

## Nutrition Merit Badge

### Objective:

Using the USDA Food Guide Pyramid, the student will measure their normal daily eating habits against recommend daily guidelines. They will use this information to create a healthier eating plan by cooking a “healthy” meal for their family. Students can complete this merit badge during or after their Health course’s unit on nutrition.

1. Keep a five day food diary.

**Verification:** List ALL the food eaten including size and amount. This list should be detailed. For example:

**Lunch:** ¼ lb hamburger (beef)

- 1 hamburger bun
- 1 tbsp Catsup, mustered, mayo
- 1 slice American Cheese
- 2 slices Tomato
- 1 leaf lettuce
- 1 12 oz bag of Cheetos
- 1 18oz Soda (Coke)
- 1 candy bar (Twix)

2. After keeping the food diary, pick two days to evaluate against the USDA Food Pyramid.

### Verification:

- a. Make a drawing (including serving sizes) of the USDA Food Pyramid.
  - b. Create drawings of YOUR 2 Food Pyramids, based on what you ate in the two days you selected. (these might look very different from the USDA pyramid)
  - c. Write an evaluation of what you ate compared to what you SHOULD be eating.
3. Cook a healthy meal for your family. Use the information you have learned about nutrition and the Food Guide Pyramid to create the healthy meal.

### Verification:

- a. Turn in a menu of the food you served
- b. Make notes on the menu on HOW the food is healthy (Food Guide Pyramid) or how you made it healthier (example: not using butter or oil to cook foods in)
- c. Include a short written evaluation of the food from 1 family member.