

# Eating for You

Complete the five steps to earn your Eating for You Badge.

1. **Know how good nutrition helps your body stay healthy:** Good nutrition is essential to keeping yourself healthy. Practice good nutrition by preparing a healthy meal for your family. Remember to include protein, grains, dairy, and vegetables/fruit.

Many different things can affect a person's access to good nutrition like homelessness, poverty, and even not having access to a doctor. Take the knowledge that you have learned and think about ways that you can support those who may not have access to good nutrition.

2. **Find out how what you eat affects your skin:** Your skin is the largest organ of the body and can change based upon the foods that you put in your body.

In order to see how your skin is affected by different foods, challenge yourself to keep a log of what your skin looks like over a period of one week. Each day write down some notes about how your skin feels, if you have more or less acne, if it is oily or dry, and any other observations you notice. Also be sure to include what types of food you ate that day so that at the end of the week you can go back and see which foods were best for your skin and which were not.

3. **Explore how your diet affects your stress level:** Join Jessica to learn more about how your diet affects your stress level and ways to practice self-care.

4. **Investigate how the food you eat affects your sleep:** Sleep is essential to physical and mental health. There are many foods that can

help calm your body and help you sleep while there are also many foods that can disrupt your sleeping patterns.

Learn more about how healthy meals impact your sleep in this [video](#).

5. **Look at how your diet affects your energy:** Create a healthy meal plan for an active day. Assign yourself a form of exercise to complete that day (hiking, running, dancing, yoga) and then create a plan for your breakfast, lunch, dinner, and a snack that will keep you fueled all day long.