



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!



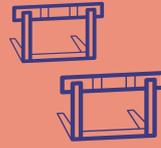
Choose your main course:

 30 mins



HOT PLATE

or



HEALTH HURDLES

- a. The aim is to act out the Talent Show!
 - b. 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.
 - c. Split into groups of four with one chair per group. Whisper one of the four characters' names to each group member (keep it secret).
 - d. 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!
- a. The aim is to design an obstacle course! First, split into teams. Ask each team to choose some objects to become their obstacles.
 - b. 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.
 - c. Ask teams to use paper, pens and tape to label each obstacle with a nutrition problem.
 - d. Teams play each other's obstacle courses.



Reflection:

 15 mins

1. 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:
 - a. What do teenage girls need extra of? Why?
 - b. How important is it for you to get extra iron?
 - c. 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



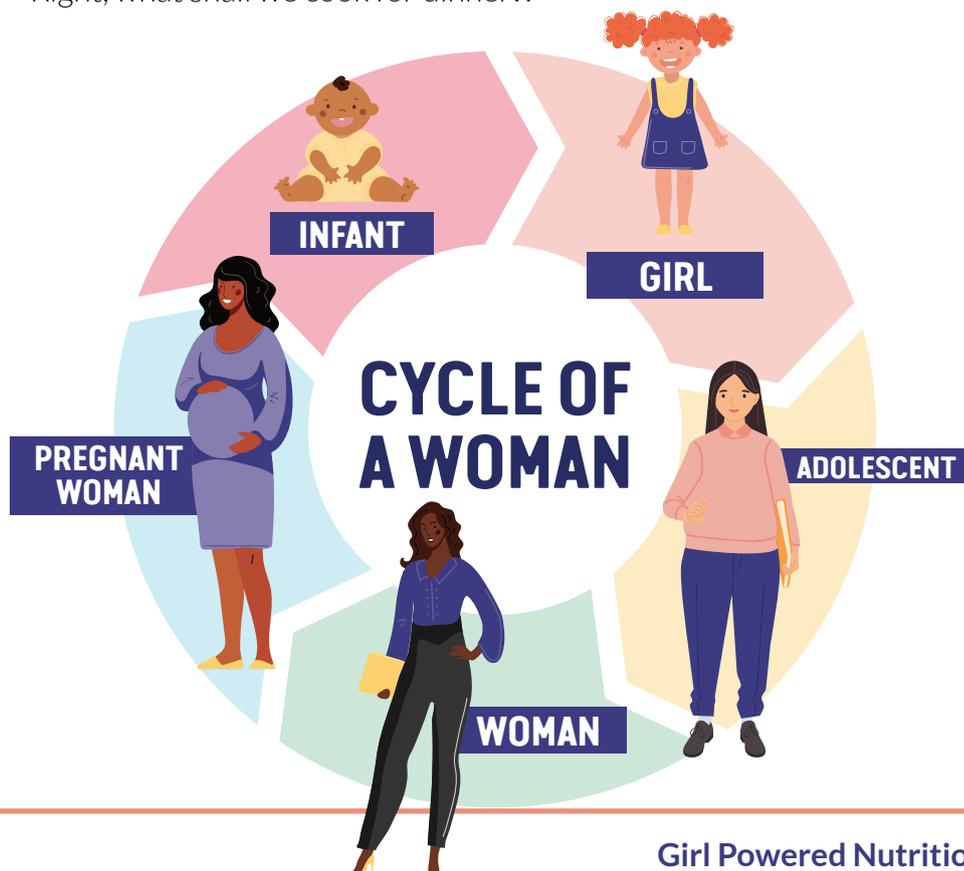
Resource 1:

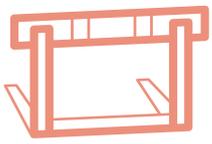
Talent Show script - Episode 3

- 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.

