



BLUE ACTIVITIES



Timing: 1 hour

Summary:

Pitch a breakfast OR design a snack.

Key messages:

- ★ Both boys and girls can prepare healthy meals and snacks that are tasty, low-cost and easy to make.
- ★ To stop germs spreading, keep yourself and your cooking areas clean. Make sure you:
 - Always wash your hands before cooking and eating, and after the toilet.
 - Always wash fruit and vegetables carefully before cooking or eating them.

Resources provided:



Talent Show script – Episode 5



Breakfast and snack ideas



Optional: Community Questionnaire



Keep moving!

Always begin with a physical warm-up

(see page 8).

Preparation:

1. Read the blue stage of the GPN Fact File.
2. Gather all Badge Trackers and your Food Guide.
3. Make four copies of the Talent Show script.
4. Write up this checklist and display:
 - One balanced meal or snack, and one drink
 - Quick to prepare
 - Low-cost
 - Local ingredients
 - Tasty (no added sugar or salt)
5. Choose the main activity. For both, gather pens and paper, and invite an audience if possible
6. Optional homework: make one copy of the Community Questionnaire per person.



Starter:



15 mins

1. Recap Episode 4 of the Talent Show.
2. Ask four volunteers to act out Episode 5, using the script. Ask volunteers to draw the foods mentioned during the reading.
3. At the end, ask the group:
 - a. What do you think of Zarook's comment about boys?
 - b. Which of the food ideas do you like most?
4. Ask volunteers to show how to correctly wash their hands with soap (see tips in Fact File).



Use food if you can! Visit a shop or market and make healthy, tasty and low-cost meals that follow your Food Guide.



Choose your main course:

30 mins



BREAKFAST IS BEST

or



SNACK HABITS

- | | | |
|--|--|---|
| <ul style="list-style-type: none"> a. The aim is to design a breakfast and pitch it to an audience! b. Introduce the prepared checklist. Explain that they will compete to win the Best Breakfast prize by inventing a new breakfast! c. Sitting together with your country's Food Guide, brainstorm ideas for healthy, tasty breakfasts (see ideas provided). d. Split into groups. Ask groups to choose a breakfast that matches the checklist then plan a one-minute pitch to explain why it's so good. e. When everyone is ready, groups pitch their breakfasts. The audience gives helpful feedback on how to make them healthier, tastier, cheaper or quicker to prepare. f. Vote for the Best Breakfast winner! | | <ul style="list-style-type: none"> a. The aim is to invent a new snack! b. First, discuss why people eat unhealthy snacks. Explain that we can break unhealthy habits by being creative! c. Explain their task is to invent a new snack for teenage girls. Show our Food Guide and introduce the prepared checklist that their snack should match. d. Split into groups. Ask groups to draw and label a new snack that can add to our daily nutrition (see ideas provided). e. Groups share their ideas and give helpful feedback to improve them. |
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Reflection:

15 mins

1. Ask everyone to colour in the blue section on their Badge Trackers, then write what they learned today. Prompt using the Key Messages and ask:
 - a. How do we stop germs spreading when preparing food?
 - b. What makes a healthy meal or snack?
2. **Optional:** The group could conduct a community questionnaire (provided) to find out what people know about nutrition, and bring the results to the next meeting.



Congratulate everyone on completing the **blue stage!** Keep all Badge Trackers safe.



Can't meet up?

Ask the group to read the Talent Show script then prepare a healthy, tasty, low-cost meal or snack for their friends.



Got technology?

Watch the **Boodle Fight** video (from the Philippines). Together, plan and make a healthy, tasty, low-cost Boodle Fight meal.



Resource 1: Talent Show script - Episode 5

SETTING: Semi-final performance; 4 characters: 4 teenagers

ZAROOK, RIO, ROJO and UMMY are live on TV at the semi-final, doing their dance routine. As they finish the performance, the live audience applauds, screams and shouts!

RIO: Thank you so much everyone! We are “Dynamic Dancers”. Please vote for us!

They ALL walk off stage

ZAROOK: Wow! That gave me such a rush! We did it!

ROJO: *[Laughs]* Yeah! I’m so proud of us for passing the health check! We’re all healthier and have more energy now – before, we could never have performed so well!

UMMY: Me too. Our diet, lifestyle and environment is much healthier. Now we just need to make sure we get through to the final! I really hope people vote for us.

RIO: We’ve done our best – that’s what matters. But now we need to think ahead. We’ve got a week until the final. We need to get ourselves ready!

ROJO: We could make a plan for our meals this week? To make sure our nutrition is as good as it can be.

ZAROOK: Great idea! Meals and snacks – don’t forget snacks!

RIO: Perfect! So, maybe Rojo and I could create a menu? And Zarook and Ummy could make them? We’ll help too, of course.

ZAROOK: Boys don’t cook though! That’s a girl’s job isn’t it?

UMMY: No! Cooking is a life skill. We should all know how to cook. Both boys and girls can prepare food. If you don’t know how, we’ll help you.

ZAROOK agrees

ROJO: Right, so we need to plan for three meals per day, plus one or two snacks if we need them, and healthy drinks. The tasty meals need to be low-cost, using food we have in the market here, and they must be quick! We won’t have much time between rehearsals.

RIO: Agreed. I’ve got lots of ideas for meals, but for snacks ... any ideas for quick, tasty and healthy snacks?

ZAROOK: How about easy sandwiches, like egg salad or tuna salad?

UMMY: And dried fruits, nuts and seeds! And fresh fruits too. I read on our government website that it’s always better to eat the whole fruit rather than only its juice (to get all the nutrients).

ROJO: Great! Salads are quick and easy to prepare. Like rice, chickpeas and tomato, or chicken and mango salad. We can keep them in reusable boxes or wrap them in banana leaves to keep fresh and protected.



Resource 1:

Talent Show script - Episode 5

ZAROOK:

For drinks, I think we can have milk, or carbonated water with fresh lime or orange instead of soda. For hot drinks, we can have mint leaves in hot water (but no sugar) – delicious!

RIO:

I'm writing all these down – they're great! What else do we need to think about for the menu?

UMMY:

When we're preparing the food, Zarook and I need to keep the cooking area clean and tidy. We don't want germs spreading.

ZAROOK:

Yes and we'll wash our hands with soap before we start cooking, before we eat and after. We're already good at washing our hands after going to the toilet.

ROJO:

The only other thing to remember is that we should wash fruit and vegetables carefully before cooking or eating them.

RIO:

Agreed! We'll get started on our healthy menu plan now.

Suddenly they hear an announcement and turn towards the stage

UMMY:

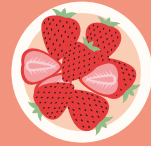
Quick! They're announcing the results of the votes. We'll find out if we're through to the final!



Resource 2: Breakfast and snack ideas

Instructions for leader:

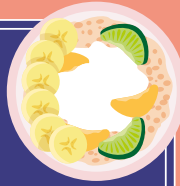
Use this list to help inspire your group during either activity.



Breakfast in Tanzania

Uji (porridge) with lime, banana, dried apricots and milk

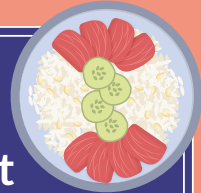
Freshly squeezed mango juice (no sugar added)



Breakfast in Madagascar

Rice (soso), pine nuts and fish

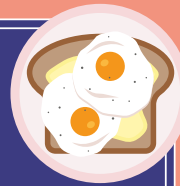
Freshly squeezed orange juice (no sugar added)



Breakfast in the Philippines

Brown bread and eggs, then cereal

Milk, or hot water with fresh ginger (no sugar added)



Breakfast in Sri Lanka

Rice in coconut milk with green gram (mung beans)

Chai (tea) without sugar (drunk at least two hours after food)



Snack ideas:

Fresh fruits: jackfruit, papaya, orange, mango, banana, strawberries.

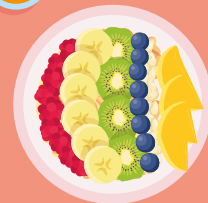
Coconut

Grilled sweet potato

Raw (uncooked) vegetables: carrots, peppers, corn

Seeds, dried fruit and nuts: roasted pumpkin seeds, sunflower seeds, groundnuts, almonds, cashews, oats, dried apricots, dates, raisins, oats

Sandwiches: tuna, tomato and lettuce, cheese and salad





Resource 3: Optional: Community Questionnaire

Instructions for leader:

- Make one copy of the questionnaire per person to complete as optional homework.
- Each person can conduct the questionnaire with as many people as they wish, then bring back the results to the next meeting.

1. Why do you think nutrition is important?

2. Are you familiar with our country's Food Guide?

3. Can you give me an example of a 'balanced meal'?

4. What foods should we eat rarely and why?

5. Do you often eat snacks? If so, what kind?

6. Where would you look to find reliable information about nutrition?

7. What do you think are the main nutrition problems in our community?
