 20 minutes at least three times each week for two weeks. Record how you feel before and after exercising.
6. ***Watch a women's or all-girl's sporting event (junior high through professional).
7. Make a list of all the sporting equipment needed for one sport and describe the purpose of one piece of equipment to the rest of your troop.
8. Cut out pictures of girls or women in sports. Which play individual sports? Which play team sports?
9. Learn three reasons why smoking is bad for your health and make a poster to share with others.
10. Plan, prepare and share a healthy snack.
11. Learn and practice five different stretches.
12. Plan and teach games to a Daisy Girl Scout troop.

PURCHASE TRY-IT: You may order these Try-its through the [GSWW store](#) [1].

Source URL: http://www.girlscoutsww.org/programs/activity_ideas/awards/phf_tryit

Links:

[1] <http://www.girlscoutsww.org/store>