



# RED ACTIVITIES



Timing: 1 hour 20 mins

## Summary:

Take action to help other people improve their nutrition.

## Key messages:

- ★ You now have the knowledge and power to make healthy choices. Use this power to help improve other people's nutrition.
- ★ Take action to help (at least) two people learn about good nutrition. You can do this in different ways, e.g. speaking to family/friends, organising community events or influencing people in powerful positions.
- ★ Every action, however big or small, can make a difference in your community.

## Resources provided:



Talent Show script – Episode 6



Avocado Action cards



Recipe for Action template



Advocacy letter/email template



Girl Powered Change

(separate, optional pack)



**Keep moving!**

Always begin with a physical warm-up

(see page 8).

## Preparation:

1. If completed, remind the group to bring their Community Questionnaire results.
2. Read the red stage of the GPN Fact File.
3. Gather all Badge Trackers, flipchart and pens.
4. Make six copies of the Talent Show script. Make one copy of the Recipe for Action per person.
5. Copy and cut out the Avocado Action cards. Hide them around the space.



## Starter:

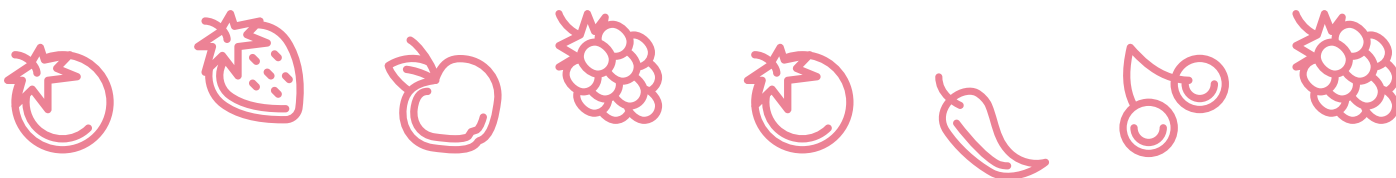


20 mins

1. Recap the Talent Show show so far.
2. Ask six volunteers to act out Episode 6.
3. At the end, make a list of all the creative action ideas in the episode, e.g. making T-shirts, speaking to a minister.
4. Explain that these are all real actions taken by the 100,000 Guides and Scouts who already completed their GPN badge!



**Use food if you can!** Write your action on the skin of a fruit. Peel and eat the fruit afterwards.



## Main course:

45 mins

# TAKE ACTION

1. The group will now use their GPN knowledge to help **at least two other people** to improve their nutrition!
2. With the Badge Trackers, ask the group to share their biggest GPN learning.
3. Introduce the Recipe for Action template (provided) to help them plan their action:
  - a. First, everyone chooses a nutrition **problem** they want to address. It might be linked to their GPN learning, e.g. girls don't know how important it is to take WIFAS. Refer to the Community Questionnaire results (if completed).
  - b. Then, they decide on a positive, clear and specific **message** that attempts to solve their chosen nutrition problem (just like Dynamic Dancers!), e.g. "WIFAS make us strong and healthy" (see more ideas in Fact File).
  - c. Give the group 10 seconds to find all the Avocado Action cards (provided). Add these action ideas to the list made in the Starter activity.
  - d. Support everyone to decide on a **simple action** they will take to spread their chosen message to at least two other people (not other Guides and Scouts), e.g. meet with the principal to ask for WIFAS to be promoted.
  - e. Support everyone to finish their Recipe for Action. Share the Advocacy letter/email template (provided) as inspiration.
4. Decide on a deadline (one or two weeks) for everyone to complete their action.



## Reflection:

15 mins

1. Ask everyone to colour in the red section on the Badge Tracker, then write in the avocado shape the action they have decided to take to help other people's nutrition.
2. The group can also write down their favourite memory from GPN and any progress on their Pineapple Pledge.

Congratulate everyone on completing the **red stage!** Explain that once they have completed their action, they will receive their GPN badges (see page \_\_ for celebration ideas)!



3. Introduce the **Girl Powered Change pack**. Explain that it's a short guide for anyone to use after they have completed their badge and if

they want to make an even bigger impact on other people's nutrition. Ask them to speak to you to find out more.

### Can't meet up?

Ask the group to read Episode 6, then plan to take action for two other people by completing a Recipe for Action.



### Got technology?

Share your group's action ideas safely on social media using **#girlpowerednutrition** **#wagggg**



## Resource 1:

# Talent Show script - Episode 6

**SETTING:** Rehearsal studio then later, at final show; **6 characters:** 4 teenagers, nutritionist + presenter

*ALL celebrating*

**UMMY:** I still can't believe we're through to the final!

**ZAROOK:** I'm so proud of us. We need to start planning our routine!

**ROJO:** I've been thinking ... there will be one million people watching us ... that's a really big platform. Should we do more than just dance?

**RIO:** What were you thinking?

**ROJO:** We've learned how to make healthy choices for ourselves. It's changed our lives! We're so much more energetic and feel more confident. I think we should help other people learn too. We could add a message into our dance for the audience – a nutrition message!

**ZAROOK:** That's an amazing idea. We are so powerful! It needs to be a clear, specific message – that's so important.

**UMMY:** So, what do we want the audience to know about nutrition, or do differently about their nutrition?

**RIO:** Well, the nutritionist who visited us talked a lot about teenage girls needing iron. I think more people need to know that – we didn't! We could call the nutritionist to ask their opinion – I have their number.

*RIO calls the **NUTRITIONIST** on a mobile phone*

**RIO:** Hi there, it's Rio! I hope it's OK to call you. We have a question. We made it through to the final and want to spread a healthy message in our dance. What do you think of us talking about teenage girls needing more iron to grow and develop?

**NUTRITIONIST:** Congratulations on getting through to the final! Spreading a message about iron is a great idea. I know from my work that anaemia is high in your community, so girls really need to hear this message. Your message could be: **"Girls: eat more iron-rich foods for extra strength and energy!"**

*RIO thanks the **NUTRITIONIST** for their help and ends the call*

**UMMY:** So, now we have a clear message. How are we going to tell people about it?

**ROJO:** We could wear T-shirts with the message on?

**ZAROOK:** Yes! Or we could hand out flyers at the end. Or make giant posters?

**RIO:** Or we could make a speech directly (or on social media) to our Health Minister, demanding that they provide WIFAS in our community and iron-rich foods in schools! This is called advocacy – when you influence people in powerful positions.



## Resource 1:

# Talent Show script - Episode 6

**UMMY:** We could also suggest that the audience plants vegetable gardens of iron-rich foods for their family?

**ROJO:** Such good ideas! We should choose one simple thing that we think will send our message clearly. Why don't we make T-shirts?

**ZAROOK:** We could each wear a T-shirt with one letter of the word "iron" on them. At the beginning of the performance, we can turn around and spell out "iron"?

*ALL the group agrees!*

**RIO:** We should say, "**Girls: eat more iron-rich foods for extra strength and energy!** Girls, did you know that you need extra iron? You can get this in iron-rich foods like dark green vegetables, and in supplements. You have the power to make healthy choices!"

*THE GROUP high-fives*

**Change scene: at the final show. The group has finished their performance. The presenter is on stage, with the group off stage**

**PRESENTER** The results are in. We had a record number of people calling. We're delighted to announce that the winners are ...

*Pause. EVERYONE looks at each other*

**PRESENTER** Dynamic Dancers! Congratulations!

*The GROUP walks on stage. The PRESENTER hands the microphone to UMMY*

**UMMY** We can't believe it. Thank you. Thank you everyone for voting for us!

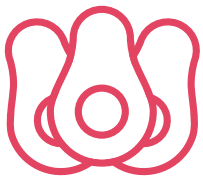
**PRESENTER** So many people who called to vote were impressed by your performance. Especially that you used the platform to advocate for others! Your message about girls needing more iron was very powerful.

**UMMY** We're so happy! We're just four ordinary teenagers who learned about our health, and decided to spread the word. We'd like to use this moment to ask our Health Minister to provide more iron-rich foods in schools. Girls need extra iron!

**PRESENTER** Well, I hope you're listening Health Minister! Well done Dynamic Dancers. We can't wait to see what you do next.

*The GROUP accepts their award, smiling*

**[The end]**



## Resource 2: Avocado Action cards

### Instructions for leader:

1. Make one copy of the cards and cut out each one.
2. Hide them around the space.

**Make nutrition posters. Put up at school or home with a clear nutrition message**



**Talk at a school assembly with a clear nutrition message**



**Make T-shirts with a clear message and wear around the community**



**Speak to your family and friends with a clear nutrition message**

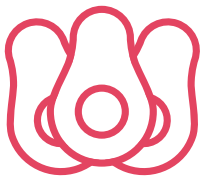


**Write and perform a song, dance or play with a clear nutrition message**



**Make a recipe book and share with friends and family**





**Resource 2:**  
**Avocado Action cards**

**Plant a kitchen garden and eat the vegetables**



**Help your friends read food packaging**



**Organise healthy cooking workshops in your community**



**Organise a dance or exercise class**

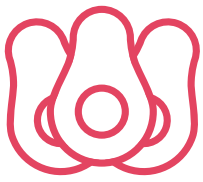


**Go shopping with your family, explaining what to buy**



**Write and share a petition with a clear nutrition message**



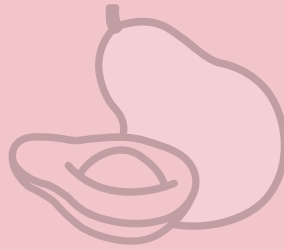


**Resource 2:**  
**Avocado Action cards**

**Do a community walk with a clear nutrition message**



**Organise a Food Festival**



**Meet with the principal to ask for specific nutrition improvements**



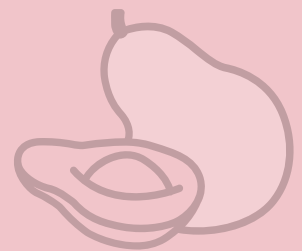
**Organise a social media campaign with a clear nutrition message**



**Write to a local journalist to ask them to publish a clear nutrition message**



**Write to the health minister with a clear nutrition message**





## Resource 3: Recipe for Action template

### Instructions for leader:

1. Make one copy of the blank (empty) template per person.
2. A completed Recipe for Action is also provided to help your group if they get stuck.

# RECIPE FOR ACTION

The nutrition problem I'm trying to solve is ...



My clear, specific nutrition message is ...

The action I will take to spread my message to two (or more) people is ...



I will do this by ... [date]



My reflection  
(complete after the action)

The resources or help I need are ...







## Resource 3: Recipe for Action template

### Example

# RECIPE FOR ACTION

### The nutrition problem I'm trying to solve is ...

People in my community don't eat enough fruits and vegetables



### My clear, specific nutrition message is ...

Eat healthy meals for a healthy life – eat a rainbow plate!  
OR  
Eat five fruits and vegetables per day

### The action I will take to spread my message to two (or more) people is ...

Make a healthy recipe book for my family and neighbours  
OR  
Do a nutrition presentation at the next school assembly



### I will do this by ... [date]

As soon as school starts



### The resources or help I need are ...

Books about nutritional foods, pens and paper  
OR  
Good team of friends, posters, slides and projector

### My reflection (complete after the action)

I felt happy that everyone learned to cook good food!  
OR  
My school friends changed their attitudes about food and started to eat healthier food!





## Resource 4:

# Advocacy letter/email template

## Instructions for leader:

1. Support your group to find out the names of the minister(s) in charge of your country's **Food and Agriculture Ministry**, as well as their contact details, e.g. email address.
2. Your group should edit the template to make clear demands about adolescent girls' nutrition.
3. Send the letters by post or email. If by email, help your group to choose their subject line carefully to catch the minister's attention. For example, "We demand good nutrition for girls."

[Name(s) of your minister(s)]

[Job title(s) of minister(s)]

[If sending by post, include full address]

Dear [Name/s of your minister(s)]

I am writing to ask you to ensure that everyone in our country has access to good nutrition, and particularly adolescent girls. Adolescence is a key 'window of opportunity' and good nutrition is vital for young people to reach their full potential.

Insufficient or unhealthy nutrition affects our immune system, making our bodies more vulnerable to diseases and less able to recover from sickness.

In our country, adolescents face nutrition challenges which impact our physical and mental wellbeing. The most important issues in my community are:

[insert real examples relevant to your country, e.g.

- Many of my friends suffer from, or are at risk of suffering from anaemia / the rates of anaemia among adolescent girls in my community are dangerously high: \_\_ %
- At my school, girls don't take the WIFAS provided by health workers because they don't understand their importance / our school doesn't provide girls with WIFAS.
- Because of the coronavirus pandemic, my family has less money to buy healthy food / there is less healthy food available to my family / my family is afraid of contracting coronavirus while out buying food.
- We don't learn enough about our nutrition in school / my school doesn't provide enough nutritious food options / fast food sellers promote unhealthy food outside school gates.
- The rates of malnutrition, especially [e.g. obesity], are dangerously high in my community; people need to understand the importance of a balanced diet and daily exercise.]

We are asking you to take steps to ensure everyone has sufficient access to nutritious food. We suggest [insert your ideas, e.g. free meals, nutrition education, national campaigns].

As [insert job title(s) of minister(s)], it is your duty to uphold our human rights and work towards SDG 2 (Zero Hunger) and SDG 5 (Gender Equality). We need you to prioritise adolescent nutrition so our generation can stay healthy, be happy and thrive.

Yours sincerely,

[Your full name]



# Resource 5: Girl Powered Change pack

## GIRL POWERED CHANGE

Ages 11+

Finished your Girl Powered Nutrition badge?



This pack will walk you through how to plan a bigger project – the sky's the limit!



Want to do even more to improve your community's nutrition?



Girl Powered Change (GPC) is a separate booklet to use after the GPN badge. It is for any young person who has earned their badge and now wants to make an even bigger impact on their community's nutrition! It contains:

- Young people's inspiring stories from around the world
- Four clear steps to plan and carry out their own, bigger action
- A Project Plan template to complete (including two examples)

Introduce the Girl Powered Change pack at the end of the GPN badge to inspire your group to change their worlds! They could advocate for free school breakfast clubs, deliver a nutrition social media campaign, create a short film about healthy eating or something entirely different.

