



# GPN FACT FILE



*Find reliable nutrition information*

**Extra information for leaders  
delivering the Girl Powered Nutrition  
(GPN) badge.**





# GIRL POWERED NUTRITION VISION



Our vision is a world where healthy and well-nourished girls, who are cared about by society, are able to reach their full potential and are empowered to take actions to break the intergenerational cycle of malnutrition.



This GPN Fact File is a **reliable source of nutrition information** – all the content has been verified by our partner and global NGO, [Nutrition International](#).

# HOW TO USE THE GPN FACT FILE:

You don't need to be a nutrition expert to deliver GPN! The Key Messages, badge activities and resources contain everything you and your group needs to know.

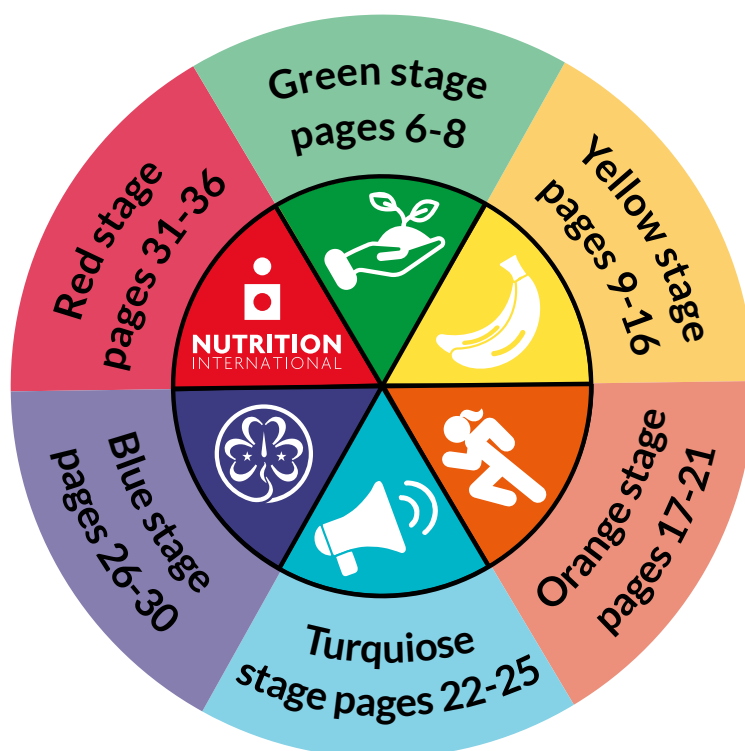
This Fact File is an additional document that you should read before delivering the badge to supplement your nutrition knowledge. It is written for leaders and contains quite a lot of detail, so please use your judgment and decide how much to share with your group.

Think of the Fact File as your trustworthy **“search engine”** for food facts – especially when answering questions from your group!



*Find reliable nutrition information*

The Fact File is organised into the **six coloured stages of the GPN badge:**



Each section of the Fact File begins with the **Key Messages**. These are the most important pieces of nutrition information that young people need to know by the end of the badge. You can also find the Key Messages on the next page and at the start of every activity.

Nutrition is very specific to every country, every community and every family! **Always adapt the information** to reflect your Food Guide, your group's daily lives, and the affordable foods they can eat.

# Key Messages

These are the most important pieces of nutrition information that your group should understand by the end of the GPN badge. Each coloured stage builds on the previous one and introduces a different nutrition topic.

***Please note that the messages below are from the Older age activity pack. Some of the messages have been simplified for the Younger and Middle ages, so please follow the exact wording in your relevant age activity pack.***

## GREEN STAGE

1. 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

## YELLOW STAGE

2. 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.
3. 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.

## ORANGE STAGE

4. Both girls and boys have the right to good nutrition.
5. 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).
6. 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.
7. A woman who always eats healthily and has a healthy pregnancy is more likely to have healthy babies.



## TURQUOISE STAGE

8. 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.
9. Health workers, teachers, the government and health NGOs can be trusted to give us reliable nutrition information.

## BLUE STAGE

10. Both boys and girls can prepare healthy meals and snacks that are tasty, low-cost and easy to make.
11. 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.

## RED STAGE

12. You now have the knowledge and power to make healthy choices. Use this power to help improve other people's nutrition.
13. 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.
14. Every action, however big or small, can make a difference in your community.





# GREEN STAGE INFORMATION



## Key Messages



1. 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

This message is fundamental to GPN. If we look after ourselves now, we're also more likely to have healthier futures. Nutrition is one of the three broad categories of things we need to stay happy and healthy.

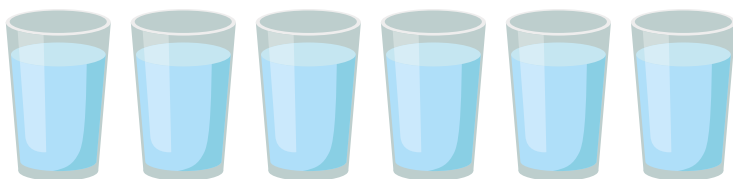
## There are eight healthy habits:

### HEALTHY DIET

#### 1. Eat three balanced meals per day

You should always eat **breakfast!** **50%** of adolescent girls in lower and middle income countries don't eat three meals per day.

Millions of people around the world don't have access to enough nutritious food. Your group could take action (**at the red stage**) to address this problem.

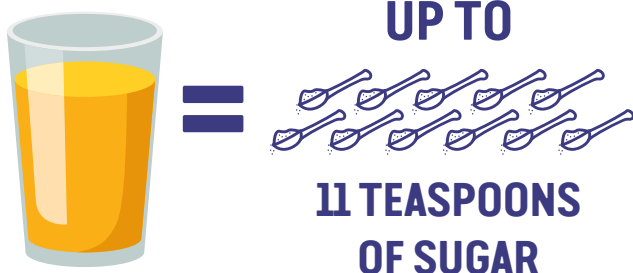


### HEALTHY DIET

#### 2. Drink lots of clean water every day

Water is best! Soda, energy and flavoured fruit drinks often contain lots of hidden sugar – some up to 11 teaspoons! Children should **minimise their intake of added and free sugar** (found in processed drinks and naturally, in syrups and fruit juices).

Millions of people around the world don't have access to safe water. To make unclean water safer, you can heat it to a rolling boil and cool naturally.





## HEALTHY ENVIRONMENT

### 3. Take a bath or shower every day and wash your hands regularly with soap

Handwashing with soap is essential to stop viruses spreading, including Covid-19, one in three diarrhoea-related illnesses and one in five respiratory infections (such as a cold or flu).



## HEALTHY ENVIRONMENT

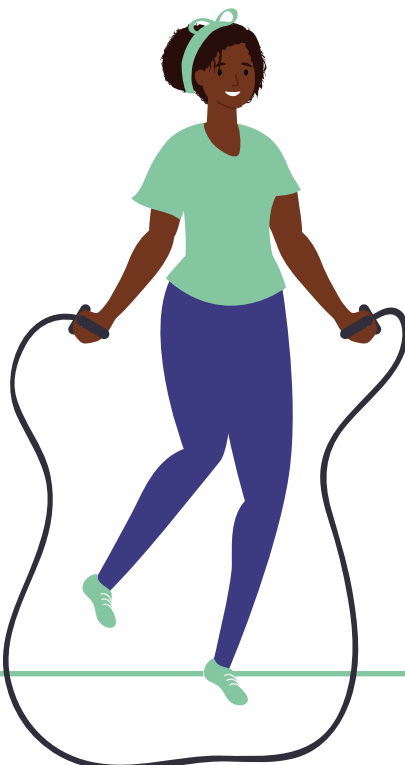
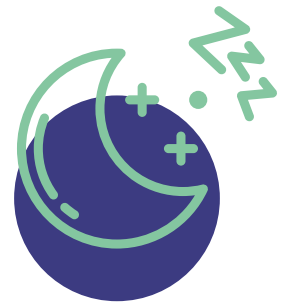
### 4. Keep living and cooking areas clean

Keep all areas – especially kitchens and bathrooms – clean, and cover toilets or latrines. Avoid the spread of germs by using a disinfectant if possible.

## HEALTHY LIFESTYLE

### 5. Get enough sleep

School children (aged 6-13) need 9-11 hours' sleep per night. Teenagers need 8-10 hours. It's best to have a regular sleep schedule too.



## HEALTHY LIFESTYLE

### 6. Do physical activity every day

**81%** of adolescents do not do enough physical activity. In fact, **teenage girls are less active than boys!** Physical activity helps improve physical health, reduces symptoms of depression and can improve confidence.

Start every GPN badge activity with a physical warm-up (see page 8 of any activity pack).





# HEALTHY LIFESTYLE

## 7. Go to school

Education is a fundamental human right for everyone. Yet one in five adolescents globally miss out on secondary education. There is a clear link between education and nutrition – well-nourished girls can go to school, concentrate better and get their education.



# HEALTHY LIFESTYLE

## 8. Visit a doctor or clinic regularly

Visiting a doctor regularly for check-ups (rather than just when we are ill) is more cost-effective in the long term, and better for our health. Find out what public health services are free in your community.

### Some examples of unhealthy habits are:



**not eating balanced meals**  
(of all the food groups in the right amounts)



**not drinking enough water**



**eating the same foods all the time**



**forgetting to wash your hands**



**eating lots of fried or fast food**



**not getting enough sleep**



**not doing exercise every day.**

Did you know that 2021 was designated **International Year of Fruits and Vegetables** by the FAO? Visit their website for videos, facts and more resources to inspire your group: [www.fao.org/fruits-vegetables-2021/en/](http://www.fao.org/fruits-vegetables-2021/en/)



INTERNATIONAL YEAR OF  
FRUITS AND VEGETABLES  
2021



# YELLOW STAGE INFORMATION

## 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.



**Please note:** for the Younger age activities, we have simplified the third Key Message to:  
**Eating healthily helps your body grow and fight germs. If you don't, you can suffer from a serious illness called malnutrition**

These messages introduce basic nutrition and what a balanced diet looks like. Remember, our bodies are like cars – if we fill them with healthy fuel, they'll work better!

## Examples of balanced meals shared by Guides and Scouts from all over the world:

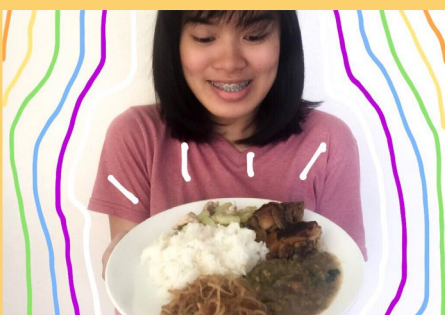
### CANADA



### MADAGASCAR



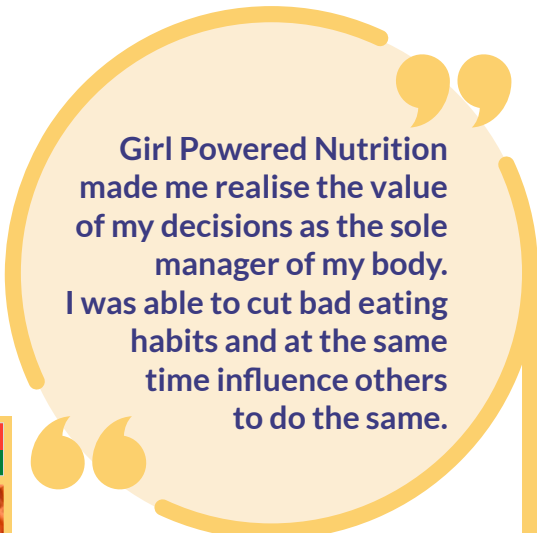
### THE PHILIPPINES



### RWANDA



### TANZANIA



**Girl Powered Nutrition made me realise the value of my decisions as the sole manager of my body. I was able to cut bad eating habits and at the same time influence others to do the same.**

**Krizzia Selanoba**  
 Girl Scouts of the Philippines





# YELLOW STAGE INFORMATION



2. 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”).

Food gives us energy and nutrients (nutrients are the substances inside food). To get all the energy and different nutrients we need, we should eat balanced meals.

**Food Guides** are created by governments and experts to help us know what balanced meals should look like.

Find **your country's food guide** on the [FAO's website](#). Display and use your country's food guide at every stage of the badge.



## EXAMPLE FOOD GUIDES FROM ALL OVER THE WORLD:

### Lebanon

### Jamaica

### Malta

**The Healthy Plate**  
A guide for eating throughout life

### Thailand

MANUAL **NUTRITION FLAG**  
HEALTHY EATING FOR THAIS

### Benin

# GPN FOOD GUIDE

For leaders who can't find a suitable food guide, WAGGS has developed a global GPN Food Guide showing **six food groups**, based on Harvard School of Public Health's Healthy Eating Plate.

Eat lots of **fruits and vegetables**. Each one is rich in different vitamins and minerals that we need to help our body work well, grow and stay healthy.

## KEEP ACTIVE!

To be happy and healthy, try to do physical activity every day.

Eat/drink some **milk products** (part of protein foods). They are rich in protein and calcium, a mineral we need to keep our bones strong.



Drink lots of clean water. It helps carry nutrients through the body and helps flush out waste (urine/sweat). Limit sugar in tea or coffee. Avoid sugary drinks.

Eat some **protein foods**. They are rich in protein, a macronutrient that gives us energy and helps us grow.

Eat lots of **fruits**. They are rich in carbohydrates. This macronutrient gives us most of our energy, and helps us grow. Try to make at least half the grains you eat **whole grains**, e.g. wholewheat or oats.

Eat small amounts of **fats/oils**. We should eat these macronutrients every day. They give us vitamin E and help our body to work well.



## EATING BALANCED MEALS MEANS THREE THINGS:

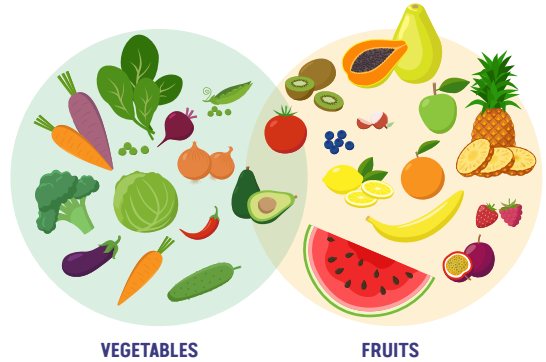
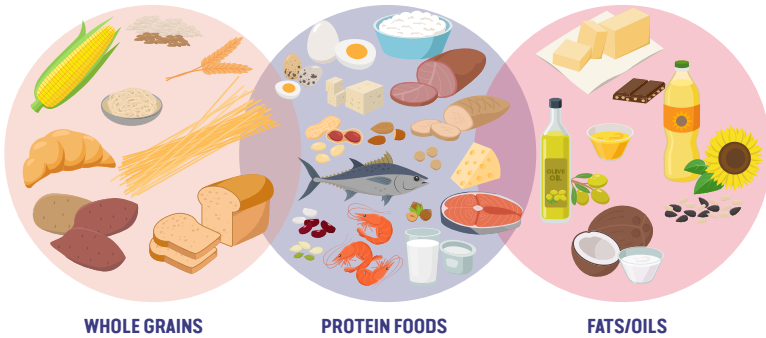
# 1

### Eating across all the food groups.

We organise food into different groups and each group gives us different macronutrients and micronutrients that our bodies need. Some foods are particularly rich in certain nutrients, but no single food gives us all the nutrients we need (apart from breast milk for babies 0-6 months).

### MACRONUTRIENTS

### MICRONUTRIENTS



**Extra information (for older groups):**

- a. Macronutrients give us energy and help us grow. We get most of our energy from carbohydrates, but we also get some from fats/oils and some from protein foods. (If we eat more energy – from any of the groups – than our bodies need, we store the extra as fat.)
- b. Micronutrients help our body to work well, grow and stay healthy, e.g. good eyesight, healthy bones, skin and blood. We need all of the 13 vitamins and minerals including iron, vitamin A, vitamin C, potassium, zinc, iodine, calcium and magnesium.

# 2

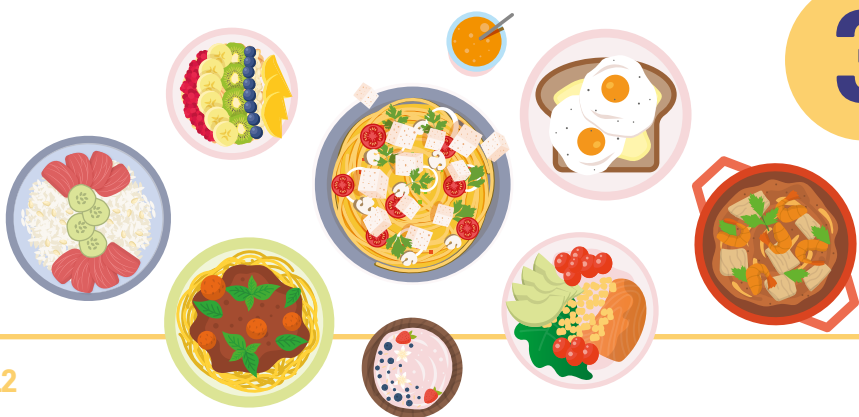
### Eating the right amounts.

We need **more** of some food groups and **less** of others. As always, use your Food Guide to explain what the 'right amounts' are in your country. For example, the GPN Food Guide shows lots of grains, fruits and vegetables, some milk products and protein foods, and a small amount of fats/oils.



# 3

**Variety** is essential. We should vary what we eat as often as possible and avoid eating the same foods all the time.







## YELLOW STAGE INFORMATION

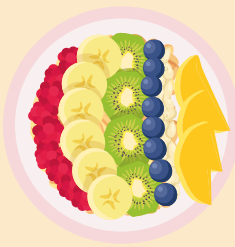
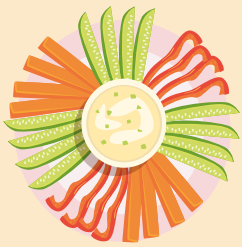


2. To eat healthily, it's important to follow your country's Food Guide:
- **Eat less processed food** – it doesn't help your body grow or stay healthy.

In general, there aren't 'good' or 'bad' foods, but **processed food should be eaten rarely/less frequently and in small amounts**, e.g. only at celebrations.

Examples of processed foods are: cookies, fried foods, juice, candy, chips, crisps, chocolate, cake, soda and pastries.

Processed foods don't help our bodies grow and stay healthy. They are usually **high in sugar, salt and fat** (including unhealthy fats such as trans fats). These foods have a negative impact on the quality of our diet and our health.



Our peers can influence our food choices, in particular the snacks we eat. Examples of **healthy snacks** are: carefully washed raw (uncooked) vegetables (peppers, carrots, cucumber), fresh fruit and nuts.

## TIPS FOR A HEALTHY DIET



### EAT A RAINBOW PLATE

Colourful meals are usually healthy meals. A "rainbow plate" is more than just colourful though – it should have all the food groups in the right amounts.



### EAT MODERATE AMOUNTS OF FATS AND OILS

Fats and oils are an essential part of a balanced meal, but a little goes a long way! Eating too much fat, particularly the wrong kinds of fat, can be harmful to health.



### EAT PLENTY OF VEGETABLES AND FRUIT

People whose diets are rich in vegetables and fruit have lower risk of obesity, heart disease, stroke, and diabetes.



### EAT LESS SALT AND SUGARS

People who reduce the amount of added sugars in their diet may also reduce their risk of diseases such as heart disease and stroke.



## YELLOW STAGE INFORMATION



2. 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.

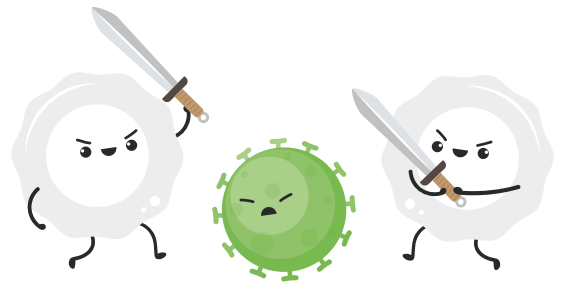
Good nutrition is fundamental to keeping us healthy, both physically and mentally. Our body digests the nutrients inside foods, absorbs them and then uses them for **energy, growth, repair** and **protection from disease**. Poor nutrition compromises the immune system; it makes us more vulnerable to disease and less able to recover from sickness.

We should eat healthily throughout our lives – what we eat at any one time also impacts our future.

**Malnutrition** (poor or bad nutrition) is when our body is either not getting the nutrients and energy it needs, or getting more energy than it needs (and not getting enough exercise). It exists all around the world.

**Find out what the main issues with malnutrition are in your community.**

Malnutrition is a serious illness that can affect people's growth and make people very sick. It also increases our risk of getting non-communicable diseases such as diabetes, certain cancers, and heart disease (heart attack, stroke).



Women and girls represent



of all **undernourished** people in the world.

A further

**159 MILLION**

are estimated to be at risk.

**Globally, teenage girls are disproportionately affected by malnutrition. It is one of the most persistent barriers to women and girls' empowerment.**

This is for many reasons, including:



### GENDER BARRIERS

In some countries, girls are served less food or lower quality food, mothers breastfeed baby girls for less time, girls marry young and/or have early pregnancies



### EDUCATION

Globally, fewer girls attend school, or miss more days than boys, so have less knowledge about health and nutrition



### GIRLS' PHYSIOLOGY

During menstruation, girls lose iron in their blood and need more iron in their diet to replace it

### Please note:

Be sensitive about how much of this information you share. Some of your group may have personal experience of malnutrition, for example. Create a safe space where young people can talk if they wish to, free from judgment. During discussions you can help your group be aware of others' feelings by suggesting that they can say, "Ouch", if something hurts or offends them. The group can then discuss how to say the comment more sensitively (without embarrassing the person who said "Ouch").



### TYPES OF MALNUTRITION:

Three types of malnutrition are:

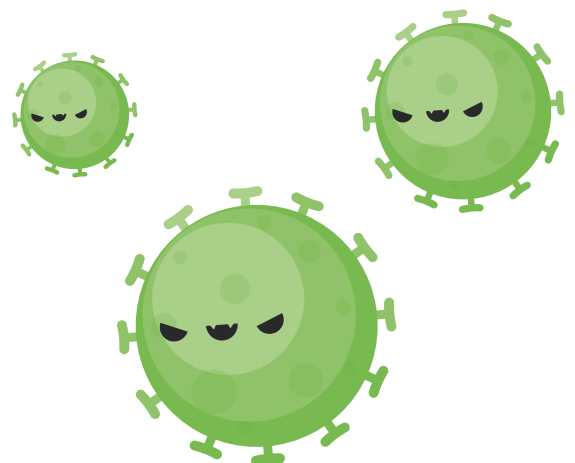
- 1. Undernutrition:** when people aren't getting enough food, enough variety or good quality food to help them grow, or they are unable to fully use the food they eat because they're sick. This includes:
  - **Underweight (low weight-for-age)**
  - **Wasting (low weight-for-height):** recent and extreme weight loss due to not having enough food to eat and/or having an infectious disease (such as diarrhoea) which caused weight loss
  - **Stunting (low height-for-age):** a result of chronic undernutrition, this is more common in poor communities, if maternal health and nutrition is poor, people are frequently ill, and/or babies aren't fed well or cared for in their early life.
- 2. Overweight:** when people get more energy from their diet than they need and don't do enough exercise.
- 3. Hidden Hunger (micronutrient deficiencies):** when people are lacking certain essential vitamins or minerals from the foods they're eating. This happens because they are not eating nutritious foods that contain the specific vitamins or minerals they need, or they are, but illness means their body can't use them properly.

It is important to note that a person can suffer from more than one type. For example, a person can be undernourished or overweight **and** also have a micronutrient deficiency.

### COVID-19

Malnutrition in young women and girls has been amplified by the Coronavirus pandemic. It will have long-lasting effects on healthcare, economies and food systems. In some countries, imports and exports stopped which left many people unable to afford the rising cost of food or unable to access nutritious food at all. In some countries, people lost their jobs which meant they were less able to purchase the food their families needed.

We know that, globally, young women are often the last to eat in their families, and often eat the smallest portions due to cultures and gender norms. In a pandemic context where food is more scarce, young women and girls have been eating less regularly and, when they do eat, have smaller portions.





*For more information on the yellow stage Key Messages, please visit:*



**Balanced meals:**

[www.choosemyplate.gov/eathealthy/WhatIsMyPlate](http://www.choosemyplate.gov/eathealthy/WhatIsMyPlate)



**Healthy diet tips:**

[www.who.int/nutrition/topics/5keys\\_healthydiet/en/](http://www.who.int/nutrition/topics/5keys_healthydiet/en/)



**Food groups:**

[www.nia.nih.gov/health/know-your-food-groups](http://www.nia.nih.gov/health/know-your-food-groups)



**Nutrition infographics and meal ideas:**

[www.choosemyplate.gov/resources/infographics](http://www.choosemyplate.gov/resources/infographics)



**Processed foods:**

[www.hsph.harvard.edu/nutritionsource/processed-foods/](http://www.hsph.harvard.edu/nutritionsource/processed-foods/)



**Malnutrition factsheet:**

[www.who.int/news-room/fact-sheets/detail/malnutrition](http://www.who.int/news-room/fact-sheets/detail/malnutrition)



**Malnutrition in children:**

[features.unicef.org/state-of-the-worlds-children-2019-nutrition/](http://features.unicef.org/state-of-the-worlds-children-2019-nutrition/)



**Impact of Covid-19 on childhood malnutrition:**

[data.unicef.org/resources/impacts-of-covid-19-on-childhood-malnutrition-and-nutrition-related-mortality/](http://data.unicef.org/resources/impacts-of-covid-19-on-childhood-malnutrition-and-nutrition-related-mortality/)



**Global Nutrition Report (search by country):**

[globalnutritionreport.org](http://globalnutritionreport.org)



**Tips for nutrition during a pandemic:**

[www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---healthy-diet](http://www.who.int/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---healthy-diet)



# ORANGE STAGE INFORMATION



## 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 healthily and has a healthy pregnancy is more likely to have healthy babies.



**Please note:** for the younger age we have simplified the fifth and sixth Key Messages to:

- Girls need extra iron to help them grow and help their brains develop. If they don't, girls risk suffering from anaemia (a type of malnutrition).**
- Girls should eat foods that have lots of iron in them. If your health worker or teacher gives you tablets called Weekly Iron and Folic Acid Supplements (WIFAS), you should take them to stay strong, full of energy and to grow into healthy women.**



- Both girls and boys have the right to good nutrition.

Everyone should be able to access good nutrition to thrive. The GPN badge contributes towards the **Sustainable Development Goals**, specifically SDG 2 (Zero Hunger) and SDG 5 (Gender Equality).



Many people around the world believe that boys should eat more than girls – more quantity and better quality. Some believe that girls should be fed last or with the least nutritious food. **This Key Message challenges these myths, as well as other common misconceptions.** Girls and women deserve a diverse diet of nutritious foods in the right amounts, just as boys and men do.

Well-nourished girls are better able to go to school, stay active, have more energy, concentrate, perform well and get an education. Well-nourished women are more productive and engaged members of their communities, have stronger immune systems and have safer pregnancies and healthier children.



## ORANGE STAGE INFORMATION



5. 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).

**I was tired and dizzy and I had headaches. I came to see the doctor after nearly losing consciousness. It was only then that my anaemia was discovered.**

**Helga Mutasingwa**  
Girl Guide, Tanzania

### IN ADOLESCENCE GIRLS GAIN UP TO



**50%**  
of their  
adult body  
weight

**20%**  
of their  
adult body  
height

All of us need to eat a balanced diet to thrive. However, girls in particular have changing nutritional needs as they grow (and if they have children in the future).

Adolescence is a vital 'window of opportunity' in our lives, and our nutrition during this time has a big impact on our future. **From adolescence onwards, girls need extra iron** because:

- They lose iron when they start menstruating (girls can start menstruating from age eight)
- Girls and women store less iron than boys and men because they lose blood regularly in menstruation
- Teenage girls are growing very fast, so need more energy and nutrients in general

If the body doesn't get the iron it needs, we risk suffering from **Iron Deficiency Anaemia (IDA)**. This is a very serious health problem – a form of malnutrition. It's caused by not getting enough iron from food or when the body can't use the iron it's getting (e.g. because a person is sick).



**of adolescent  
girls are  
anaemic.**

**Please note:** We have not mentioned **menstruation** in the **Younger activity pack**. We have explained that our bodies need extra iron for growth and brain development. If girls in younger groups have started menstruating, you may decide to introduce the topic briefly – you know your group best. Further information on menstruation can be found on page 21.





## ORANGE STAGE INFORMATION



- 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.

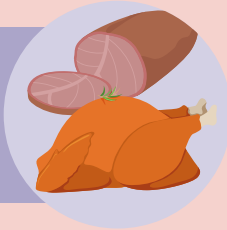
To prevent IDA, girls need to eat extra **iron-rich foods**. Make a list of local, affordable sources of iron in your community.

### FOODS RICH IN IRON:

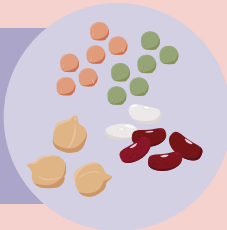
**Dark green, leafy vegetables: Spinach and pumpkin leaves**



**Red meat, liver, chicken and turkey**



**Chickpeas, black beans and lentils**




### Weekly Iron and Folic Acid Supplements


(WIFAS) are provided by some countries' public health services to **prevent anaemia**. WIFAS are recommended by the World Health Organisation for adolescent girls and menstruating women living in areas where cases of anaemia are 20% or greater.

If your country has high rates of anaemia, WIFAS might be available for girls. If they are, it's very important that girls take them. Some girls might not like the taste of the tablets or might get stomach ache. If so, suggest that they try taking them right after food, and make sure they understand why WIFAS are so important in preventing anaemia.

**IRON FOLIC ACID  
MAKES US STRONG,  
HEALTHY AND HAPPY**

**ENCOURAGE  
AND SUPPORT  
YOUR FRIENDS TO TAKE  
IRON FOLIC ACID  
SUPPLEMENTS TO GET  
ALL THESE BENEFITS!**

 Federal Democratic Republic of Ethiopia  
Ministry of Health

 **NUTRITION  
INTERNATIONAL**  
Nourish Life



## ORANGE STAGE INFORMATION



7. A woman who always eats healthily and has a healthy pregnancy is more likely to have healthy babies.

Girl Powered Nutrition aims to break the **intergenerational cycle of malnutrition**. Nutrition follows a generational cycle – the better pregnant women eat, the healthier their baby will be. The baby is then more likely to grow up and be healthy too. If the baby is a girl and she chooses to have a baby when she's older, these babies are more likely to be healthy too.

In the first **1,000 days of a baby's life** (conception until two years old), nutrition is key to their future health and development. A baby needs only breast milk for the first six months of life because breast milk meets all of the baby's nutritional requirements.



**After six months**, babies need to continue drinking breast milk and to start eating a wide variety of nutrient-rich foods. This is to make sure babies get all the nutrients and energy they need. Examples of nutrient-rich foods are: lean animal-source foods (including eggs, meat, fish and dairy), fruits, vegetables, and legumes.



A pregnant woman needs extra energy and nutrients (such as iron) to stay healthy and make sure the baby grows and develops too. **Worldwide, it is estimated that more than 40% of pregnant women are anaemic.** At least half of this anaemia is assumed to be due to a lack of iron.

Our dietary needs can also differ according to age, medical conditions, physical activity, gender, height and weight.





*For more information on the orange stage Key Messages, please visit:*



**Food is a human right:**  
[www.fao.org/right-to-food](http://www.fao.org/right-to-food)



**Girls' nutrition:**  
[www.nutritionintl.org/what-we-do/by-programs/women-girls-nutrition/](http://www.nutritionintl.org/what-we-do/by-programs/women-girls-nutrition/)



**Gender equality:**  
[scalingupnutrition.org/nutrition/gender-equality-empowerment-women-girls/](http://scalingupnutrition.org/nutrition/gender-equality-empowerment-women-girls/)



**Nutrition resources for teenagers:**  
[www.myplate.gov/life-stages/teens](http://www.myplate.gov/life-stages/teens)



**Online course on adolescent nutrition and anaemia:**  
[ana-nutritionintl.talentlms.com](http://ana-nutritionintl.talentlms.com)



**Weekly Iron Folic Acid Supplements (WIFAS):**  
[www.nutritionintl.org/learning-resource/weekly-iron-folic-acid-supplementation-wifas-for-adolescents-faqs/](http://www.nutritionintl.org/learning-resource/weekly-iron-folic-acid-supplementation-wifas-for-adolescents-faqs/)



**Children's nutrition:**  
[www.unicef.org/media/60806/file/SOWC-2019.pdf](http://www.unicef.org/media/60806/file/SOWC-2019.pdf)



**Pregnancy and babies' nutrition:**  
[thousanddays.org/why-1000-days/](http://thousanddays.org/why-1000-days/)



**Menstrual hygiene information:**  
[plan-international.org/sexual-health/menstruation](http://plan-international.org/sexual-health/menstruation)



**Global Menstrual Hygiene Day (28 May):**  
[menstrualhygieneday.org](http://menstrualhygieneday.org)



# TURQUOISE STAGE INFORMATION



## Key Messages



8. 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.
9. Health workers, teachers, the government and health NGOs can be trusted to give us reliable nutrition information.

This message ensures young people know how to recognise **reliable and unreliable information** about food. When we see information, we should ask ourselves: “What is the motive behind this?”

The motive of advertising, for example, is to sell a product. The motive of government Food Guides is to improve people’s nutrition. We should question food advertising, packaging and myths about food before trusting them.

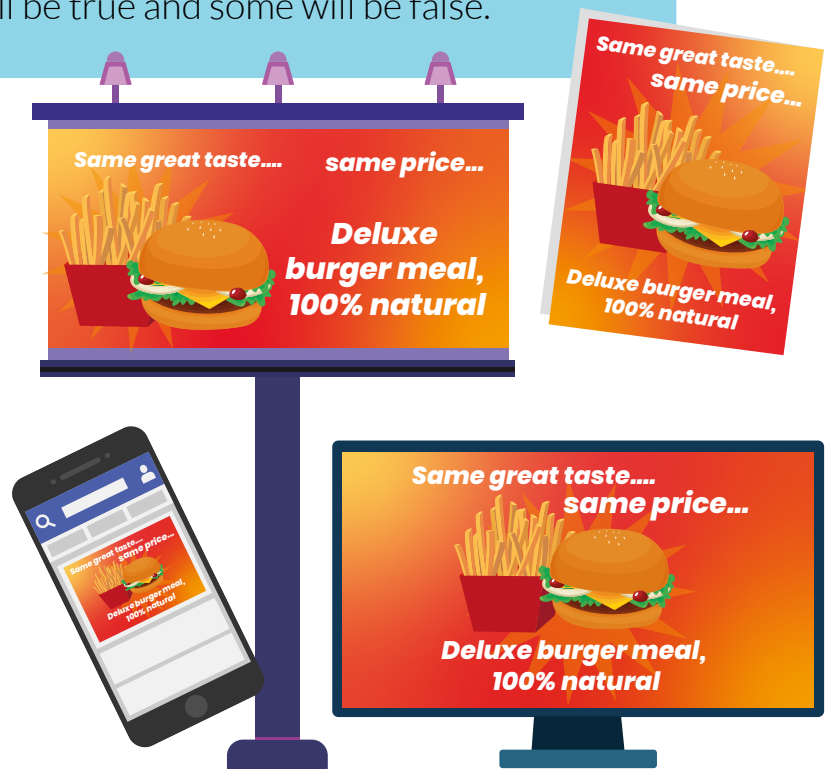


8. You will see and hear different information about food in shops, media advertising, on food packaging or from your friends and family. Some of this information will be true and some will be false.

## FOOD ADVERTISING

Adverts on television, websites, billboards, social media and in magazines often target specific people, including those in your group. Sometimes advertising is very subtle and we might not even realise we’re being sold something!

It’s important to be aware that some companies have used illegal advertising methods. For example, food companies have made false claims, using words such as “bone-building” that aren’t true. Other companies have bribed professionals, such as doctors, to encourage people to buy their products over another’s.





## TURQUOISE STAGE INFORMATION

### FOOD PACKAGING

When food is packaged, this often means it has been processed. 'Processed' means changed in some way, for example by adding salt or sugar.

This diagram shows an example of food packaging with tips to show the reliable information (green arrows) and the parts you should question (red arrows).

**?** Be aware of words such as **'natural', 'light', 'low fat', 'scientifically proven', or 'whole grain'**. It might say 'light' or '99% fat free', but it may actually contain lots of sugar (or added sugar).

**✓** You can rely on the **nutritional values tables**. Check how realistic the 'serving size' is – it's often smaller than the amount we might normally eat and can vary between brands.

**?** The colours, words and images on packaging have been chosen carefully to encourage you to buy it. **Cartoon characters** are often used to attract children.



**INGREDIENTS**  
sugar, cocoa powder, butter, milk powder, fat, sweetener, flavouring

**✓** You can rely on the **ingredients list**. This information is often hidden on the bottom or side of the packet and in small writing! Ingredients are always listed from greatest to smallest quantity: the **first** is the **main ingredient**.

NUTRITION INFORMATION			
Servings Per Pack: 12		Serving Size: 16.5g (1 Biscuit)	
	Quantity Per Serving	% Per Serving	Quantity Per 100g
Energy	368kJ (87Cal)	4%	2230kJ (533Cal)
Protein	0.8g	2%	5.1g
Fat, Total	4.5g	6%	27.0g
- Saturated	3.5g	14%	21.0g
- Trans	< 0.1g	-	< 1.0g
Carbohydrate	10.8g	3%	65.4g
- Sugars	7.9g	9%	47.8g
Sodium	21mg	< 1%	127mg

**✓** **Sugar:** Check the amount of sugar carefully. Many energy drinks, for example, contain lots of sugar as well as caffeine. Juice drinks and sodas should be drunk in small amounts and very rarely (ideally, not at all). Water and milk are best!

**✓** **Fats:** A small amount of fat is essential for a healthy diet. There are 'healthy' unsaturated fats and 'unhealthy' trans and saturated fats. It's important to:

- Eat unsaturated 'healthy' fats every day in moderate amounts
- Limit saturated fats
- Avoid trans fats (these aren't natural; they are industrially produced)



### MYTHS AND MISCONCEPTIONS

A myth is something a lot of people believe, but isn't actually true. There are many myths and misconceptions about food that are passed around within communities.

As a leader, it's important to be aware of your own assumptions about food. Use reliable sources to check whether information is correct before sharing it with your group.

Find out what your group has heard or seen about food that might be a myth and support them to check the facts. Some examples of food myths that are common around the world are:

**Boys should be served food first, and get the biggest meals.**

**This is a myth.** Both boys and girls have the right to good nutrition. It is very important that all of us eat a rainbow plate across the food groups, in the right amounts.

**If I feel full, I have eaten well.**

**This is a myth.** If you feel full, you can only tell that you have eaten enough. It doesn't mean that you have eaten the right things – or got all the nutrients and energy you need. You should always eat a rainbow plate!

**Energy drinks/sodas are a healthy source of energy.**

**This is a myth.** Energy drinks and sodas often contain a lot of sugar (some as many as 11 teaspoons!) Energy drinks often contain caffeine too. You should only drink them very rarely.

**Eggs are bad for you, especially if you're pregnant.**

**This is a myth.** Eggs are actually packed full of lots of nutrients, including protein, vitamins and minerals, and make a quick meal.

**Mothers shouldn't give babies colostrum.**

**This is a myth.** Colostrum is in fact an amazing substance that contains all the baby needs, including carbohydrates, protein and antibodies for protection.



### 9. Health workers, teachers, the government and health NGOs can be trusted to give us reliable nutrition information.

Display a list of where your group can look for local, reliable nutrition information, including their contact details or websites.

#### Some examples are:

- Health workers, doctors, nurses, nutritionists, dieticians etc
- Teachers
- Your government – Food Guide, nutrition leaflets, health department's website
- Health NGOs, e.g. WHO, Nutrition International, UNICEF, Scaling Up Nutrition (SUN), Action Against Hunger, Advancing Nutrition
- Global Nutrition Report



*For more information on the turquoise stage Key Messages, please visit:*



#### **Global Nutrition Myths:**

<https://www.wfp.org/stories/nutrition-myths-debunked>



#### **Food Labelling:**

<http://www.fao.org/food-labelling/en/>



#### **Handbook on Food Labelling:**

<http://www.fao.org/3/a-i6575e.pdf>



# BLUE STAGE INFORMATION

## ★ Key Messages



10. Both boys and girls can prepare healthy meals and snacks that are tasty, low-cost and easy to make.
11. 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.

Some people believe that healthy food is expensive, tasteless and takes a long time to prepare. This is not true! Use local, affordable and seasonal foods to reinforce the message that healthy food can be easy and fun.



10. Both boys and girls can prepare healthy meals and snacks that are tasty, low-cost and easy to make.

It's a common belief that girls and women should do the cooking, rather than boys and men. In fact, **cooking is a vital life skill that everyone – boys and girls – should learn.** Take every opportunity to reinforce that boys, men, girls and women can prepare food.

Support your whole group to think about the **food choices** they make every day. If they reveal any unhealthy nutrition habits, e.g. eating unhealthy snacks, acknowledge that we often buy snacks because they're convenient and/or they taste nice (they often contain a lot of sugar or salt). Emphasise that by being creative, we can turn these habits into healthy ones!

Although young people aren't often involved in buying their family's food, **your group can still influence their family's food choices and encourage good nutrition.**







## BLUE STAGE INFORMATION

In any age activity pack, the blue stage resources show specific food ideas related to each activity. To inspire your group even more, here are some more tasty, low-cost and simple meals and snacks (**iron-rich sources highlighted**):



### Breakfast ideas

Porridge (milk, fruits, oats)

Eggs and bread, with fruit on the side

Vegetables, fish, egg and noodles (low salt)

Different fruits with nuts and yoghurt (low fat and low added sugar)

Wholegrain bread, avocado and cheese

Miso soup, **tofu**, pickled vegetables and rice



### Lunch ideas

Spiced **tofu**, sweet potato, corn, beans and **horseradish leaves**. Mango and papaya after



Marinated **chickpeas**, raisins and peppers

Salad of rice, anchovy, egg and tomato

Salad of cucumber, tomato, **beans** and cheese

Egg salad sandwiches

Prawn with apple and celery sandwiches

### Dinner ideas

**Chicken** cooked in ginger, **lemongrass**, fish sauce and calamansi juice, served with brown rice and cabbage. Watermelon after.



Couscous or quinoa, tomato and **spinach**

Salad of sesame-lime **chicken** and mango

### Drink ideas

Freshly squeezed juice (no sugar added)

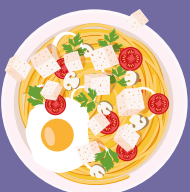
Hot water with lemon, mint or basil (no sugar)

Water with fresh orange and crushed mango

Carbonated water with lime and mint

Tea (chai) without sugar (drunk at least two hours after food)

**Remember:** It's always better to eat the whole fruit rather than only its juice (to get all the nutrients)



### Snack ideas

Fresh fruits

Seeds: roasted pumpkin, sunflower

Nuts: groundnuts, almonds, cashews

Dried fruit: apricots, dates, raisins

Raw vegetables: carrots, corn, peppers



## BLUE STAGE INFORMATION

### TOP TIPS FOR COMBINING FOODS!

Did you know that by choosing which foods we eat together, we can help our body absorb more iron? You can make simple changes to help your health, for example:

**Vitamin C helps your body absorb iron (from plants).**

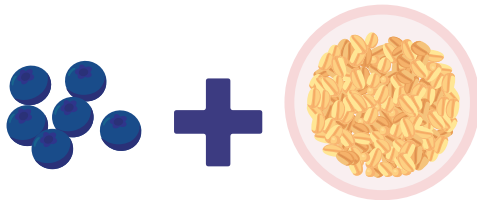
**Therefore, eat vitamin C-rich and iron-rich foods together.**



**Squeeze lime juice (rich in vitamin C) on beans/pulses (rich in iron)**



**Squeeze lemon juice (rich in vitamin C) on your spinach/pumpkin leaves/cabbage (rich in iron)**



**Eat berries (rich in vitamin C) with iron-fortified cereal**



**Make a salad with bell peppers (rich in vitamin C) with beans (rich in iron)**



**Eat mango (rich in vitamin C) with tofu (rich in iron)**

**Iron-rich and calcium-rich foods should not be consumed together. This is because calcium stops your body absorbing iron. Leave a gap of at least two hours between consuming these foods/drinks.**



**Drink milk at least two hours after your meal.**



**Eat yoghurt at least two hours before/after your meal.**





- 11.** To stop germs spreading, keep yourself and your cooking areas clean. Make sure you:
- a. Always wash your hands before cooking and eating, and after the toilet.
  - b. Always wash fruit and vegetables carefully before cooking or eating them.

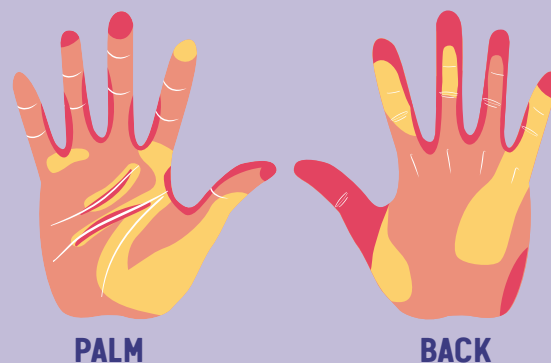
**Handwashing with soap** is one of the simplest ways to keep ourselves healthy. Globally, nearly half of all schools do not have handwashing facilities with water and soap!

**ACTIVITIES TO DEMONSTRATE THE IMPORTANCE OF HANDWASHING:**

1. Give a small amount of **flour** to a couple of people, who rub it all over their hands. They then **shake hands** with as many people as possible. Everyone looks at their hands (and clothes!)  
OR  
Hold a small amount of **flour** in your hands and **gently blow** into it, as if you're sneezing or coughing. Everyone watches what happens.
2. Explain that germs spread just as easily as this flour does! The problem is, **we can't see germs**. This is why it is really important to wash our hands carefully with soap after going to the toilet and before cooking or eating.
3. Demonstrate the **five handwashing steps**:
  - i. Wet your hands with clean water.
  - ii. Rub soap so the lather covers your hands completely.
  - iii. Rub one hand on top of the other, rub nails together, rub each thumb in the palm of the other.
  - iv. Rinse your hands and repeat actions two and three.
  - v. Dry with a single-use towel and use this to turn off the tap.



**BE CAREFUL!  
WE OFTEN MISS  
IMPORTANT PARTS  
WHEN WASHING  
OUR HANDS:**



- MOST FREQUENTLY MISSED
- FREQUENTLY MISSED
- LESS FREQUENTLY MISSED



*For more information on the blue stage Key Messages, please visit:*

**Songs and videos to demonstrate handwashing:**



- **Sesame Street:**  
[www.youtube.com/watch?v=mxck67CTQ18](http://www.youtube.com/watch?v=mxck67CTQ18)



- **Akili:**  
[www.facebook.com/watch/?v=2392789194355655](http://www.facebook.com/watch/?v=2392789194355655)



- **Washy washy clean:**  
[www.youtube.com/watch?v=zxlQn7KaCNU](http://www.youtube.com/watch?v=zxlQn7KaCNU)



- **WHO's hand hygiene:**  
[www.youtube.com/watch?v=3PmVJQUCm4E](http://www.youtube.com/watch?v=3PmVJQUCm4E)



**Healthy lunchbox ideas:**  
[www.hsph.harvard.edu/nutritionsource/kids-healthy-lunchbox-guide/](http://www.hsph.harvard.edu/nutritionsource/kids-healthy-lunchbox-guide/)



**Recipe ideas:**  
[www.foodafactoflife.org.uk/recipes/](http://www.foodafactoflife.org.uk/recipes/)



**Healthy drink ideas:**  
[www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/The-Juicy-Story-on-Drinks.aspx](http://www.unlockfood.ca/en/Articles/Child-Toddler-Nutrition/The-Juicy-Story-on-Drinks.aspx)



**Tips on safer food:**  
[www.youtube.com/watch?v=ONkKy68HEIM#t=10](http://www.youtube.com/watch?v=ONkKy68HEIM#t=10)



**The link between WASH (Water, Sanitation and Hygiene) and undernutrition:**  
[www.youtube.com/watch?v=di2Yxd9cA1U](http://www.youtube.com/watch?v=di2Yxd9cA1U)



# RED STAGE INFORMATION



## Key Messages



12. You now have the knowledge and power to make healthy choices. Use this power to help improve other people's nutrition.
13. 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.
14. Every action, however big or small, can make a difference in your community.

This is the final stage of the badge, where your group plans and takes action! They should apply all the nutrition knowledge they have gained to help others improve their eating habits. The red stage activities are a bitesize introduction to taking action. For more detailed information, please refer to the WAGGGS' advocacy guide, [Be The Change](#).

Below are some action examples to inspire you and your group, as well as powerful nutrition message ideas. All of these actions were carried out by some of the 100,000 Guides and Scouts who have already achieved their GPN badge!

**Never underestimate the power of the little things you do towards the bigger picture**

**Nabeela Iqbal**

Girl Guide, Sri Lanka



## IN SRI LANKA ...

Guides promoted hygiene practices among family and friends. They demonstrated handwashing, and washing fruits and vegetables before cooking.



Groups grew vegetable and fruit gardens at home to help their families to eat more healthily.

Girl Guides of Sri Lanka wrote letters to their fathers explaining what it is like to be a girl and asking for their support in tackling gender inequality. The Letters to Fathers were then presented to government ministers.







## RED STAGE INFORMATION



### IN MADAGASCAR ...



Brownies went to a local radio station where they shared nutrition messages with the general public!



Guides invited their parents to a meeting and cooked together!



Brownies, Guides and Rangers targeted two friends, either in person or on Facebook, and shared the Key Messages.



### IN THE PHILIPPINES ...



Girl Scouts set up the Put Your Best Fork Forward nutrition campaign on social media – to debunk nutrition myths and engage younger girls.

A Girl Scout called Rain helped her community to improve their hygiene, healthy eating and reading skills. She organised a day of dancing, washing and making food, and gave out books and clothes.



Girl Scouts encouraged their friends to eat more healthily.



# RED STAGE INFORMATION



## IN TANZANIA ...



**GPN Advocacy Champion Valentine Muhindo spoke on the radio about iron-deficiency anaemia!**



**Nadya Jarmardin, Girl Guide, Tanzania: "I told my mama things I learned about nutrition at school with Girl Guides ... My mama now gives me a banana every morning when I go to school."**



**Sikudhani Hamisi, Girl Guide, Tanzania: "I never realised I could plan a vegetable garden with as little resources as I did. Girl Powered Nutrition sessions have taught me that eating more vegetables does not require much money."**

**Zulfa, Girl Guide, Tanzania: "I will influence the school administration to make school meals more nutritious by adding more vegetables."**

## MORE IDEAS

Across Africa and many other countries, people grow Keyhole Gardens full of vegetables:  
[www.youtube.com/watch?v=KHCmBurbQBc](http://www.youtube.com/watch?v=KHCmBurbQBc)



**In India, Bharat Girl Guides and Girl Scouts learned about handwashing. Each girl then showed 10 people. These 10 people shared it with another 10 - and the word kept spreading. They reached thousands!**



**In Guatemala, people fought to implement school feeding laws and planted vegetable gardens:  
[www.youtube.com/watch?v=ps1-hVa-c-w](http://www.youtube.com/watch?v=ps1-hVa-c-w)**



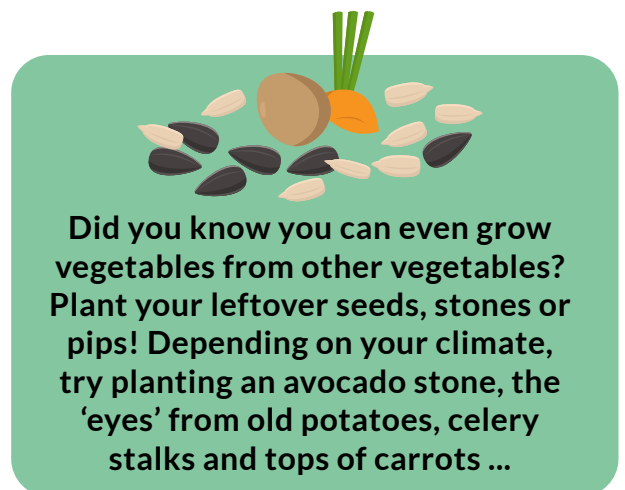
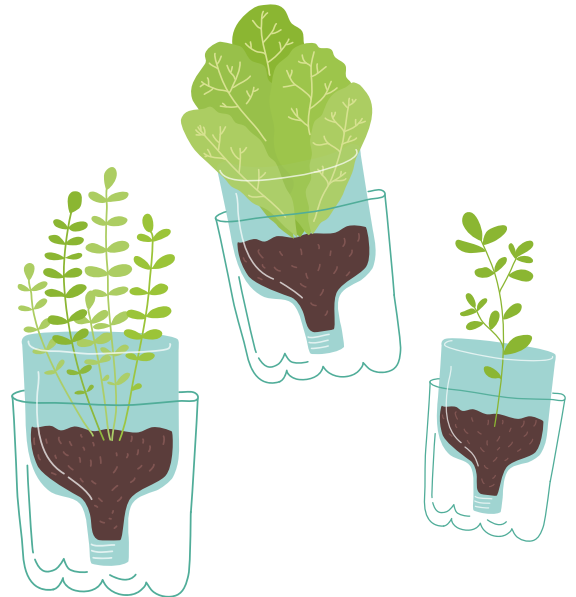
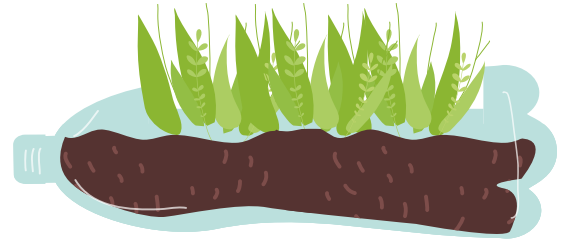
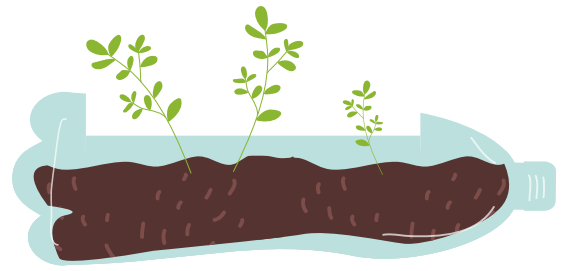


## RED STAGE INFORMATION

### ACTION IDEA: PLANTING A VEGETABLE GARDEN

You can plant a garden anywhere, even in your kitchen! All you need is:

- ★ **Space and soil** – If you don't have land or plant pots, no problem! Reuse empty plastic bottles or yoghurt pots – clean them first, and poke holes in the bottom for drainage. If you're planting in the ground, protect your seedlings with simple fencing.
- ★ **Seeds** – Start by planting vegetables that are easy to grow, e.g. beans, peas, leafy vegetables, salad or herbs. Make a hole in the soil, place a seed inside and cover with soil. Find out the best time of year to plant your particular seeds.
- ★ **Water supply** – Water your seeds regularly, but not too much! Some like to be watered daily, others once or twice a week. Find out how much you should water your seeds before you begin.
- ★ **Light** – If you're planting in a bottle or pot, make sure the containers are placed near a window. Find out how much sun and light your plants like before you begin.
- ★ **Tools** – You don't need any tools if you're planting in a bottle or small pot. If you're growing in the ground, you might need twigs and mesh for fencing, a trowel, fork and a watering can or hose.
- ★ **Fertiliser** – Ideally, plant your seeds in compost (nutrient-rich soil). You could also add a banana skin to water, leave it for 24 hours and use this to water your plants once a month – they're full of nutrients!
- ★ **Love** – Plants need care and attention, just like us! Remember to regularly check on your plants, remove any weeds and water them. Watching plants grow is so rewarding, especially when you get to taste the harvest!



**Did you know you can even grow vegetables from other vegetables? Plant your leftover seeds, stones or pips! Depending on your climate, try planting an avocado stone, the 'eyes' from old potatoes, celery stalks and tops of carrots ...**



## RED STAGE INFORMATION

### MESSAGE IDEAS

When taking action, it's vital to have a **clear, concise message**. This message should tell people what you want them to know or do differently about nutrition. Some ideas from around the world are:



**Breakfast is best!  
Don't skip one of  
your three meals  
a day.**



***We need to eat colourful plates  
[...] The food we eat today will  
ensure our health now and in the  
future!*** – Mevaharinivo Geliah  
Rakotonandrasana, Advocacy  
Champion, Madagascar.

**We should eat some of  
the vegetables we grow,  
rather than selling  
all of them.**



**We should learn  
about our nutritional  
needs at school.**



**Teenage girls need extra  
iron. Healthy girls make  
healthy communities!**

**Fast food advertising  
in schools should  
be banned!**



**Before you  
choose food, read  
the packaging.**



**School meals  
should be lower in  
added sugar to help us  
concentrate.**



**Snack vendors  
outside school should  
only sell healthy  
snacks!**



**Eat the  
whole fruit, not just  
the juice!**

**Do you know how much  
added sugar you drink  
every day? Choose milk/  
water instead!**



**Girls and young  
women should be  
involved in designing  
nutrition policy.**



**We demand our  
WIFAS – they make us  
strong and healthy!**



**We need more health  
information about  
6-19-year-old girls'  
nutrition!**



**Girls and  
women deserve to eat  
nutritious food as much  
as boys and men!**





## RED STAGE INFORMATION

Your group's messages will differ depending on whether they are **directly speaking** to the people they want to help, or if they are asking **people in powerful positions to help them (advocacy)**.

For example:

- ★ **Directly speaking to people:** Speak to your friends and say: "Eat a rainbow plate of all the food groups in the right amounts to stay happy and healthy!" or "We must eat breakfast – think of our exam results!"
- ★ **Advocacy:** Write to a decision maker and tell them what you want them to do for others, e.g. "Your students need nutritious food. Give us school meals with less sugar and salt!" or, "Ban fast food advertising targeting children in schools!"

### Share your stories

Support the group to share their actions online using **#girlpowerednutrition #waggs**.

 @waggsworld

 waggsworld

 waggsworld

### Can't meet up?

If your group has access to social media, you could create a (private) Facebook group to share and discuss GPN activities.

During the global Coronavirus pandemic, Girl Scouts of Madagascar Mpanazava did just that! They created a national group, invited their members (602 of them!) and **delivered GPN online** by:

1. Posting instructions for a GPN activity once a week, in the order of the coloured stages
2. Uploading visuals to show examples of the task
3. Creating a simple numbering system to identify participants per region and group
4. Asking the young people to post a comment or photo of their learning (starting with their group number)

Here's an example that Hariniaina Rakoto shared in the group. She wrote a **Pineapple Pledge**, shared healthy eating advice at school and organised cooking workshops in her community:







[www.waggs.org](http://www.waggs.org)

   @waggsworld

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

