

NUTRITION

SAINTS GLOBAL MEMBER

NAME: _____

BATTALION: _____

TROOP: _____

SKILL BADGE ADVISOR

NAME: _____

EMAIL: _____

PHONE: _____

STEP 1 | DISCOVER

INITIALS

- a) Read Doctrine and Covenants 89:11–13 and explain how wise food choices relate to health and strength. (TLX: 0.8) _____
- b) Explain the roles of carbohydrates, proteins, fats, vitamins, minerals, and water in the human body. (TLX: 1.0) _____

STEP 2 | PLAN

INITIALS

- a) Review a Nutrition Facts label and ingredient list from a packaged food and explain serving size, calories, sugar, fiber, protein, and sodium content. (TLX: 1.2) _____
- b) Plan a simple, balanced day of meals and snacks using whole foods, explaining how each choice supports health. (TLX: 1.4) _____

STEP 3 | ACT

INITIALS

- a) Participate in a grocery shopping trip and identify at least five healthy food choices, explaining why you selected each one. (TLX: 1.6) _____
- b) Compare two similar food products using their labels and choose the healthier option, explaining your decision. (TLX: 1.6) _____
- c) Prepare and eat a balanced meal that includes a protein, fruit or vegetable, and whole grain, demonstrating proper portion awareness. (TLX: 1.8) _____

- d) Identify one unhealthy eating habit you currently have and replace it with a healthier choice during a real meal or snack. (TLX: 1.6) _____

STEP 4 | REFLECT

INITIALS

- a) Explain how learning to read labels and shop wisely changed how you think about food choices. (TLX: 1.2) _____
- b) Describe how good nutrition supports endurance, mood, and your ability to serve others. (TLX: 1.2) _____

END OF REQUIREMENTS

BY SIGNING BELOW, I CERTIFY TO THE BEST OF MY KNOWLEDGE THAT ALL REQUIREMENTS WERE MET AT OR ABOVE THE REQUIRED STANDARDS AS OUTLINED IN THE BADGE REQUIREMENTS CHECKLIST.

SKILL BADGE ADVISOR

DATE (YYYY-MM-DD)