

GIRL POWERED NUTRITION ACTIVITY PACK



**Middle age
(11-15 year-olds)**



**Good nutrition
helps you stay
happy and healthy!**



A message from Saotra Rasetaso

GPN Advocacy Champion
Skotisma Zazavavy Malagasy Federation, Madagascar

We are experts in our own lives. We know our specific needs. We know the causes of our difficulties. Even as children, we are innovative, we are perceptive, and we are ambitious. By speaking out and working together, we can overcome the challenges we face.

After earning my Girl Powered Nutrition badge and learning how to advocate for better nutrition, I made a **video** about malnutrition addressed to our President. I posted it on social media and it received lots of attention, including from the government!

In the video I demanded an improvement in school canteen food and better nutrition education. The Ministry of Education responded by implementing a new primary education programme. The President and First Lady are now clearly prioritising our nutritional needs!

My message to other Girl Guides and Girl Scouts is simple: we don't have to do big things or have a lot of resources to be able to change the world. By earning your GPN badge and taking action to improve other people's nutrition, you're creating a better world.

Girls are my inspiration, and I hope to inspire others too.



A message from Heidi Jokinen

Chair,
WAGGGS World Board



Girls and women have specific nutritional needs, but these

needs are often not met. Girls and women are disproportionately affected by malnutrition and prevented from reaching their full potential.

The Girl Powered Nutrition (GPN) badge offers an opportunity to rewrite this story.

I am delighted to share this new, global, version of the GPN badge with you, created hand in hand with Nutrition International and Girl Guides and Girl Scouts.

We can't wait to see what you will do!



A message from Joel C Spicer

President and CEO, Nutrition International

Nutrition International is pleased to have worked with the World Association of Girl Guides and Girl Scouts (WAGGGS) over the last four

years to reach nearly half a million girls with nutrition information across Africa and Asia, so they can make healthy food choices – and learn about how good nutrition can help them reach their full potential. Through this program girls have also become leaders and Advocacy Champions in their own communities and beyond.

Nutrition International is a global nutrition organization, working to transform the lives of people by improving their nutrition – particularly

for women, adolescent girls and children. We combined our nutrition expertise with WAGGGS' extensive global network to reach girls at the right time, with the right knowledge, and respond to their needs, and help them develop the leadership skills they need to tell their communities about the power and importance of nutrition.

On behalf of the entire Nutrition International global team, I thank WAGGGS for their collaboration, as well as the government of Canada, which is supporting this partnership. We can't wait to hear how girls will continue to use the nutrition knowledge they will learn as part of this programme to make a difference in their community, and in the world.



Welcome to the Middle age Girl Powered Nutrition (GPN) activity pack.

It contains all the activities and resources needed to run GPN with a group of 11-15 year-olds.



Meet Rio, Rojo, Ummy and Zarook, four friends entering a Talent Show!

Every GPN activity starts with a new episode of the Talent Show where the friends discover the tasty topic of nutrition.



The GPN activities are suitable for both girls and boys. They are designed for groups of 20-30 young people, but can easily be adapted for smaller or bigger groups. The GPN badge was co-created with Guides and Scouts across Madagascar, Sri Lanka, the Philippines and Tanzania.

All the nutrition information in these packs has been verified by our partner, [Nutrition International](#).

**Over 100,000 Guides and Scouts have earned the GPN badge so far!
We can't wait to see what your group will do.**



GET READY TO DELIVER THE GPN BADGE!

Before beginning the activities, leaders should get familiar with:

Alternatively, follow the [GPN Training online](#)

- The GPN Fact File:** Read the separate nutrition booklet that contains all the information you need to know to deliver the activities.
- The Key Messages:** Make sure you understand the Key Messages. These are the most important pieces of information your group should know by the end of each coloured stage. Find them at the start of every activity and on page 4 of the Fact File. They have been written carefully for this age group so please convey them exactly as they appear.
- Your Food Guide:** Get familiar with your country's Food Guide and make copies for your group. Download it on the [FAO's website](#) or, if your country doesn't have one:
 - Choose a country's Food Guide on the [FAO's website](#) that is geographically and/or culturally similar to yours (ideally that has illustrations or pictures)
 - Or use the GPN Food Guide on page 11 of the Fact File.
- The GPN badge activities:** Adapt your chosen activities at every stage of the badge to make sure they relate to your Food Guide, your group's daily lives and the food they can eat.
- Safeguarding Policy:** Read and follow your Member Organisation's policy carefully. Be especially aware of how to prevent illness and injury when preparing food.



Order your GPN badges for when your group has completed all six stages and taken action in the community. Visit: www.wagggg-shop.org or speak to your MO.



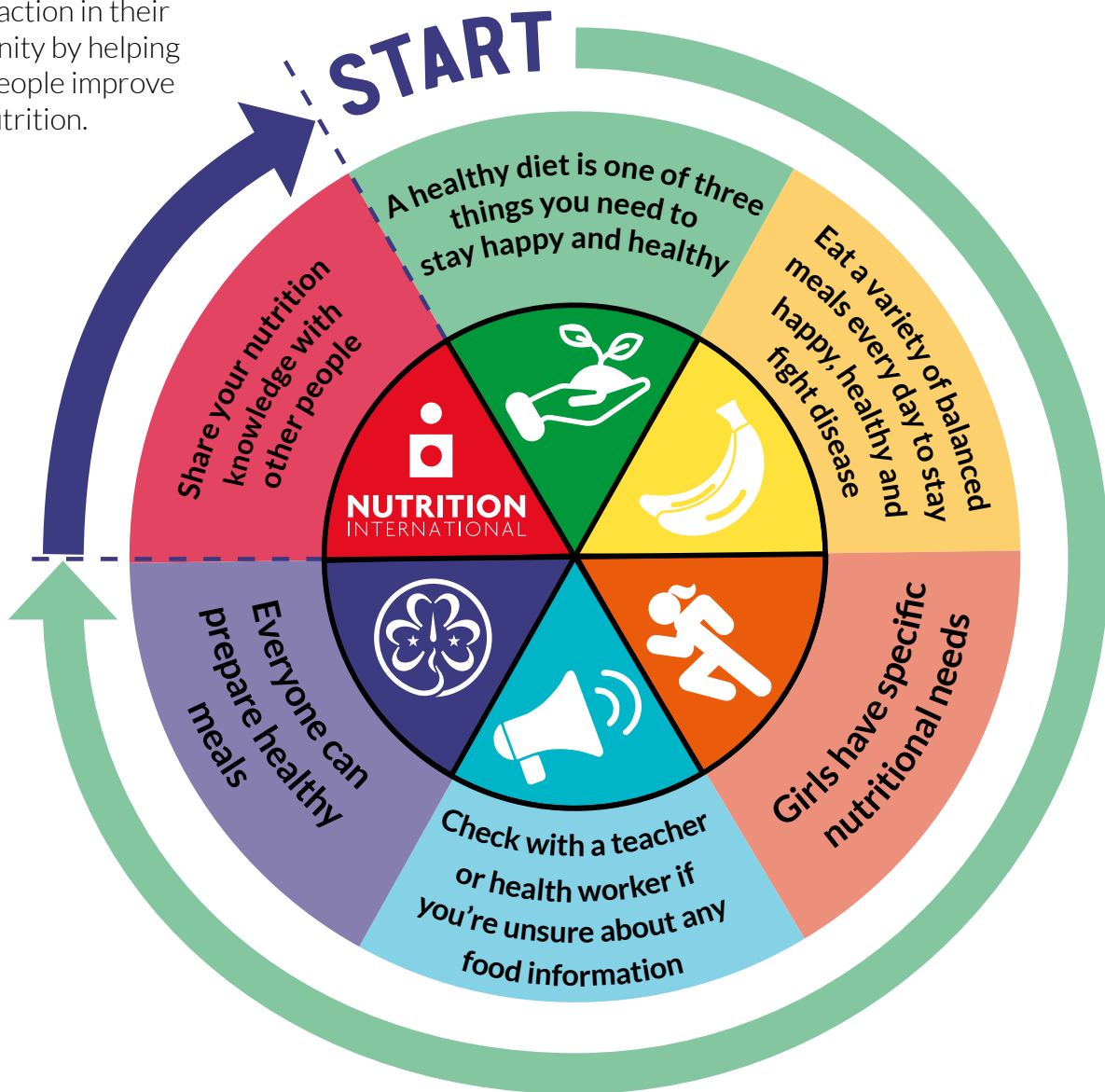
HOW TO GET THE GPN BADGE

Complete six activities to earn the GPN badge.

Starting at the green stage and moving clockwise, your group needs to complete one activity from every coloured stage, in the order shown on the badge.

At the **green**, **yellow**, **orange**, **turquoise** and **blue** stages, your group will learn about good nutrition, how to find reliable nutrition information and how to make healthy, affordable meals.

At the **red stage**, your group will plan to take action in their community by helping other people improve their nutrition.



On **page 7** you will find a **Badge Tracker**. We recommend your group uses this to record their nutrition learning and track their progress. Every GPN activity ends with a 15-minute Reflection during which your group should complete their Badge Tracker individually.

Nutrition is a big topic! Give your group the time and space to learn during unit meetings. The badge should take approximately **six to seven hours** to complete, plus extra time for taking action. We recommend giving your group up to **two weeks** to complete their action.

There is a choice between two activities at every coloured stage apart from red (there is one red stage option). Choose one activity per stage (ideally with your group) that they will enjoy. Once you have chosen the **six activities**, adapt them to make sure they relate to your Food Guide.

The activity options for the Middle age are:

GREEN

Choose an activity:



HAPPY DANCE

or



HEALTHY HUNT

YELLOW

Choose an activity:



FAVOURITE FOOD

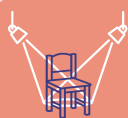
or



SUPERSTARS

ORANGE

Choose an activity:



HOT PLATE

or



HEALTH HURDLES

TURQUOISE

Choose an activity:



LET'S INVESTIGATE

or



QUESTION EVERYTHING

BLUE

Choose an activity:



BREAKFAST IS BEST

or



SNACK HABITS

RED

Do this activity:



TAKE ACTION

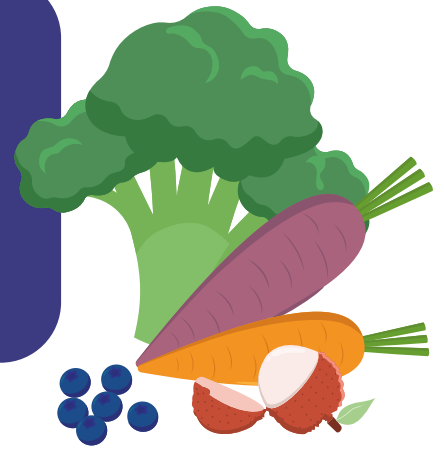
All the activities have been written for a global audience and require minimal resources. In this pack you will find most of the resources you need (after each activity's instructions.)

We encourage you to handle, prepare and taste food with your group at every opportunity. However, if you don't have access to food, don't worry – all the activities can be delivered without food.



BADGE TRACKER

This Badge Tracker is for you to track your progress during the GPN badge. At the end of each badge activity, fill out the relevant coloured section with what you have learned.



START

AVOCADO
ACTION

PINEAPPLE
PLEDGE





KEEP MOVING! ACTIVITY IDEAS

Physical exercise is vital to leading a happy and healthy life.

Start every GPN activity with a physical warm-up. Every time you see the **Keep moving! symbol**, choose an idea below. The ideas below are from Girls and Scouts in the Philippines, Madagascar, Tanzania and Sri Lanka:

Go Bananas! song:

Standing in a circle, place arms over head and say: "Bananas of the world, unite!" Then do the following:

- Peel banana, peel, peel banana (slowly lower arms)
- Mash banana, mash, mash banana (mime mashing)
- Eat banana, eat, eat banana (mime eating)
- Go bananas, go, go bananas! (Run around wildly)

My Goal

Two teams compete to get a ball into a goal (a bucket) as many times as possible in five minutes. You can bounce, throw, kick or pass the ball. You can't hold the ball for longer than three seconds.

Body Letters:

The leader calls out different foods. Make your body into the shape of the first letter of the food. Compete in groups and against the clock!

Zumba

Create a short dance routine that everyone can participate in. Put some high energy music on and go for it!

Banana Finger:

The leader calls out a food and a body part, e.g. banana finger. Everyone runs to touch something the same colour as the food (yellow), with the part of your body (finger)! Repeat.

Dance orchestra:

Nominate a Detective – they leave the room. The rest of the group nominates a secret Conductor. The Conductor begins a dance move and the group copies. The Detective returns and tries to guess who the Conductor is. The Conductor changes the move regularly and the group copies without making it obvious.

Bouncing Beans:

When the leader shouts, "Jumping bean!" everyone jumps. When the leader shouts, "Runner bean!" everyone runs. Broad bean = spread arms and legs wide. Jelly bean = wobble around the room.

Fruit Salad song:

Sing the names of different fruits to the tune of the French song, Frère Jacques. Invent dance moves to go with each fruit!

Body Writing

The leader calls out different foods. Move your body to write out the food name - moving your head, arms, hips and legs to help you!

Hot Potato:

Keep a balloon or light ball in the air by passing it quickly around the space. Don't let it drop!

Fruit Basket:

In a circle, the leader whispers one of four fruit names to each person, e.g. pineapple, strawberry, mango, orange. The leader then stands in the middle and names one fruit. If it's your fruit, you are left without a space. If leader's place. The leader can also shout, "Fruit basket!" where everyone swaps spaces!

For more information on the importance and benefits of physical activity, please visit:
www.who.int/publications/i/item/9789240015128



EVALUATING THE GPN BADGE

Instructions for leaders

Use the GPN Badge Survey (see next page) to better understand the success of the badge activities. The survey measures **food diversity**: how many food groups your group members eat before GPN, compared to how many they eat after finishing the badge.

You can use the results from these surveys in many ways. You may simply wish to know how effective the GPN badge activities were, and decide to share this with your MO. You might use the results to promote the benefits of nutrition education to other groups!

The GPN Badge Survey is entirely **optional**. If your group agrees to take part, you should:

- ★ Explain to your group the purpose of the GPN Badge Survey and how you will use or share their results.
- ★ Make sure every member of your group **completes the survey twice**: once **before** starting GPN and once **after** finishing the badge, e.g, at the celebration or badge ceremony. The survey is the same both times.
- ★ Choose how to fill out the survey:
 - **Online** (if your group has access to smartphones): Scan the relevant QR code below with your browser or app and follow the steps. Leaders write down each participant's two total scores, their birthday and initials, and keep safe.



Start Survey
(before any GPN activities)



Finish Survey
(after finishing all GPN activities)

- **Paper**: Make copies in advance: one per participant for the start of the badge, and one per participant at the end (see next page).

When your group has completed the survey twice, collate each participant's start and finish surveys by matching their initials and birthday. You could then interpret the results as follows:

- ★ Compare the results of each person:
 - If the total number of "Yes" answers (and total number of foods) has **increased**, this means that this member's food diversity has improved since starting GPN!
 - If the total number of "Yes" answers (and total number of foods) has **decreased**, this means that this member's food diversity has reduced. **Please note** that these surveys *only capture one day in their life and may not be representative of their regular diet*.
 - If the totals have stayed the **same**, their food diversity has not changed.
- ★ Find the averages of your whole group's start and finish surveys, and compare these two results. To do this, add up everyone's "Yes" answers from the start survey, then divide by the number of start surveys completed. Then, compare this to the average at the end of the badge by adding up everyone's "Yes" answers from the finish survey, and dividing by the number of finish surveys completed.

Take the analysis further by exploring your group's ideas for why these changes have happened. For example, you could ask whether the changes were due to GPN or other external influences.



GPN BADGE SURVEY

Join girls around the world who are sharing their understanding of nutrition! Complete the GPN Badge Survey on your own and give to your leader.

Taking part is optional. If you choose to complete the survey, this means you agree for your leader to use and share this information (they won't share your name).

Initials (e.g. AK)

Birthday (e.g. 25.08.10)

What to do:

1. To begin, think of all the food you ate yesterday (breakfast, lunch, dinner, snacks).
2. Mark "Yes" for each food group you ate at least once, and "No" for any you didn't eat.
3. Then, under each "Yes" food group, tick each food you ate (or write in the blank space).
4. At the end, count how many "Yes" answers you gave, and how many foods you ticked. Write the totals in the boxes at the bottom.

If you ate composite foods (several foods mixed together) such as soup, curry, stew, lasagne, tacos, try to break them down into the foods they are made from. Pizza, for example, is bread (a grain), tomato (a fruit), cheese (a milk/dairy product) etc.

Note: The foods below are grouped according to the GPN Food Guide.

Did you eat any **GRAINS** yesterday? Yes No

Which grains did you eat? Tick below.

- Cereals e.g. corn, rice, bread, pasta, grains, noodles, ugali, porridge
- Roots and tubers e.g. potato, yam, plantain, cassava, sweet potato, corn on the cob
- Other _____



Did you eat any **PROTEIN FOODS** yesterday? Yes No

Which protein foods did you eat? Tick below.

- Meat e.g. beef, pork, chicken, lamb, goat, camel
- Meat e.g. liver, kidney, heart, other organ meats
- Fish and shellfish e.g. fish, prawns, crab, sardines, mussels
- Pulses, seeds and nuts e.g. chickpeas, lentils, black beans, peanuts, tofu, edamame, soy products, hummus
- Eggs
- Milk and dairy products (calcium-rich) e.g. milk, cheese, whey, yoghurt, cream
- Other _____





GPN BADGE SURVEY

Did you eat any VEGETABLES yesterday? Yes No

Which vegetables did you eat? Tick below.

- Green e.g. spinach, kale, broccoli, cassava leaves, cabbage, chard, seaweed
- Orange, red and yellow e.g. pumpkin, carrot, squash, peppers, tomato
- Other e.g. eggplant, onions, cauliflower
- Other _____



Did you eat any FRUITS yesterday? Yes No

Which fruits did you eat? Tick below.

- Fresh fruits e.g. mango, cantaloupe, grapefruit, watermelon, papaya, apricot, tangerine, guava, passion fruit, pineapple, berries, banana, lychees
- Dried fruits e.g. raisins, dates, apricots
- Other _____



TOTAL "YES" ANSWERS: **(out of 4)**

TOTAL TICKED BOXES: **(out of 17)**

READY?

You're almost there ...



GET SET ...

- Make a copy of the Badge Tracker on page 7 per person.

- With your group, write a Brave Space Agreement (a set of ground rules) to be displayed throughout the GPN badge. A brave space is a safe space that also challenges us – it's a space where we learn best.

- Make sure you have your Food Guide and the GPN Fact File ready.

- Optional: Make two copies of the GPN Badge Survey on pages 10 and 11 per person.

BRAVE SPACE AGREEMENT

We're curious and ask questions

We're honest

We include everyone

We listen to each other

We don't judge other people

We encourage body confidence (the purpose of eating healthily is not to be thinner, prettier, lighter skinned etc).

GIRL POWER!

Read on for all the GPN badge activities and resources.



GREEN ACTIVITIES



Timing: 1 hour

Summary:

Create a song and dance OR design a scavenger hunt to learn how to stay happy and healthy.

Key messages:

- ★ To stay happy and healthy now and in the future, you need a:
 - healthy **diet** = eat healthily and drink lots of water
 - healthy **environment** = take a bath or shower and clean your home
 - healthy **lifestyle** = get enough sleep, do exercise every day, go to school, and visit a doctor/clinic regularly

Resources provided:



Talent Show script - Episode 1



Healthy Hunt clue examples



Keep moving!

Always begin with a physical warm-up (see page 8).

Preparation:

1. Read the green stage of the GPN Fact File.
2. Gather your prepared Badge Trackers.
3. Make five copies of the Talent Show script.
4. Choose the main activity:
 - **Happy Dance:** Ideally, play music.
 - **Healthy Hunt:** Gather eight objects to represent how to stay happy and healthy: **bowl** (eat), **cup** (drink), **soap** (wash), **broom** (clean), **pillow** (sleep), **shoes** (exercise), **book** (education), **first aid** (doctor). Display the clue examples (provided). Gather pens and paper.



Starter:



15 mins

1. Introduce the Girl Powered Nutrition badge. Explain that by the end of the badge, they will make healthier food choices **and** will have helped other people do the same.
2. Ask five volunteers to act out Episode 1 of the Talent Show, using the script.
3. Discuss what might happen next. Recap the health check rules





Choose your main course:

30 mins

HAPPY DANCE

or

HEALTHY HUNT

- First, ask the group to imagine they're auditioning for the Talent Show! Their task is to prepare a song or dance that explains how to be happy and healthy.
- The song or dance could be based on an existing routine (e.g. [the banana song](#)) or an entirely new one.
- Ask participants to work together in small groups to write a song or dance.
- When everyone's finished, groups perform.

- Showing the eight objects, the group guesses which object represents each of the things we need to be happy and healthy, e.g. soap = washing.
- Split into eight groups to design a scavenger hunt! Assign a different object to each group.
- Each group should decide on a hiding place for their object and write a clue to tell people where to find it (make two copies of each clue.) Show the example clues (provided) to help.
- To set up the hunt, hide each clue with a different object. Then give each group the second copy of a clue and go!



Reflection:

15 mins

- Introduce the Badge Tracker and how to use it.
- Ask everyone to colour in the green section, then write what they learned today. Prompt using the Key Messages and ask:
 - What do you need to be happy and healthy?
 - Do you have any unhealthy eating habits? e.g. skipping breakfast.
 - What could you do to be even healthier?



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

Can't meet up?

Ask the group to read the Talent Show script then design a scavenger hunt for their family to find the eight things we need.



Got technology?

Record videos of the Talent Show auditions. Share the videos safely online.



Resource 1:

Talent Show script - Episode 1

SETTING: studio. **5 characters:** 4 teenage friends (Rio – a girl, Zarook – a boy, Rojo – a girl, Ummy – a girl) and TV producer

ALL characters are sitting on chairs, in a line, waiting near a door

RIO: I just need to say it. I know we're all thinking it. I'm so nervous!

ZAROOK: *[Knees shaking]* Yeah, I kept waking up last night with nerves.

TV PRODUCER *opens the door. They ALL turn to look*

TV PRODUCER: Ummy? You're up next.

UMMY: That's me! OK everyone, see you afterwards. Wish me luck!

They ALL say, "Good luck!". UMMY walks out of the door

ROJO: If we all get to perform on the Talent Show, the nerves will be worth it!

RIO: I need to calm myself down. At least we've all auditioned now.

RIO gets up and walks around. She sees a poster on the wall

RIO: Have you all seen this poster? It says that successful Talent Show contestants will have to have a health check before they can officially be accepted. It says the check will assess three things: how healthy our **diet** is, how healthy our **environment** is, and how healthy our **lifestyle** is.

They ALL walk over to the poster

ZAROOK: It's got the government stamp on it, and the Department of Health so it must be official. So, what would we all need to do?

They ALL fall silent, thinking and reading the poster. UMMY comes through the door

UMMY: I'm so glad that's over! I think the audition went ok - I did my best. What are you all doing? You look so serious!

ROJO: We've just seen this official poster saying that we need to pass a health check for the competition. Look – it says they'll be checking our habits! Do we eat three balanced meals per day and drink lots of clean water? That's a healthy **diet**. They'll also check that we keep ourselves and our living areas clean – especially taking a bath or shower every day – that's a healthy **environment**.

ZAROOK: And finally, for healthy **lifestyle** there's several things: do we get enough sleep (we need 8-10 hours), do exercise every day, go to school or college, and visit a doctor or clinic regularly for check-ups? It says that if we make good choices now, we're more likely to have brighter futures.

RIO: I don't know about you all, but I think I have some unhealthy habits that I need to change if I'm going to be successful - in the competition but also in life!

ALL: Agreed!

TV PRODUCER *enters. "We've made a decision."*



Resource 2:

Healthy Hunt clue examples

Instructions for leader:

Make a large copy of the clue examples below and display for everyone to see. They are examples to inspire the group to design their own.

**I'm usually round
and deep, and you
use me to eat**

Find me and draw me



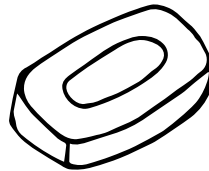
**Sip and slurp
from me, I'm
happiest with
clean water in me**

Find me and draw me



**Foam and froth
are hard to say,
use me to wash
away the day**

Find me and draw me



**Soft and inviting
for your head,
you usually find
me on your bed**

Find me and draw me



**Something you
use to study**

Find me and draw me



**Something
you use when
you're sick**

Find me and draw me



**Something you
use to do exercise**

Find me and draw me



**Something
you use to clean
your room**

Find me and draw me





YELLOW ACTIVITIES



Timing: 1 hour

Summary:

Draw your favourite meal OR play a physical game to learn about good nutrition.

Key messages:

- ★ To eat healthily, it's important to follow your country's Food Guide:
 - **Eat balanced meals.** This means eating a variety of foods from all the food groups, and in the right amounts (these colourful meals are also called a "rainbow plate").
 - **Eat less processed food** – it doesn't help your body grow or stay healthy.
- ★ Good nutrition keeps your body working well, helps you grow and builds your immune system (so it can fight germs). When your body doesn't get the nutrients/energy it needs, you can get tired easily, get sick and you're more likely to suffer from malnutrition.

Resources provided:



Talent Show script – Episode 2



Superstar statements



Keep moving!

Always begin with a physical warm-up

(see page 8).

Preparation:

1. Read the yellow stage of the GPN Fact File.
2. Gather all the Badge Trackers (from previous activity).
3. Make copies of your country's Food Guide (or GPN Guide).
4. Make five copies of the Talent Show script.
5. Choose the main activity:
 - **Favourite Food:** Gather paper, scissors and pens. Make posters showing the name of each food group (on your Food Guide). Alternatively, label baskets or bags with each food group.
 - **Superstars:** No resources needed.



Starter:



15 mins

1. Recap Episode 1 of the Talent Show.
2. Ask five volunteers to act out Episode 2, using the script.
3. Show your country's Food Guide and ask:
 - a. What new things did you learn from the episode?
 - b. What are your favourite balanced meals?
 - c. What do we mean by a "rainbow plate"?
 - d. Why is our nutrition so important?



Use food if you can!

Sort and order real foods into which we should eat more and less of.



Choose your main course:

30 mins



FAVOURITE FOOD

or



SUPERSTARS

- Ask everyone to imagine eating their favourite meal, then to draw the different ingredients that make up this meal. Each ingredient should be drawn separately on the paper.
- Show the prepared food groups posters in the middle.
- Ask everyone to cut out each of their ingredients and place it on the correct food group poster. Make a pile of any ingredients that don't match (usually processed foods).
- Using your Food Guide, work together to put the food groups in order of those we should eat more and less of. Ask what they notice about the foods they eat, and why we should eat less processed food.

- The aim is to learn about foods that do or don't help our bodies grow.
- Start by asking the group to walk around the room at random.
- Read out a Superstar statement (provided). Everyone decides individually whether it's healthy or unhealthy. If it's healthy, they act like superstars by doing star jumps! If it's unhealthy, they melt down on to the floor.
- Repeat for all the statements.
- At the end, ask volunteers to invent their own healthy or unhealthy statements for the group to react to.



Reflection:

15 mins

- Ask everyone to colour in the yellow section of their Badge Tracker.
- Recap the Pineapple Pledges that the friends made in the Talent Show. Ask everyone to make a similar promise to improve their own nutrition.
- The group writes their Pineapple Pledge inside the fruit shape.

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

Can't meet up?

Ask the group to read the Talent Show script, then sort foods at home into the different food groups.

Got technology?

Ask everyone to share their favourite meals, then 'buy' the ingredients in an online food shop (put them in the 'basket' only!)



Resource 1:

Talent Show script - Episode 2

SETTING: studio, then cafe. **5 characters:** 4 teenagers (Rio, Zarook, Rojo, Umyy) + TV producer

ALL teenagers are standing facing the door, looking nervously at the producer

TV PRODUCER: We're delighted to tell you that you're all through to the show! You did so well.

ALL jump around excitedly, shouting and high-fiving in celebration

TV PRODUCER: Now the hard work really starts. Have you seen the information about our health check? We can't accept you on to the Talent Show unless we know you're doing everything you can to stay happy and healthy. At your age, your nutrition is especially important. I'll leave you all to celebrate now – you deserve it. One million people will be watching the show!

TV PRODUCER leaves

UMMY: Let's celebrate with a tasty meal. Where should we go?

ZAROOK: How about that new place we've all been wanting to try? Global Buffet?

They ALL nod and leave the studio to walk to the café. They enter, find a table and sit down

ROJO: I keep thinking about the health check ... How do we make sure our diet is healthy? It said three balanced meals per day, but what does balanced mean?

ZAROOK: Look! On the back of the menu is our country's Food Guide! That's the one I remember being taught at school – it's created by nutrition experts to help us eat healthily. This can help us choose our meal tonight.

ROJO: OK so ... the guide is called a 'rainbow plate'. It says that eating healthily often means colourful meals that look like a rainbow. We need to eat from **all** the different food groups, but eat **more** of some food groups and **less** of others

Show the group your country's Food Guide. Name each food group and emphasise the proportions of each one (those we should eat more and less of).

ZAROOK: Our Food Guide has lots of rice (a 'grain'), lots of vegetables and fruits, some protein foods, including milk products (like yoghurt) and a small amount of fats/oils. It looks pretty easy laid out like that actually!

UMMY: So what can we choose from this menu that's a 'rainbow plate'?

RIO: How about the Chicken Tinola? It's rice, chicken cooked in ginger and a bit of oil, green papaya, mango and malunggay (a vegetable). We should order water too.

ZAROOK: I think I'm going to have Fried Bangus. It's fish cooked in a bit of oil and spices, with pinakbet (mix of vegetables like eggplant and okra), rice and watermelon.

They ALL order their food



Resource 1:

Talent Show script - Episode 2

- UMMY:** Did you all see that the Food Guide also says we must eat a **variety** of foods? That means we shouldn't always eat the same thing. And we definitely need to cut down on unhealthy snacks like chips, cake, cookies and fast food.
- RIO:** Yeah I don't think we even realise how much processed food we eat. It's usually high in salt, unhealthy fats and sugar. The Food Guide says good nutrition helps our bodies grow and fight germs. If we don't get the nutrients and energy we need, we can suffer from malnutrition.
- ZAROOK:** Malnutrition is really serious. There are different types. My friend got diagnosed by the doctor because they were getting too much energy from all the foods high in fat and sugar, and they weren't doing enough exercise.
- ROJO:** We're so lucky – we're young and can make changes now so that we grow up healthy and strong. Let's each make a promise – let's call it a **Pineapple Pledge** – to improve one thing about our nutrition. My pledge is to eat fruit instead of sugary snacks.
- RIO:** My Pineapple Pledge is to eat different foods – to change the fruit and vegetables I eat each day.
- ZAROOK:** Mine is to exercise more.
- UMMY:** Mine is to always add fruits and vegetables to my meals.
- ALL:** Cheers!

*They **ALL** lift their glasses of water and clink with each other*



Resource 2:

Superstar statements

Instructions for leader:

1. Read out one statement in turn.
2. Allow time for everyone to decide individually whether the statement is healthy and helps our bodies grow or if it's unhealthy and doesn't help our bodies grow. If it's healthy, they act like superstars by doing star jumps! If it's unhealthy, they melt down on to the floor.
3. Use the answers to correct any misunderstandings.

Statements:

- | | |
|---|-----------|
| ★ Eating a 'rainbow plate' of all the food groups | Healthy |
| ★ Drinking soda drinks often | Unhealthy |
| ★ Eating different foods for lunch each day | Healthy |
| ★ Eating cookies every day | Unhealthy |
| ★ Eating fruit for breakfast every morning | Healthy |
| ★ Snacking on different fruits | Healthy |
| ★ Buying chips after school every Monday | Unhealthy |
| ★ Eating only rice and beans most days | Unhealthy |
| ★ Doing sport after school a few times a week | Healthy |
| ★ Preparing rice, beans, vegetables, fish and fruits with your family | Healthy |
| ★ Drinking 6-8 glasses of water every day | Healthy |



ORANGE ACTIVITIES



Timing: 1 hour

Summary:

Role play the Talent Show OR create an obstacle course to learn about girls' nutritional needs.

Key messages:

- ★ Both girls and boys have the right to good nutrition.
- ★ Teenage girls need extra iron because they're growing fast and need to replace what they lose during menstruation. If they don't, girls risk suffering from anaemia (a form of malnutrition).
- ★ Girls should get extra iron by eating iron-rich foods. If your health service or school/college offers Weekly Iron and Folic Acid Supplements (WIFAS), it's very important for girls to take these as well. Girls that get enough iron will stay strong, energetic and grow into healthy women.
- ★ A woman who always eats well and has a healthy pregnancy is more likely to have healthy babies.

Resources provided:



Talent Show script – Episode 3



Health Hurdles example



Keep moving!

Always begin with a physical warm-up

(see page 8).

Preparation:

1. If possible, invite in a local nutritionist to join you (activities are possible without).
2. Read the orange stage of the GPN Fact File.
3. Make six copies of the Talent Show script. Gather all Badge Trackers.
4. Choose the main activity:
 - **Hot Plate:** None needed.
 - **Health Hurdles:** Gather pens, paper, tape and lots of obstacles (to climb over, through or under, e.g. chairs, fabric, buckets, ropes, hoops) – see Health Hurdles example provided.



Starter:



15 mins

1. Recap Episode 2 of the Talent Show.
2. Ask six volunteers to act out Episode 3, using the script.
3. At the end, ask the group:
 - a. What new things did you learn in this episode?
 - b. Why do teenage girls need more iron?
 - c. Which iron-rich foods were in the cupboard?

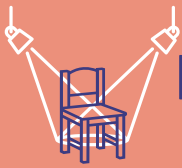


Use food if you can! Organise for the group to taste foods rich in iron. Encourage them to try new ones!



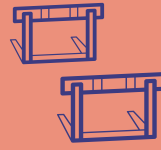
Choose your main course:

 30 mins



HOT PLATE

or



HEALTH HURDLES

- The aim is to act out the Talent Show!
 - Recap what each character learned in the show, e.g. Ummy learned about girls' nutritional needs, Rojo learned we need more iron, Zarook learned that boys and girls deserve good nutrition, Rio learned how important WIFAS are.
 - Split into groups of four with one chair per group. Whisper one of the four characters' names to each group member (keep it secret).
 - In each group, the members take turns sitting on the chair (the 'hot seat') to act as their character. The rest of the group ask them questions about their nutrition to try and discover who they are!
- The aim is to design an obstacle course! First, split into teams. Ask each team to choose some objects to become their obstacles.
 - Explain that each obstacle represents a nutritional problem that teenage girls might face, e.g. not getting enough iron. Players will climb over each obstacle while saying what they could do to overcome that problem, e.g. eat more dark green vegetables.
 - Ask teams to use paper, pens and tape to label each obstacle with a nutrition problem.
 - Teams play each other's obstacle courses.



Reflection:

 15 mins

- Sitting with the Badge Trackers, ask everyone to colour in the orange section, then write what they learned today. Prompt using the Key Messages and ask:
 - What do teenage girls need extra of? Why?
 - How important is it for you to get extra iron?
 - What foods could you eat that are rich in iron?



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

Can't meet up?

Ask the group to read the Talent Show script then interview a member of their family about nutrition.



Got technology?

Support the group to email a trusted nutritionist with questions about their nutrition.



Resource 1:

Talent Show script - Episode 3

SETTING: shared apartment. **6 characters:** 4 teenagers, TV producer + nutritionist

*ALL teenagers are gathered around Rojo's mobile phone, listening on loudspeaker. The **TV PRODUCER** is on the other end of the line*

TV PRODUCER: You may remember that part of the health check involves your diet. We've arranged for a nutritionist to visit you. They're a trusted expert in nutrition.

ROJO: Thank you very much. We look forward to meeting them.

ROJO hangs up the phone

ZAROOK: We're so lucky to have an expert coming to visit us!

*Later, there's a knock at the door. RIO opens it. The **NUTRITIONIST** walks in*

RIO: Hello! It's so nice to meet you.

NUTRITIONIST: Thank you. Great to be here. My name is **[insert your name]** and I've worked as a nutritionist for 10 years, all around the world. First of all, tell me about your eating habits. What did you have for lunch yesterday?

RIO: We actually ate together so we all had the same thing! We ordered takeaway – noodles with egg and vegetables.

NUTRITIONIST: Now, takeaway is hard to advise on because we don't know how it was made or what's really in it (other countries have laws that demand all companies display this information!). It's better to prepare healthy food yourself, so you know what's in it. If you prepare noodles, eggs and vegetables, then eat fruit afterwards, that's a balanced meal. Did everyone eat all the different foods??

ZAROOK: I took most of the eggs and vegetables first because my family has always served me and my father the best quality food.

NUTRITIONIST: I'm afraid this isn't right. You all – boys **and** girls – have the right to good nutrition. This means both boys and girls deserve to eat a 'rainbow plate' in the right amounts. Did you also know that girls' nutrition changes during their life cycle?

UMMY: I didn't! So what's different about our nutrition at our age?

NUTRITIONIST: Great question. Teenage girls need **extra iron** because they're growing fast and need to replace what they lose during menstruation. If girls don't get enough iron, they risk suffering from anaemia (a form of malnutrition).

ROJO: So Rio, Uummy and I need to eat more iron? How do we do that?

NUTRITIONIST: You should do two things – eat iron-rich foods **and** take Weekly Iron and Folic Acid Supplements (WIFAS for short). Our health service provides WIFAS because lots of girls and women have anaemia in our country and we want to stop the situation getting worse.

ZAROOK gets up and opens the cupboards in the kitchen



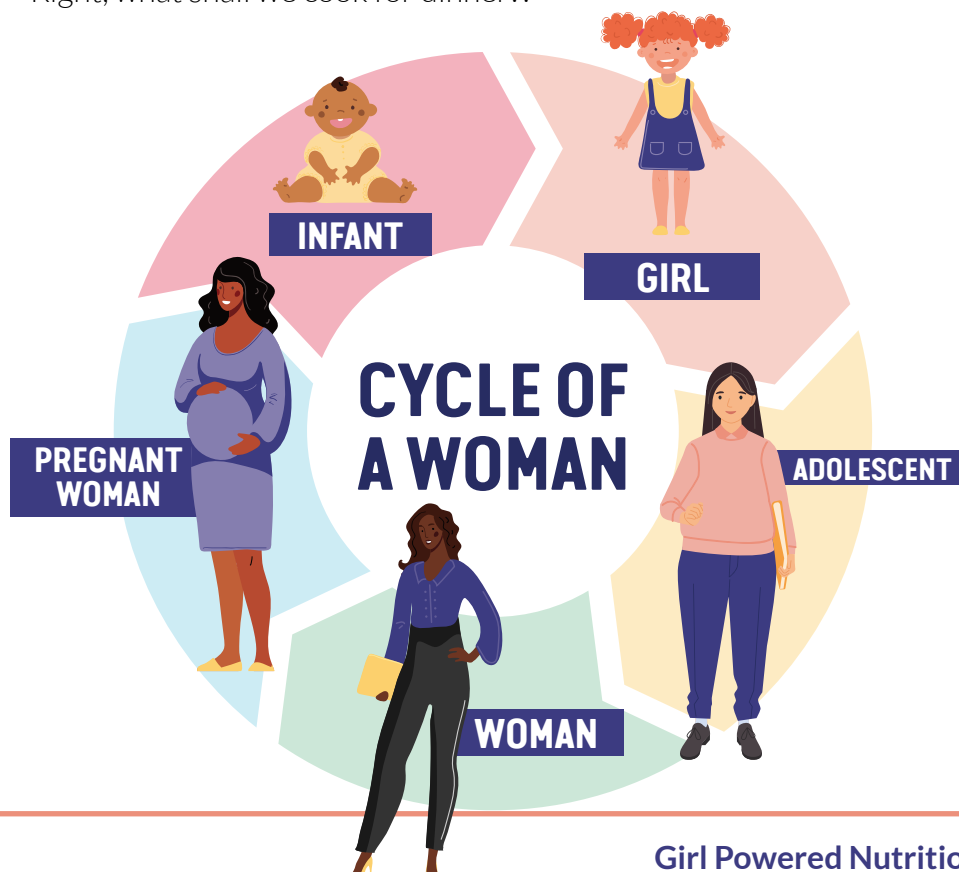
Resource 1:

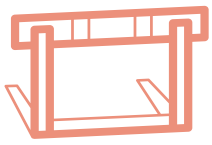
Talent Show script - Episode 3

- ZAROOK:** I'm going to help make sure you girls get extra iron – I had no idea it was so important! Let's see – we have spinach and pumpkin leaves. Are they good sources of iron?
- NUTRITIONIST:** Yes! Vegetables that are dark green and leafy are very helpful. So is red meat, liver, black beans and lentils.
- UMMY:** We've got chicken, turkey and chickpeas. Do they have lots of iron?
- NUTRITIONIST:** Excellent – yes. I will arrange for you to see a health worker to start taking your WIFAS too. This extra iron will help you girls stay strong, energetic and grow into healthy women.
- RIO:** I actually tried WIFAS before and I didn't like the taste. But now I understand how important they are, I'll try eating them right after food from now on. Is there anything else you think we should know about our nutrition?
- NUTRITIONIST:** Yes but not at your age – when you're much older. Women who choose to have babies have specific nutritional needs. They need extra energy and nutrients (such as iron) to stay healthy and make sure the baby grows and develops too. It's a cycle – a woman who always eats healthily and has a healthy pregnancy is more likely to have healthy babies!
- ROJO:** I'm going to tell my mother and aunties immediately! Thank you so much.
- RIO:** I feel so much more confident about our health check now that we know what we need. We can make healthy changes to our lives!

They ALL thank the nutritionist. The nutritionist leaves

- UMMY:** Right, what shall we cook for dinner?!

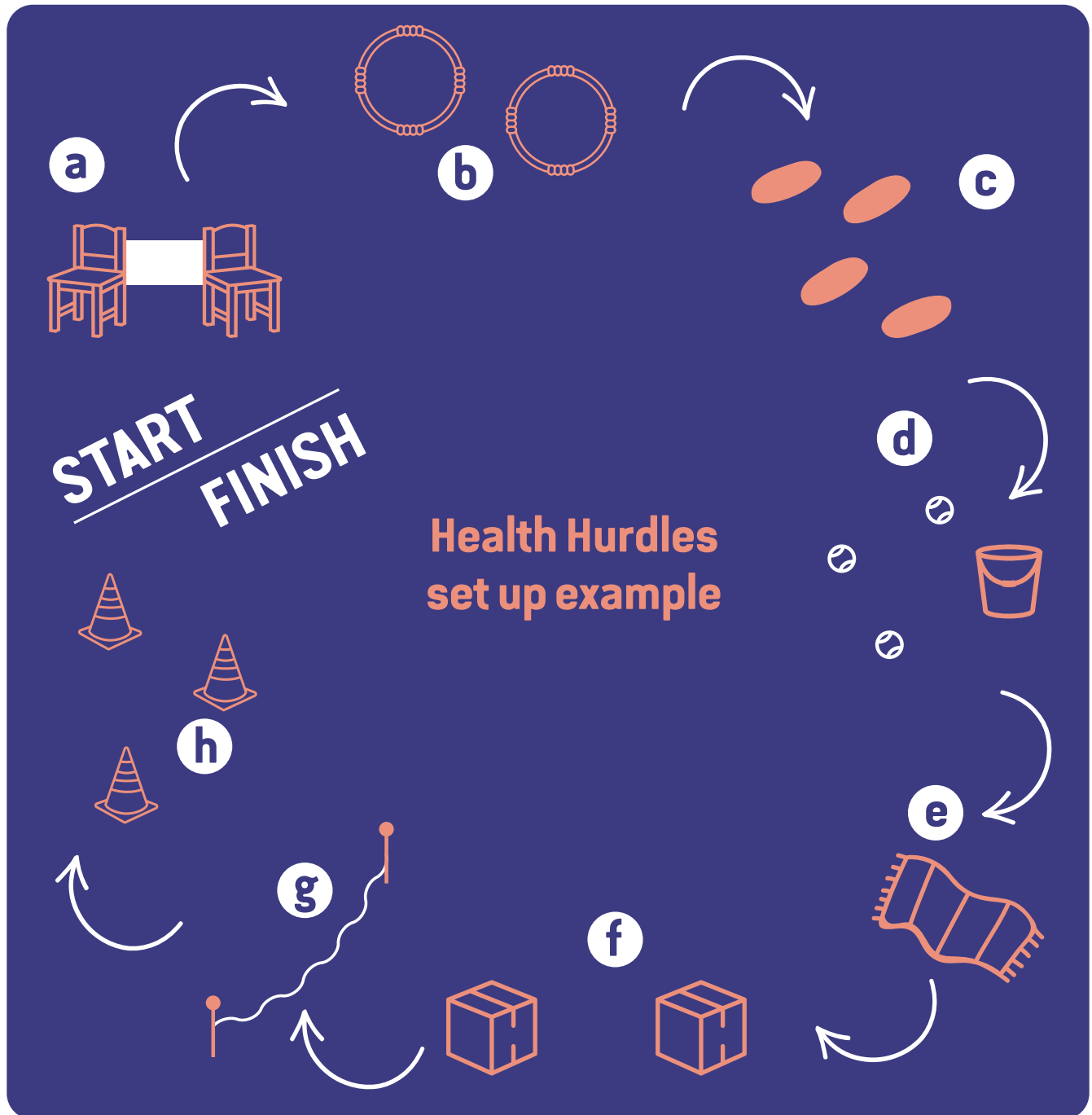




Resource 2: Health Hurdles example

Instructions for leader:

1. Show this example to the group to help them set up their obstacle courses.





TURQUOISE ACTIVITIES



Timing: 1 hour

Summary:

Design a poster OR make a TV advert to learn how to check food information.

Key messages:

- ★ You will see and hear different information about food in shops, media advertising, on food packaging or from your friends and family. Some of this information will be true and some will be false. Check all food information before trusting it! Some false examples:
 - adverts that claim a single food can keep you healthy.
 - the myth that boys deserve to eat better.
 - packaging that persuades you to buy unhealthy snacks.
- ★ Health workers, teachers, the government and health NGOs can be trusted to give us reliable nutrition information.

Resources provided:



Talent Show script – Episode 4



Advertising examples

Preparation:

1. If possible, invite in a local health worker to join you.
2. Read the turquoise stage of the GPN Fact File.
3. Make six copies of the Talent Show script and gather all Badge Trackers.
4. Choose the main activity:
 - **Let's Investigate:** (Better for groups familiar with processed food.) Gather a selection of empty packets of processed foods, plus pens, tape and paper.
 - **Question Everything:** (Better for groups used to seeing food advertising.) Copy and cut out the advertising examples provided.



Keep moving!

Always begin with a physical warm-up
(see page 8).



Starter:



15 mins

1. Recap Episode 3 of the Talent Show.
2. Ask six volunteers to act out Episode 4, using the script.
3. At the end, ask the group:
 - a. What surprised you in this episode?
 - b. What myths have you heard about food? (see Fact File)
 - c. Where have you seen food advertising?



Use food if you can! Organise 'blind taste tests' of different brands of the same food. Guess which food matches which packaging.



Choose your main course:

30 mins



LET'S INVESTIGATE

or



QUESTION EVERYTHING

- The aim is to design a 3D poster! First, explore the food packaging. What pictures and words are used?
- Ask the group to explain the aim of advertising (to sell a product). Then, to point out advertising on the packaging (colours, cartoons, slogans).
- Ask the group to point out the reliable information (ingredients, nutrition table).
- Split into small groups, each with a food, pens and paper. Tell groups to flatten the packaging and stick in the middle of the page.
- Ask groups to draw arrows to label the reliable information and the advertising.
- Groups could order their packaging as if on a cupboard shelf, according to how healthy it is.

- The aim is to make a reliable TV advert!
- Start by sharing the advertising examples. Discuss the aim of advertising and where they have seen similar adverts.
- Reveal that these advertising examples are based on real adverts that are unreliable!
- Support the group to identify what's untrue in each advert (see guidance provided).
- Split into small groups with an advert each. Ask them to act out a trustworthy TV advert, based on the written one. Their TV advert should only contain reliable facts!



Reflection:

15 mins

- Sitting with the Badge Trackers, ask everyone to colour in the turquoise section, then write what they learned today. Prompt using the Key Messages and ask:
 - Where can we find reliable food information?
 - What new thing did you learn about packaging today?
 - How confident do you feel about checking nutrition information?



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



Can't meet up?

Ask the group to read the Talent Show script then create a food label for a fruit or vegetable of their choice! Share with family.



Got technology?

Watch a video about sugar, e.g. [Man Drinking Sugar](#) or [How much sugar?](#) Make a list of healthy drinks you can make.



Resource 1:

Talent Show script - Episode 4

SETTING: rehearsal studio then market. **6 characters:** 4 teenagers, teacher, Uummy's friend

THE TEACHER is at the front of the space. All teenagers are in a line behind the teacher, following a dance routine

TEACHER: That's it! Right, right, forward, left, back, pump, jump!

The routine ends. THE TEACHER claps and congratulates the group

UMMY: *[Out of breath]* That was intense! I think we're improving each day though. I'm really enjoying moving my body this much. I feel stronger! Right, my friend is here to meet us – she's at the door.

FRIEND Hi everyone, I'm **[insert your name]**. Looks like rehearsals for the show are going well! Shall we go and get something to eat?

UMMY: Yes but we're trying to be healthier by cooking our own food rather than buying processed stuff. Let's go to the market to buy things and cook at home.

EVERYONE goes to the market together

ROJO: Shall we make Mexican beans? We'd need rice, chicken, tomatoes, egg, black beans, onion and chilli.

ZAROOK: Sounds perfect but we had rice yesterday. Let's have whole grain tortillas instead. It's great that we'll have two sources of iron: chicken and beans.

FRIEND: You shouldn't buy eggs. They're not good for you. And they'll bring you bad luck if you eat them before the competition!

UMMY: Is that true? Rio – you're good at science. Are eggs unhealthy and bad luck?

RIO: I don't think so ... surely the nutritionist would have mentioned it yesterday? We often eat eggs. Let's ask our teacher when we're back at the studio. Let's go eat.

After lunch, back at the rehearsal studio

TEACHER: Welcome back everyone. I hope you're ready to practise for the show!

RIO: Before we do, could we ask you a question please?

TEACHER: Of course – go ahead.

RIO: We heard from a friend that eggs are bad for you and bad luck. Is this true?

TEACHER: I hear this so often! Lots of people around the world think this, but it's not true. Eggs are actually packed full of lots of nutrients, including protein, vitamins and minerals, and make a great tasty and quick meal.

UMMY: Thank goodness – I love eggs! It's really worrying when you hear things, especially about food, and you don't know what to believe. I see things on TV all the time that I'm just not sure about – especially adverts.



Resource 1:

Talent Show script - Episode 4

TEACHER:

I know, it's really hard. Some of these things might be true but some are false. You all did exactly the right thing by checking with me. I'll always help, and so will health workers and other teachers. If you have the internet, you can also trust the information on the government and health NGO websites.

ZAROOK:

I also thought about food packaging. I often don't look at things carefully before I buy them – I need to be more aware.

TEACHER:

Yes, it's important to know how to 'read' food packaging. It's designed to protect the food inside, to give us information but also to sell the product to us. On a cereal box, for example, the nutritional information is usually hidden on the bottom! And be careful of "portion sizes" – the company's idea of a portion might be a lot smaller than the amount you usually eat!

ROJO:

When we get home, we need to look at the food in our cupboards! Thank you.



Resource 2:

Question Everything – advertising examples

Instructions for leader:

1. Make one copy of the four advert pictures and cut out.
2. Keep the 'What's untrue' guidance to help you during the activity.



N News
4 mins · 🌐



CHOCOLATE MILK GIVES YOU STRONG BONES

It has been proven that our flavoured milk can help strengthen children's bones for a brighter future.

14 🗨️ 1 Share

Like Comment Share

What's untrue in the advert?

Milk gives you calcium which builds strong bones, but chocolate milk also contains a lot of sugar.

It's best to drink milk without adding the flavouring.

Be wary of claims such as "proven". We should ask, "by whom/how is it proven?"

N News
4 mins · 🌐



Finally, healthy crisps: salad flavor!

You can eat as many of these crisps as you like, guilt-free. Their salad flavour means they are healthy and you can eat them every day.

14 🗨️ 1 Share

Like Comment Share

What's untrue in the advert?

Even though flavours might sound healthy (e.g. "salad") – they are still chips/crisps! This is a marketing tool to make you think something is healthier than it is.

Crisps/chips are high in salt and 'unhealthy' fats, both of which we should consume in small amounts and/or rarely.



Resource 2:

Question Everything – advertising examples

NEWS № 34747/53
Only fresh news www.news.com founded 1953

THIS SUPER FOOD WILL HELP YOU LOSE WEIGHT FAST

Click here to find out more about how you can lose weight quickly, simply by eating this one food every day. No exhausting sports needed.




What's untrue in the advert?

There isn't one food that can solve all our problems!

We need to eat a variety of foods, across all the food groups in the right amounts, and do regular exercise to be healthy.

Be wary of "superfood" claims. We should ask, "What does it really mean and who has proven this?"

NEWS № 34747/53
Only fresh news www.news.com founded 1953



FAT FREE YOGHURTS, PERFECT FOR LUNCHBOXES

Stuck for what to put in your child's lunchbox? Try our fat free, extra sweet fruit yoghurts. Perfect for a healthy snack.



What's untrue in the advert?

Be wary of "fat free" claims. Often, these products have more things added to them to make them taste better, e.g. sugar or additives.

We should eat sugar rarely and we need a small amount of fat.

Too much sugar can also cause tooth decay. Children's teeth should be cared for as they grow.

Reliable TV advert example (for reference):

Milk (not chocolate milk) gives you strong bones. Drinking milk instead of sugary drinks can make your bones strong and save your teeth!



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

- | | | |
|--|--|---|
| <ol 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! | <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> | <ol 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. |
|--|--|---|



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:

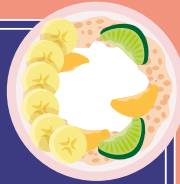
Use this list to help inspire your group during either activity.



Breakfast in Tanzania

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

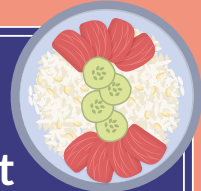
Freshly squeezed mango juice (no sugar added)



Breakfast in Madagascar

Rice (soso), pine nuts and fish

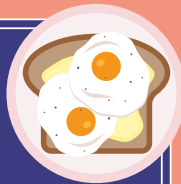
Freshly squeezed orange juice (no sugar added)



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.

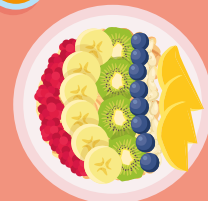
Coconut

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?



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:

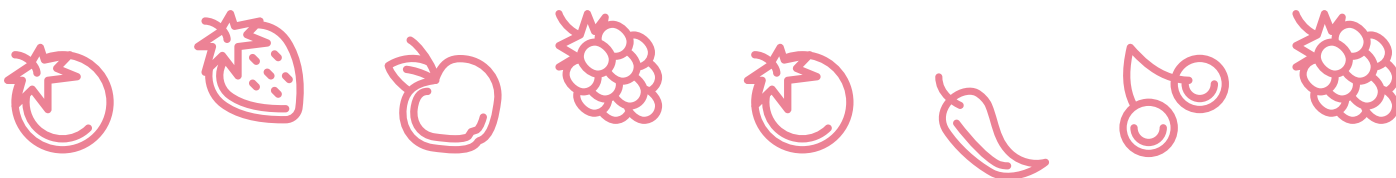


20 mins

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!

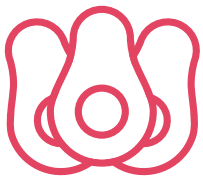
PRESENTER So many people who called to vote were impressed by your performance. Especially that you used the platform to advocate for others! Your message about girls needing more iron was very powerful.

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

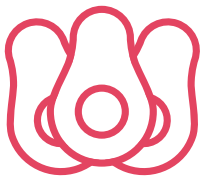


Write and perform a song, dance or play with a clear nutrition message



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

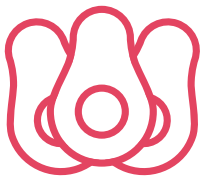


Go shopping with your family, explaining what to buy



Write and share a petition with a clear nutrition message





Resource 2:
Avocado Action cards

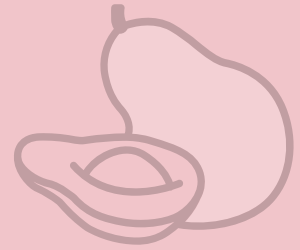
Do a community walk with a clear nutrition message



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.





ENDING THE GPN BADGE

Celebrate!

Organise a group celebration or badge ceremony to take place after everyone has taken action. Here are some ideas to help you:

1. Decide on a date (after the group's deadline for taking action).
2. Order your GPN badges on the [WAGGGS website](#) (or ask your MO).
3. Invite an audience to join you if possible – family, friends, community members, other Guides and Scouts groups.
4. Ask your group to prepare a celebratory song or dance.
5. Choose a food theme, for example:
 - ★ **Food Festival!** Serve a buffet of healthy food using local, affordable ingredients.
 - ★ **Fancy Dress!** Everyone dresses as their favourite healthy food.
 - ★ **Stop food waste!** Organise cooking demonstrations to use leftovers and save waste.
 - ★ **Recipe competition!** Everyone brings a 'rainbow plate' recipe to win a prize.
6. Set up the space with chairs for the audience (the rest of the group can be the audience if there aren't family and friends.)



Evaluate!

At the celebration event, find out how much your group has learned about nutrition now that they have finished the GPN badge.

As before, each participant should complete the GPN Badge Survey individually.

Your group can either:

1. *[If they have a smartphone]* Scan the QR code with their browser or app and follow the steps. Leaders write down each participant's two total scores, their birthday and initials.
2. Complete a printed version of the survey by hand.



See page 9 to interpret the results. As before, taking part is completely optional.

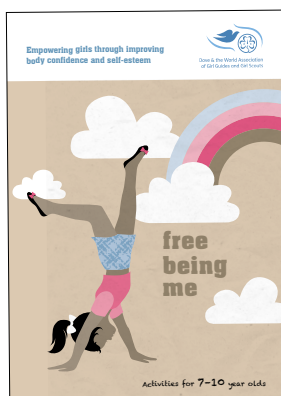


Share!

Your group is powerful. They should shout loud and proud about what they have achieved:

- ★ Tell WAGGGS (and the world!) how many of your group earned the GPN badge. Visit our [interactive map](#) and add your final number of participants.
- ★ Support the group to share their actions online using **#girlpowerednutrition** **#waggs**.
- ★ Encourage them to tell friends, family and other Guides and Scouts groups about the GPN badge.

The following WAGGGS badges link to, and complement, Girl Powered Nutrition:



Free Being Me:

Having learned about the nutrition our bodies need, learn about all the amazing things each unique body can do. Find FBM here: free-being-me.com



Voices Against Violence:

Malnutrition is one of the most persistent barriers to women and girls' empowerment. So is violence. To help end violence against girls, find VAV here: www.wagggs.org/en/what-we-do/stop-the-violence/get-involved/learn/deliver-voices-against-violence-curriculum



Surf Smart:

If your group was able to do any of the Tech options in GPN, check out Surf Smart where you can learn more about staying safe online: www.wagggs.org/en/what-we-do/surf-smart-20/



YUNGA Challenge badges:

To learn more about becoming an agent of change in your local community on issues such as ending hunger, climate change and the ocean, check out: www.fao.org/yunga/resources/challenge-badges/nutrition/en/

Co-created by the GPN Working Group:

Adele Lynch, Miguel Camacho, Alice Kestell, Rosario Jupiterwala, Rose Jade Delgado, Francine Beatriz Pradez, Erika Ramirez, Zarook Abdul, Kush Herat, Sirini Wengappuli, Priyabashini Karunarathne, Sophia Mlay, Umy Mwabondo, Valentine Masereka, Rojo Andriamahery, Saholy Raheliharinambinina, Narindra Andriamahefalisson, Mevaharinivo Geliah Rakotonandrasana and Minohasina Andriantahina.

With special thanks to Sophie Rymer.



www.waggs.org

   @waggsworld

World Association of Girl Guides & Girl Scouts,
World Bureau, Olave Centre, 12c Lyndhurst Road,
London, NW3 5PQ, United Kingdom

