# Girl Scout Journeys & Girls Learning Environment and Energy (GLEE):
## Working together to build Girl Scout Leaders with Food Choices

<table>
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<tr>
<th>Food Choices</th>
<th>Session Activity</th>
<th>Description</th>
<th>Three Keys to Leadership</th>
<th>Girl Scout Journey</th>
<th>Girl Scout Program Skill</th>
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<tbody>
<tr>
<td></td>
<td>Action Jar</td>
<td>At the start of every session, the Action Jar Game gives Juniors the opportunity to assess their own individual environmentally friendly eating behaviors and to see how much energy they are saving as a troop collectively through their sustainable food behaviors. It also gives Juniors a space to brainstorm solutions for any challenges they or their peers have run up against when trying to make sustainable food choices.</td>
<td>Juniors <strong>discover</strong> their environmentally friendly eating behaviors and <strong>connect</strong> with their troop as they watch the increase of their sustainable food choices. Juniors also <strong>take action</strong> by saving energy with the sustainable food behaviors they are learning about.</td>
<td>It’s your world – Change it! It’s your planet – Love it!</td>
<td>Storytelling Healthy Living Do it yourself Craft</td>
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<tr>
<td>Meals Log</td>
<td>Juniors keep track of the sustainable food choice behaviors in between sessions with their Meals Log.</td>
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<td>Healthy living Investigation</td>
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### Pledge
At the end of each session, Juniors **pledge** to engage in a new food sustainability behavior they learned about during GLEE for a week.

Juniors **discover** the ways they feel they can impact the environment when coming up with their pledges, **inspire** their fellow troop members by committing to saving energy through food sustainability, and follow through on their pledge by **taking action**.

It’s your world – **Change it!**
It’s your planet – **Love it!**

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<th>Practical life skills</th>
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### Food Origins
In the **Food Origins Game**, Juniors learn about where the foods they eat come from and the energy that goes into making different kinds of food.

Juniors **discover** where the foods they eat come from.

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It’s your planet – **Love it!**

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### Food Choices
In the **Food Choices Game**, Juniors design their own environmentally sustainable meals. Juniors are given a set of **Dinner Table Deck of Cards** to take home to practice talking about saving energy through food choices with their families. Juniors are also given **Meatless Monday Recipe Cards** to try with their family.

Juniors **discover** ways to create environmentally friendly meals, **connect** with family members about eating sustainably, and **take action** by trying out some meatless and environmentally friendly recipes.

It’s your world – **Change it!**
It’s your planet – **Love it!**

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### Advocacy

The Letter to a Leader activity encourages Juniors to become advocates for energy efficiency and the environment. Juniors write and film a letter to the President of the United States, the First Lady, or another public figure/leader of their choosing.

### Role Play Activity

The **Role Playing Activity** gives Juniors a chance to practice having conversations with others about saving energy through making sustainable food choices.

Juniors work in pairs to come up with responses for situations in which someone else wants to make a food choice that wastes energy.

Pairs perform their skits for the whole troop.

The **Role Playing Activity** provides Juniors with scripts for starting and having real life conversations with their peers and the adults around them (like their principal). Juniors are encouraged to have these conversations to make change in their community.

### Newscast

Towards the end of every session, Juniors film a GLEE **Newscast** on the topic they learned about that day. Juniors take turns being the interviewed energy experts, field reporters, newscasters, film crew, and director(s).
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<th><strong>Patch Ceremony</strong></th>
<th><strong>Patch Ceremony and Video Screening</strong> allow girls to reflect and celebrate their accomplishments.</th>
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GLEE content retrieved from: [https://sites.stanford.edu/glee/](https://sites.stanford.edu/glee/)

Journeys content retrieved from: [http://www.girlscouts.org/program/journeys/](http://www.girlscouts.org/program/journeys/)

*How to guide Girl Scout Juniors on Agent of change* (2008), Girl Scouts of the USA
*How to guide Girl Scout Juniors on Get moving!* (2009), Girl Scouts of the USA
[http://www.girlscouts.org/gsle](http://www.girlscouts.org/gsle)