

FOOD



BADGE

This book belongs to



My Seekers Leaders are

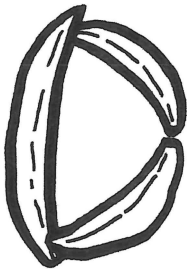
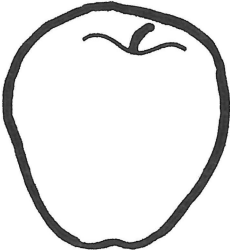
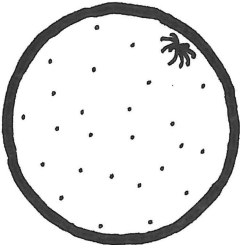
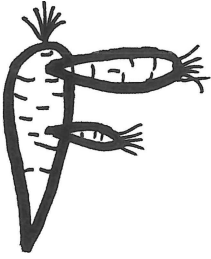
Attention Parents!

We're glad your child is coming to Seekers! Our Seekers leaders encourage a positive, loving atmosphere in which spiritual learning can occur. You can play a very important role in your child's progress through each badge as some projects will require your participation.

There are a couple of things to note. Your child will need you to sign at the end of some of the sections. Please sign these sections when your child has completed them. Also, all scripture in these badge materials are quoted from the New International Version.

We hope your child has a great year learning in Seekers!

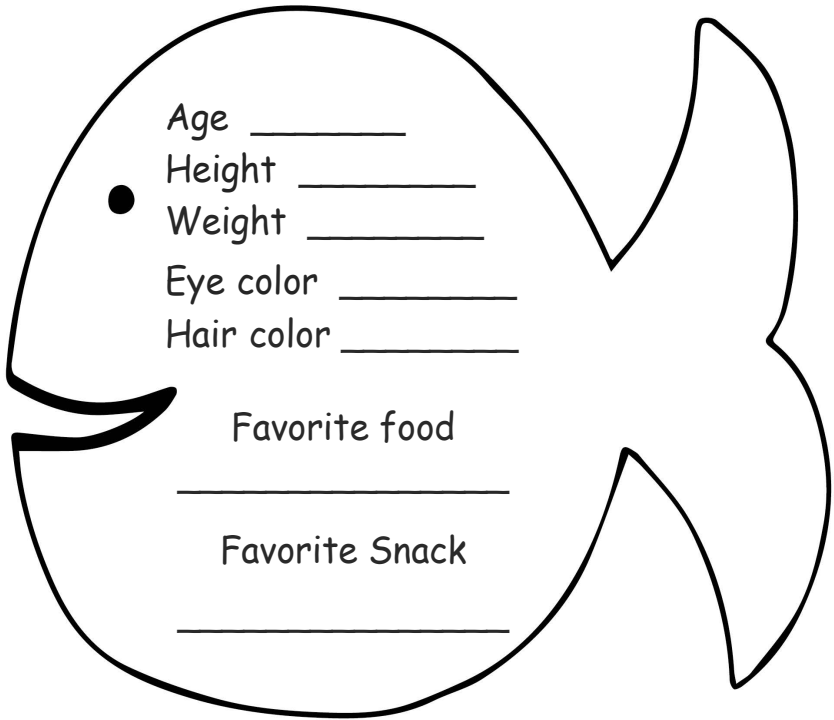
Seekers Staff



Have you ever stopped to think about all the different types of food found in a grocery store? There are foods that are good for your body and foods that do not provide things your body needs, such as junk food. God expects you to take good care of your body. In this badge you will learn about ways you can keep your body healthy.

Section 1

Fill in the following information about yourself:



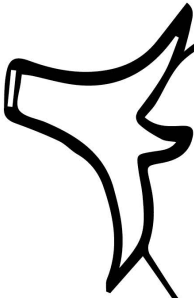
Seeker Parent

Date

Seeker Leader

Date

Section 3



Our food comes in a variety of colors, shapes, and sizes. On the next page, list as many foods as you can think of for each color.

Blue

Brown

Green

Orange

Red

White

Yellow

Seeker Parent

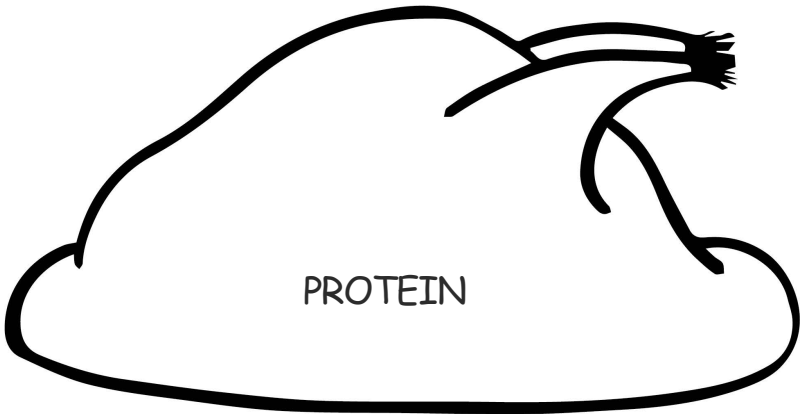
Date

Seeker Leader

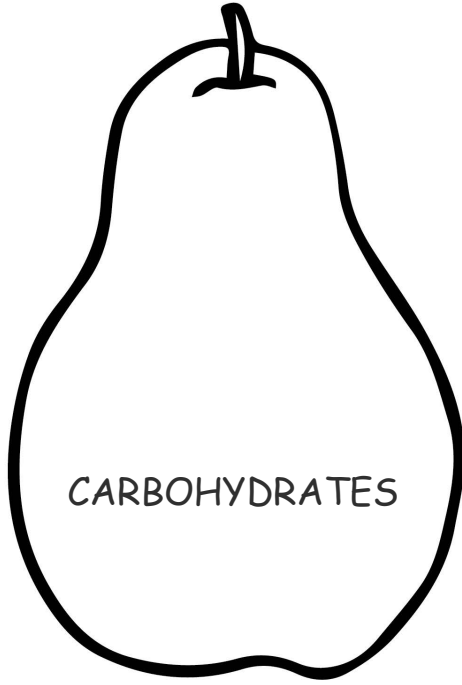
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Section 4

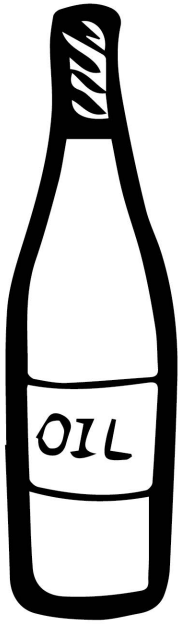
There are three types of foods important to your diet: protein, carbohydrates, and healthy fats. List six different sources for each food type.



- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



GOOD FAT

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Seeker Parent

Date

Seeker Leader

Date

Section 5

Plan a menu for a day including some items from all three types of food.

Breakfast

Lunch

Supper

Think about your favorite meal. Does it include all three types of food? If your favorite meal does not include all three types of food, what else needs to be included?

Seeker Parent

Date

Seeker Leader

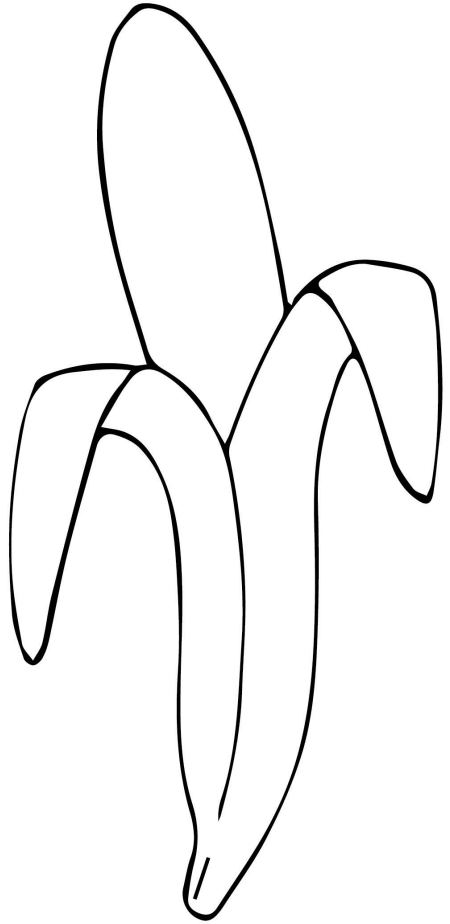
Date

Section 6

There are many snacks you can eat that are good for your body. However, nutritious snacks are not always what's eaten. Junk food may fill you up, but they don't give your body the vitamins and minerals you need to grow healthy.

List six snacks you enjoy but feel are not good for your body.

List six snacks you enjoy
and feel help your body
grow.

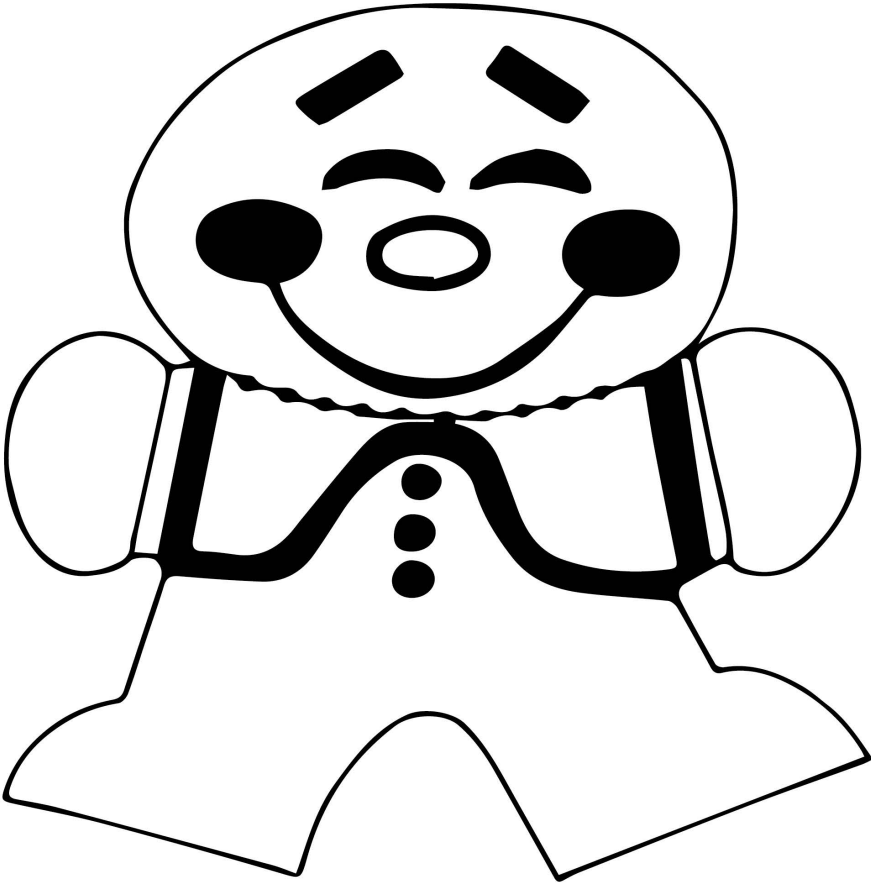


Seeker Parent

Date

Seeker Leader

Date



has completed
requirements for the
FOOD BADGE

Seeker Leader

Date