



YELLOW ACTIVITIES



Timing: 1 hour

Summary:

Guess different foods OR create a craft 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:



Radio station script - 10am show



Example binalot card and instructions



Blank binalot card template



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 Badge Trackers (from previous activity).
3. Make copies of your country's Food Guide (if not, use GPN Guide), and copies of the radio station script.
4. Choose the main activity and gather paper and pens:
 - **Guess the Food:** No resources needed.
 - **Unwrap the Binalot:** Cut out and fold the example binalot card. Read the instructions to demonstrate how to use it. Copy one blank binalot template per small group.



Starter:



15 mins

1. Recap the 9am radio show.
2. The group chooses how to present the radio station's 10am script (provided). Display your country's Food Guide at the key points.
3. Ask your group:
 - a. What new things did you learn from the radio show?
 - b. What do we mean by a "rainbow plate"?
 - c. Why should we eat less processed food?



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



GUESS THE FOOD

or



UNWRAP THE BINALOT

- Ask everyone to write down the ingredients in their favourite meal, and keep it a secret.
- How to play: split into small groups. The leader stands in the middle with an empty shopping list (flipchart). One person in every group describes an ingredient from their list (without naming it) for their group to guess. The person who guesses correctly runs to the leader. The leader writes the food on the list. Play for five minutes.
- After, sit together with your country's Food Guide. Ask the group to organise the shopping list into the food groups.
- Discuss which foods they eat most, and which foods they should eat more of and less of.

- Introduce a 'binalot' as a Filipino way of serving food wrapped in banana leaves. Their task is to make paper binalots to discover what's inside foods!
- Demonstrate how to use the example binalot card (see instructions).
- Split into small teams, with a Food Guide and a blank binalot template per group. Allocate a food group to each team.
- Teams use their Food Guide to fill out their binalot template with eight foods in their food group.
- At the end, share binalots and discuss which foods we should eat more and less of.



Reflection:

15 mins

- Remind everyone of the Pineapple Pledge challenge announced at the end of the radio show.
- Ask everyone to make a specific Pineapple Pledge to improve their own nutrition, and write it on their Badge Tracker.
- Discuss the Key Messages and whether your wider community knows this information. Encourage the group to research malnutrition in your country, using reliable sources (see Fact File) and bring it to the next meeting.

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

Can't meet up?

Ask the group to read the radio 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:

Radio station script - 10am show

5 characters: two presenters and three callers

Presenter 1 Welcome back to NBS. I'm your host, **[insert your name]**.

Presenter 2 And I'm **[insert your name]**. Following the health minister's announcement this morning, the whole show today is focused on one of the three health pillars: **nutrition**. Why? Because your body is like a car – if you fill it with healthy fuel, it will work better! Good nutrition helps you **grow** and builds your **immune system** – so it can fight germs!

Presenter 1 That's right. Let's begin by reminding ourselves about Ms Appleday's nutrition message. Good nutrition means eating **three balanced meals** and drinking lots of **clean water** every day.

Presenter 2 She also brought in our country's Food Guide. It's a document that helps us to better understand what 'balanced meals' look like.

Show your country's Food Guide. Ask the group to name each food group.

Presenter 1 So, a balanced meal means one that has **all the different food groups**. But, we need to eat **more** of some food groups, and **less** of others.

Point out the proportions of each food group in the Food Guide. Ensure everyone understands which foods we should eat more and less of.

Presenter 1 We also need **variety** – we should avoid eating the same foods every day! Balanced meals are called 'rainbow plates' because they're often colourful. To make your meals colourful, always include vegetables and vary the fruit and vegetables you eat!

Presenter 2 We want to hear about your favourite healthy meals. We especially want to hear from our international listeners! Lines are now open. Caller 1?

Caller 1 Hi there. I'm **[insert your name]** from Sri Lanka. My favourite 'rainbow plate' is jackfruit curry – it has jackfruit, chicken, coconut milk, moringa (plant leaves) and rice.

Presenter 1 Sounds tasty. Thank you so much! Now for caller 2 – please introduce yourself.

Caller 2 Thanks for having me. I'm **[insert your name]** from Madagascar. I love ground cassava leaves with rice, pork, carrots, ground peanuts and fruit on the side.

Ask the group: What are your favourite healthy meals?

Presenter 2 Now we want to hear about your **unhealthy diet habits**. Caller 3?

Caller 3 Hey everyone. I'm **[insert your name]**. I eat too much processed food. I always pick up sugary bubble tea and salty fries on my way home. I know they're unhealthy but I like the taste.

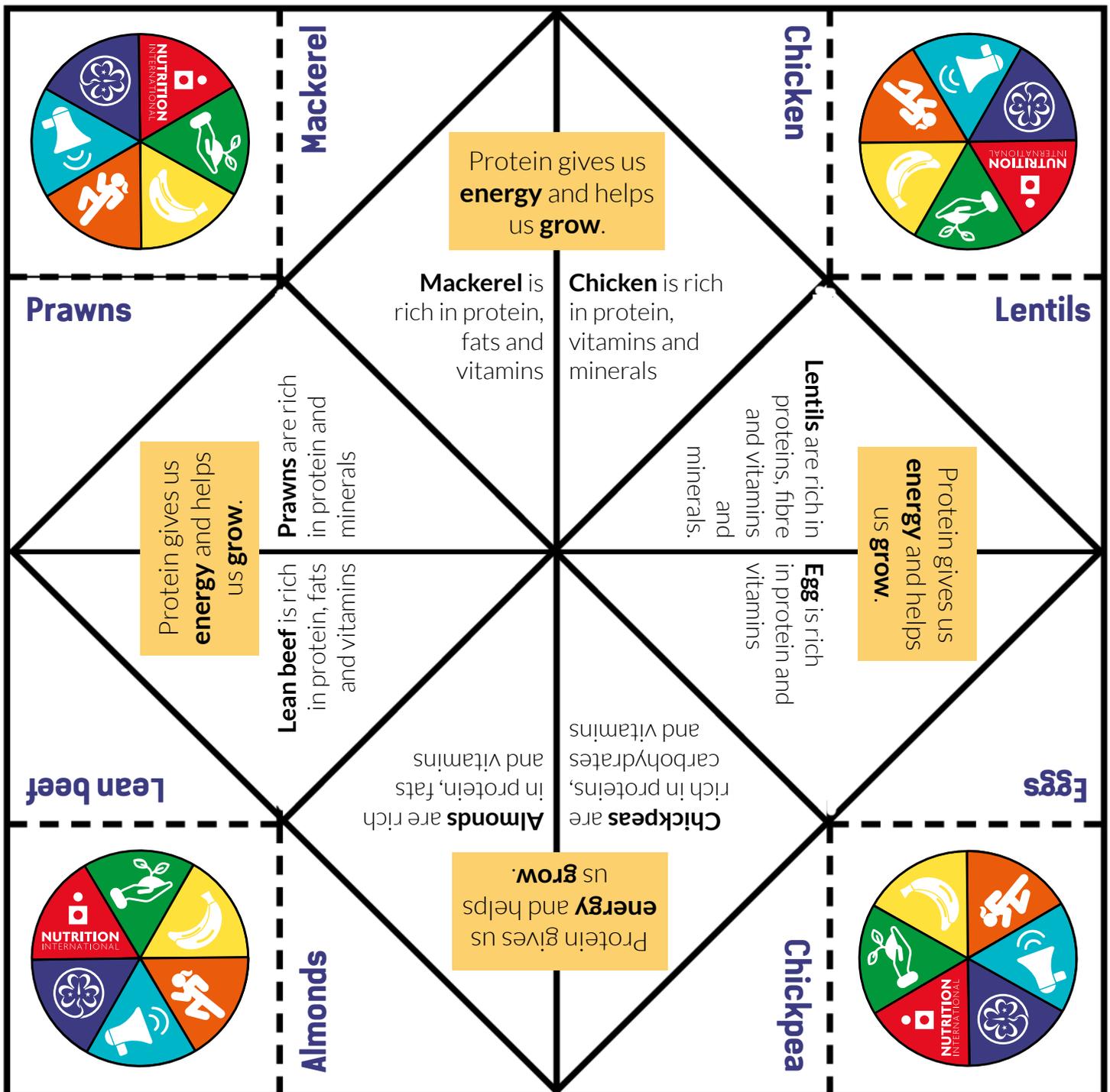
- Presenter 1** It's hard, I know. But it's important to understand that this habit is having a negative impact on your diet and health – right now and for your future! Foods high in salt, fat or sugar don't help our bodies grow or stay healthy. Try healthier snacks like fresh, carefully washed fruits, raw vegetables or nuts. You'll feel so much better!
- Presenter 2** More generally, I think it's important to emphasise that when your body doesn't get the nutrients and energy it needs, you can get tired easily, become sick and you're more likely to suffer from **malnutrition**.
- Presenter 1** Yes. Malnutrition is a serious illness that can affect people's growth and make us very sick. It also increases our risk of getting non-communicable diseases, such as diabetes, certain cancers and heart disease. There are three types of malnutrition: undernutrition, overweight and Hidden Hunger (when people are lacking certain essential vitamins or minerals from their food).
- Presenter 2** You can find out more about malnutrition on the WHO website. I found the minister's statistics about malnutrition very shocking – and it's a global problem!
- Presenter 1** So what can we do about this problem? Well, we've got a challenge for you! Start by making a **Pineapple Pledge** to improve your nutrition. My pledge is to vary my diet every day.
- Presenter 2** My pledge is to stop skipping breakfast and snacking on unhealthy fried foods. We'll see you after the break!



Resource 2: Binalot card example

Binalot card example

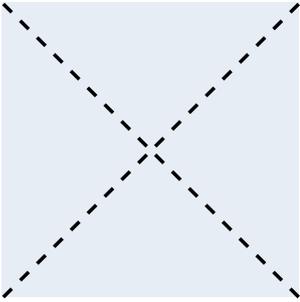
1. In the activity, your group will make a set of binalot cards. **Each binalot card should represent one food group in your country's Food Guide.** Each card should show eight local food examples from the particular food group.
2. For example, the GPN Guide shows six food groups: grains, vegetables, fruits, milk products, protein foods, fats/oils. This example binalot card shows examples and facts from the protein foods group. It has been designed based on the GPN Food Guide.



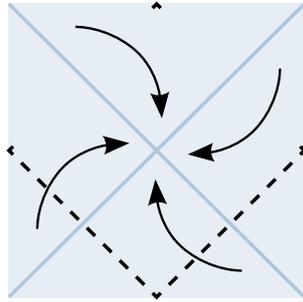


Resource 2: Binalot card instructions

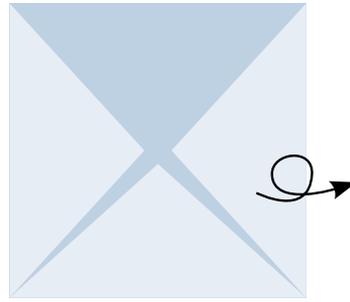
Instructions to fold each binalot card:



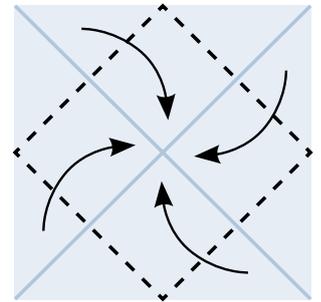
1. With the pictures face down, fold on both diagonals. Unfold



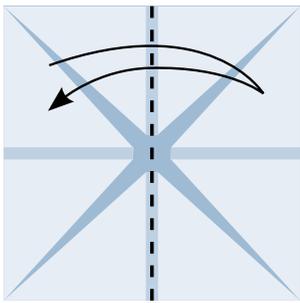
2. Fold all four corners to centre



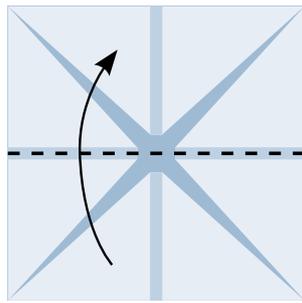
3. Turn paper over



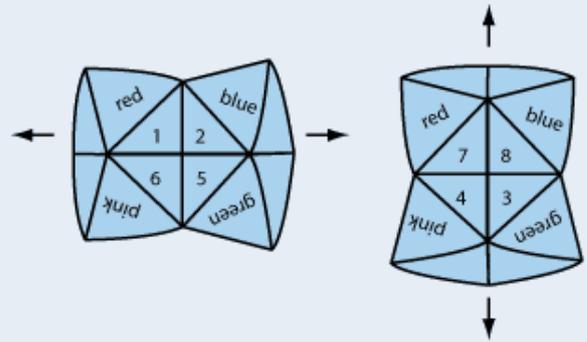
4. Again, fold all four corners to centre



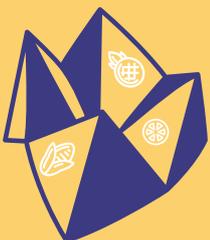
5. Fold paper in half and unfold



6. Fold in half from top to bottom. Do not unfold

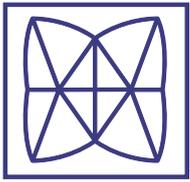


To use a 'binalot': put your thumb and index finger of each hand in the four 'pockets'. Pinch them all together so the binalot is closed. To play, move your fingers in **four motions**: move your two thumbs away from your two index fingers, then bring them back together. Move the thumb and index finger on the same hand away from the thumb and index finger of the other hand. Each time you open the binalot, it will reveal **four things** written inside.



Play with the binalots in groups:

1. One person per group spells out their name while moving the binalot and holds it open on the last letter.
2. The rest of the group chooses a food inside.
3. Open it up and read out the information.



Resource 3:

Blank binalot card template

1. Make copies of the below (blank) binalot card template so you have one template per food group in your country. For example, the GPN Food Guide has six food groups, so you would make six copies.
2. Cut out and fold each card (your group will write on each card and re-fold them in the activity.)