



BOY SCOUTS OF AMERICA®
GREAT SALT LAKE COUNCIL



GSLC – SAFETY MOMENT

Nutrition

Set the example for good nutrition

Children and youth often learn eating habits from the examples of their parents and youth leaders. Encourage Scouts to practice good nutrition when planning menus for campouts or other activities. Foods that are quick and easy to prepare are not always unhealthy. Be sure to encourage preparation of a wide variety of foods. A good rule of thumb is “the more colorful and varied the food, the healthier it is for you.”

Enthusiastically compliment Scouts on good nutrition planning and food preparation.

Good nutrition in a nutshell includes:

- Five fruits or vegetables a day
- Healthy grains
- A source of protein
- Limited snacks and sweets

Be sure to make special arrangements if there are Scouts with food allergies in your troop. Often, parents may have great suggestions on food items that the whole troop can enjoy.

Leaders can make a big difference in the eating habits of Scouts. Don't underestimate the importance of example ... a good example.

Bon appetite! -- Enjoy! -- Buen Provecho!

Additional Resources:

- Centers for Disease Control, *Nutrition and the Health of Young People* – <https://www.cdc.gov/healthyouth/nutrition/pdf/facts.pdf>
- U.S. Department of Agriculture, *My Plate* – <https://www.choosemyplate.gov/MyPlate>
- U.S. Department of Health and Human Services, National Institute of Health, *Take Charge of Your Health: A Guide for Teenagers* – <https://www.niddk.nih.gov/health-information/weight-management/take-charge-health-guide-teenagers>