

# Health and Safety

The Excellence in Health and Safety special recognition patch is designed for Adventurers who want to honor God by staying safe and healthy.

## Nutrition

- Name several clean and unclean meats.
- Identify healthy food choices in each food group.
- Sign a health pledge card including/regarding nutrition, fitness, & mental health.

## 1. Fitness

- Keep a fitness journal of exercise you do each day for one week.

## 2. Safety

- Complete the Stay Safe Adventurer Award.

