

Growing Strong, Staying Healthy

This program teaches Girl Scouts to take control of their bodies and stay strong and healthy. Nutrition and exercise are stressed.

1. Name three healthy hygiene habits.

2. Name three things in your home to keep you healthy.

3. Try a new activity, recipe or exercise with your family. What did you do?

4. What is a mammogram?

Junior, Cadette, and Seniors must also answer the below question:

5. List six ways to lower your risk of breast cancer.



Name _____

Troop# _____ Level _____