



## SPECIAL RECOGNITION

# 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.



1. Nutrition
  - Name several clean and unclean meats.
  - Identify healthy food choices in each food group.
  - Sign a health pledge card including/regarding nutrition, fitness, and mental health.
2. Fitness
  - Keep a fitness journal of exercise you do each day for one week.
4. Safety
  - Complete the Stay Safe Adventurer Award.

