



RED ACTIVITIES



Timing: 1 hour 30 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 lobbying decision makers.
- ★ Every action, however big or small, can make a difference in your community.

Resources provided:



Radio station script - 3pm show



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 and any research compiled during the activities.
4. Make copies of the radio show script. Make one copy of the Recipe for Action template per person.
5. Copy and cut out the Avocado Action cards. Hide them around the space



Starter:



15 mins

1. Briefly recap the radio show.
2. The group chooses how to present the 3pm script (provided).
3. Make a list of all the creative action ideas in the show, e.g. influencing the school principal, launching an online campaign against food myths.
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.

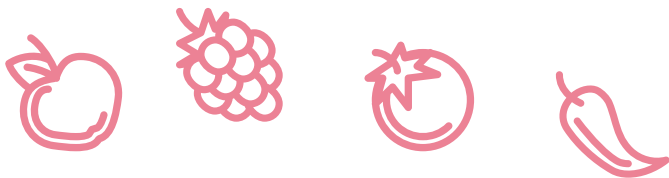


Main course:

1 hour



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 aren't taking their WIFAS. Refer to the Community Questionnaire results and previous research (if completed).
 - b. Then, they decide on a positive, clear and specific **message** that attempts to solve their chosen nutrition problem, 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. On their Badge Trackers, everyone writes a summary of the action they have decided to take to help other people's nutrition (in the avocado shape).
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 53 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 the 3pm show and 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:

Radio station script – 1pm show

[4 characters: two presenters and two cooks]

- Presenter 1** Welcome back to NBS! I'm your host **[insert name here]**.
- Presenter 2** And I'm **[insert your name here]**. This is our final show today about nutrition!
- Presenter 1** We've learned so much today. We've learned the eight things we need to stay happy and healthy, what a balanced meal is, about malnutrition, what teenage girls need, how important pregnant women's nutrition is, how to check food information, and so much more!
- Presenter 2** So, our final show today is about what we can all do about these issues. We've learned so much about how to make healthy choices ourselves. Now we want to pass on this knowledge to others too. So we're launching a competition!
- Presenter 1** Yes! The prize is an all expenses paid visit to our studio. You'll be on air with us all day, and have the opportunity to speak on a global radio station!
- Presenter 2** The competition is called Advocacy Action. Advocacy means influencing people in powerful positions by speaking out and taking action to make our world better. We want to hear your advocacy ideas to improve other people's nutrition. So call, text, email or DM us to tell us what you would do in your community to improve nutrition!
- Presenter 1** We've already received our first text! Zulfa, a Girl Guide in Tanzania, says: "I would like to share a real story. This year, I influenced my school's administration to make school meals more nutritious by adding more vegetables." Wow, I love that you're sharing something you already did Zulfa!
- Presenter 2** We've got our first caller now. Please introduce yourself.
- Caller 1** Hi there. I'm **[insert your name here]** from Japan. My idea for the Advocacy Action competition is to grow a vegetable garden at home to increase the diversity of food my family eats.
- Presenter 1** That's a fantastic idea, thank you. We've got an email here from Girl Scouts of the Philippines. They set up an online campaign called Put Your Best Fork Forward to tackle nutrition myths for younger girls. Find them on Twitter!
- Presenter 2** I had no idea young people were doing so much already. It's so inspiring. We have another two callers – welcome to the show.
- Caller 2** Thank you NBS! My name is **[insert your name here]**. I'm a Girl Scout from Madagascar. We went to Radio Fahazavana, a local radio station, where we educated the general public, live, about food security in our country.
- Caller 3** And my name is **[insert your name here]**. I'm a Girl Guide from Sri Lanka. We promoted hygiene practices among our family and friends. We demonstrated handwashing, and washing fruits and vegetables before cooking.



Resource 1:

Radio station script – 1pm show

Presenter 1

Thank you all so much for contacting us. The competition has only been running for a few minutes and we already have so many ideas!

Presenter 2

We just got a DM too: “I’m from France and my Advocacy Action is to organise a Food Festival!”

Presenter 1

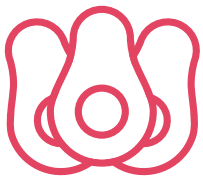
It’s going to be so hard to pick a winner! I can’t wait to hear more of your ideas. Thanks to everyone who’s contacted us so far.

Presenter 2

Before we have a break, we want to read you something sent in just now from Nabeela Iqbal, a Girl Guide from Sri Lanka. Her wise words are: “Never underestimate the power of the little things you do towards the bigger picture.” Thanks everyone.

Presenter 1

Thanks and good evening. Stay happy and healthy everyone!



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.

Organise a sugar test activity with your family, using their favourite soft drinks. Explain why water or milk is better



Talk at a school assembly with a clear nutrition message



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



Make a recipe book for teenage girls and share with friends and family

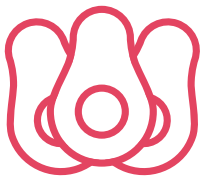


Write and perform a song, dance or play with a clear nutrition message



Plant a garden in your community. Eat some of the vegetables and share the rest





Resource 2:
Avocado Action cards

Go to the market or shop with your friends and help them make good choices by reading food packaging



Write and share a petition with a clear nutrition message



Organise a community exercise class



Meet with a local health worker and ask them to organise a community talk about breastfeeding

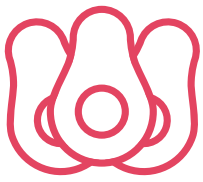


Create a short video with a clear nutrition message and publish online



Write to the health minister with a clear nutrition message



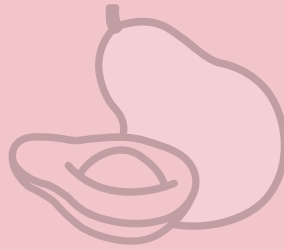


Resource 2:
Avocado Action cards

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 and publish a nutrition newsletter in your community





Resource 3: Recipe for Action

Instructions for leader:

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

Example

RECIPE FOR ACTION

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

Teenage girls aren't taking the WIFAS they're given.



My research tells me that ...

I did a community survey and spoke to a nutritionist. They told me that girls don't take WIFAS because they don't like the taste and don't understand how important they are.

My clear, specific nutrition message is ...

Try taking WIFAS right after food – they make us strong and healthy!

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

I will meet with the principal to ask for WIFAS to be promoted in clear language that explains their importance.



I will do this by ... [date]

Next week.



I will know my action had an impact if ...

Girls at my school start taking WIFAS and they understand why they're important.

The resources or help I need are ...

- Help from my teacher to set up a meeting with the Principal
- Computer with internet to do more research

My reflection (complete after the action)

- We met with our school principal on Friday 16 March. They listened to our research and our request to promote WIFAS. They needed to understand the problem better so talked to other teachers first.
- After a week, we asked to meet the principal again. They agreed to hold a school assembly about WIFAS and asked us to help!
- Next time we take action, we will have a clear message (this worked well) and be more organised – we now know we can do anything!





Resource 3: Recipe for Action template

RECIPE FOR ACTION

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



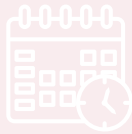
My research tells me that ...

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]



The resources or help I need are ...

I will know my action had an impact if ...

My reflection (complete after the action)





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?



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



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



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.

