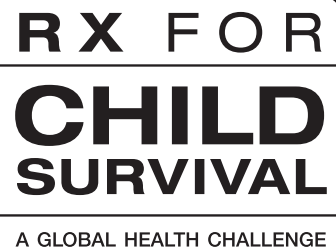


Girl Scouts USA: 18 Global Health-Related Activities



Girl Scouts of the USA, a national outreach partner for the *Rx for Child Survival* campaign, has assembled a number of activities to engage young people in health issues locally and globally.

I. For ages 6–adult*

Eat Right!

Your body uses different kinds of foods to stay healthy. For example, fresh fruits, vegetables, whole wheat and grains, beans, and milk are full of beneficial nutrients. You help your body when you give it the nutrients it needs to stay healthy and strong.

Are you eating healthful foods? Are you eating the right amounts? Keep a journal of what you eat for breakfast, lunch, dinner, and snack for one day. How did you do? What do you need to change in order to eat in a healthier way?

Make a healthful snack by mixing the following ingredients in a serving bowl. The recipe serves about three people. Before starting, make sure no one is allergic to any of the ingredients.

- 1/2 cup dried banana or apple chips
- 1/4 cup sunflower seeds
- 1/2 cup raisins
- 1/2 cup popped popcorn
- 2/3 cup granola

Plan a service project

Ask an adult to help you find a place where people need clothing, food, first-aid kits, or school supplies.

1. Describe the problem in which you are interested.
2. Give the project a name.
3. Make a list of actions and solutions.
4. Pick one that you think will work the best.
5. Decide how to do the project.
 - Think carefully about the project.
 - What will be done?
 - Will it cost money?
 - When will it be done?
 - Is it too hard to do? Can we divide the project into smaller parts? Who will help us? Can we get other people in the community to help?
 - How much time will we need?
6. Do it!
7. Think about what we accomplished.
8. Share what we did with others.

**Brownie Girl Scout Handbook* (Girl Scouts of the USA, 2001). Activities adapted with permission from Girl Scouts of the USA.

II. For ages 9–adult**

Your neighbors are not just the ones who live nearby. Your neighbors are also the people who live all over the globe. The way people live greatly depends on where they live. Learn more about people in other parts of the world by doing one or more of the following activities.

Make a food map

Some foods are local, others regional, and some are even international! Make a list of foods that you typically eat in one day. Research where these products are grown. Then make a map that shows where the foods are grown. To make a food map, download maps, such as one from the National Geographic Web site (nationalgeographic.com/education). Draw or make symbols for each food, place them on your map(s), and make a key or legend.

Learn about food around the world and close to home

Do you have many different kinds of restaurants in your town? Pick a type of food, such as celery, and find out how it is cooked in two cultures other than your own. Find out how food recipes reflect the climate and the geography of a country. For example, many countries in hot climates feature spicy dishes. Why? (*Spicy food makes you sweat, which makes your body cool off in the hot weather. Spicy food also hides the taste of unrefrigerated meat, which can spoil a little in hot weather.*)

Find out about world hunger

Think of a time when you felt hungry. How did it feel? About one billion people in the world are always hungry, and many of them are children. Try to imagine what it is like to eat just one cup of boiled rice and some water—or even less—all day. Read in newspapers, magazines, books, or online about some countries where many of the people are hungry. Talk with your group or friends, family, and teachers about world hunger. Think of some ways you can help the hungry, either at home or abroad, and follow through on one idea. Some additional information can be found at pbs.org/rxforsurvival.

Identify ways for kids to help other kids

Learn about an organization that helps kids in other countries. Not sure where to start? The Web site pbs.org/rxforsurvival has a list. Find out what you and your friends can do to help one of these organizations. Is there a local project or event you can help with? The Web site has event and activity ideas as well.

** Junior Girl Scout Badge Book (Girl Scouts of the USA, 2001).
Activities adapted with permission from Girl Scouts of the USA.



III. For ages 12–adult***

Older youth have an opportunity to serve their community and make a difference in the world. These ideas for challenging and gratifying service projects will help youth make significant contributions to the people and places around them.

Complete a service project

- Sponsor a wellness fair or volunteer at one in your community.
- Create a puppet show or presentation for younger kids or the elderly that addresses healthy habits. Learn about healthy habits (such as choosing good foods and handling stress) for each age group.
- Organize or participate in a food drive. Contact a local food bank.
- Start a student coalition at school to address important health issues, such as alcohol and other substance abuse.
- Volunteer at an AIDS clinic, a soup kitchen, a women's shelter, or a suicide prevention hotline.
- Organize an event for parents and teens to promote understanding of local and global health issues. Incorporate speakers, workshops, and displays.
- Host an international festival for younger kids to help them learn about cultures around the world through music, food, and crafts.
- Organize teens to respond to health disparities around the world, such as assisting an aid organization with mailings or working in community drives.
- Help organize a walk or run to support an organization that works to promote health locally and globally.

Explore health-related careers

- Volunteer at your local hospital or rehabilitation center. Record your experiences and feelings in a journal. Develop your own short- and long-term goals related to working in medical and health-care fields.
- Visit a healthcare-related training program or school in person or online. Find out about entrance requirements, recommended courses, and career options. If possible, interview someone enrolled in one of the programs.
- Investigate opportunities and issues in scientific research in the area of health. Visit a laboratory or attend a professional meeting of scientists and talk with people about their research.

***Interest Projects for Cadette and Senior Girl Scouts (Girl Scouts of the USA, 1997). Activities adapted with permission from Girl Scouts of the USA.

