



BLUE ACTIVITIES



Timing: 1 hour

Summary:

Hold a cooking competition OR make a menu of healthy, tasty and low-cost food.

Key messages:

- ★ Both boys and girls can prepare healthy meals and snacks that are tasty, low-cost and easy to make.
- ★ To stop germs spreading, keep yourself and your cooking areas clean. Make sure you:
 - Always wash your hands before cooking and eating, and after the toilet.
 - Always wash fruit and vegetables carefully before cooking or eating them.

Resources provided:



Radio station script - 1pm show



Family menu template and meal ideas



Optional: Community Questionnaire



Keep moving!

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

Preparation:

1. If possible, visit a food market in this activity.
2. Read the blue stage of the GPN Fact File.
3. Gather all Badge Trackers, your Food Guide, paper and pens.
4. Make copies of the radio script.
5. Choose the main activity. For both, gather a range of affordable ingredients (real or pictures) from every food group, including iron-rich foods. Label each food with its price.
6. Optional: make one copy of the Community Questionnaire per person.



Starter:



15 mins

1. Recap the 11:55am advert.
2. The group chooses how to present the radio station's 1pm script (provided).
3. At the end, ask the group:
 - a. How would you reply to someone who said, "Boys don't cook"?
 - b. Which of the snack suggestions do you like most?
4. Ask volunteers to show how to correctly wash their hands with soap (see tips in Fact File).



Use food if you can! Make healthy, tasty and low-cost meals or snacks for teenagers that follow your Food Guide.



Choose your main course:

 30 mins



COOKING COMPETITION

or



FAMILY MENU

- The aim is to compete in a cooking competition (real or role play).
- First, share the prepared ingredients. Ask the group to point out which are iron-rich.
- Displaying your Food Guide, brainstorm meals the group could make for teenage girls using these ingredients (see ideas provided).
- Decide together on a checklist for the meals, e.g. balanced, tasty, affordable and quick to prepare.
- Split into groups. Groups prepare a chosen meal in a cooking competition. Each person can take a different role, e.g. introducing the meal, explaining the recipe, describing why it's great for teenagers.
- Groups present to each other and give feedback on the checklist.

- The aim is to design a family menu! Showing your Food Guide, brainstorm healthy, tasty and affordable family meals (see ideas provided).
- Split into groups. Show the weekly menu template (provided) and ask groups to plan a week's meals.
- After a few minutes, interrupt the groups. Tell them that the family has a teenage girl so they need iron-rich foods, and they have a tight budget for the week! They must adapt their menu accordingly.
- When finished, each group shares their menus for feedback.



Reflection:

 15 mins

- Discuss the Key Messages and ask:
 - How do we stop germs spreading?
 - What advice would you give a teenage girl about meals and snacks?
- Everyone writes their learnings in the blue section of their Badge Tracker.
- Optional:** The group could conduct a community questionnaire (provided) to find out what people know about nutrition, and bring the results to the next meeting.



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



Can't meet up?

Ask the group to read the radio script then prepare a healthy, tasty, low-cost meal or snack for their friends.



Got technology?

Watch the **Boodle Fight** video (from the Philippines). Together, plan and make a healthy, tasty, low-cost Boodle Fight meal.



Resource 1: 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]**. Today's show is all about nutrition.
- Presenter 1** We've got an exciting section coming up – cooking! We've learned so much about good nutrition from our guests so far. Now we'll put this into practice.
- Presenter 2** Please welcome to the show our two celebrity chefs!
- Cook 1** Hi everyone, I'm **[insert your name here]**. Thanks for having us!
- Cook 2** I'm **[insert your name here]**. We're two women chefs who have worked at top restaurants around the world. But, actually, our favourite work is visiting schools and people's homes to help them eat more healthily.
- Presenter 1** It's an honour to have you both. So what are we doing today?
- Cook 1** Well, after the health minister's announcement and your nutritionist's advice, we decided to focus on teenage girls. As we heard, teenage girls are disproportionately affected by malnutrition. And this must stop.
- Cook 2** We therefore decided to make meals and snacks for teenage girls. But it's important to remember that these meals are delicious and nutritious for all the family too!
- Cook 1** We're going to make tasty, quick, low-cost meals, using local foods. First up, Madagascan coconut chicken. We need rice, chicken, coconut milk, pumpkin leaves, spices, ginger, cabbage and beans. All the food groups!
- Ask the group: Which of these ingredients are rich in iron? Chicken, leaves, cabbage, beans.**
- Cook 2** Before we do anything, we must wash our hands carefully with soap. We should always do this after the toilet, and before cooking and eating.
- Presenter 1** We should also wash fruit and vegetables carefully before cooking or eating them, right?
- Cook 1** Exactly. And while we're preparing the food, we need to keep the cooking areas clean and tidy. We don't want germs spreading.
- Cook 2** While you're starting on the coconut chicken, I'll talk about snacks. I know how common it is to be walking home from school, feeling hungry, and looking for a snack. So many people choose fried or fast food, which is so unhealthy.
- Presenter 2** What healthy, cheap and quick snack ideas do you have for us then?
- Ask: Before we hear the answer, what snack ideas do you have?**
- Cook 2** Sandwiches are quick and easy. Try egg or tuna salad. Also, dried fruits, nuts and seeds are easy to carry around. Alternatively, chop up some fresh fruits. I also love making quick salads – like rice, chickpeas and tomato, or chicken and mango. You can carry snacks in reusable boxes or wrap them in banana leaves.



Resource 1: Radio station script – 1pm show

Presenter 1

I'm getting so hungry now! Sounds great. And what about drinks?

Cook 2

Instead of soda, we like to drink milk or carbonated water with fresh lime or fresh orange. In fact, it's better to eat the whole fruit – to get all the nutrients – rather than just its juice. For hot drinks, try mint leaves or fresh ginger in hot water without sugar. Delicious!

Presenter 2

While you're both cooking, we also wanted to ask you about something. We hear a lot of comments about how men and boys don't cook and that it's a girl's job.

Cook 1

I hear this a lot too, and it really frustrates me. Cooking is a life skill that all of us need to have. Both boys and girls can and should prepare food!

Presenter 1

Couldn't have said it better myself. I'm so looking forward to trying these meals and snacks. Thanks for coming in today!



Resource 2:

Family menu template and meal ideas

Instructions for leader:

Display this template as an example for your group to use.

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Global meal ideas (to inspire your group)



Barbados: Creole chicken – chicken breast, rice, tomatoes, chilli sauce, green pepper, celery, onion and herbs and spices. Fruit afterwards.



Brazil: Rice, black beans, baked chicken leg, beetroot and corn with some cheese. Fruit afterwards.



Italy: Spaghetti bolognese – lean beef mince, onion, carrot, celery, tomatoes, herbs, wholewheat spaghetti.



Lebanon: Stuffed vegetables – zucchini, squash, cabbage, wholewheat rice, egg, small amount of white cheese, dried fruits.



Madagascar: Rice, chicken, coconut milk, pumpkin leaves, spices, ginger, cabbage and beans with fruit afterwards.



Mexico: Pinto beans, kidney beans and black beans, corn, rice, tomatoes, onion and chilli. Fruit afterwards.



The Philippines: Fried Bangus – fish cooked in a small amount of oil with spices, served with rice and pinakbet (mix of vegetables like eggplant and okra), then watermelon on the side.

Dried bisugo (threadfish bream), brown rice, gourd, onion, tomato, vinegar, egg, banana or plantain.

Tofu (with spices), noodles, sweet potato, corn, string beans and horseradish leaves, with mango and papaya on the side.



UK: Broccoli and stilton soup – broccoli, leek, potato, small amount of stilton (blue cheese), low-salt vegetable stock, served with wholemeal bread, then fruit afterwards.



Tanzania: ugali (maize flour porridge), beef, managu (green leafy vegetable), kunde (cowpeas), tomatoes, avocado, herbs, small amount of buttermilk, with groundnuts and mango on the side.



Resource 3: Optional: Community Questionnaire

Instructions for leader:

- This is an example questionnaire for your group to use as homework if they wish to find out what their community knows and thinks about nutrition.
- Encourage your group to edit and adapt the survey to make it their own.
- If the group wants to do a paper survey, make one copy of the questionnaire per person. Alternatively, they could use a platform such as SurveyMonkey or Google Forms to conduct the survey online.
- Each person can conduct the questionnaire with as many people as they wish, and then bring back the results to the next meeting.

1. Why do you think nutrition is important?

2. Are you familiar with our country's Food Guide?

3. Can you give me an example of a 'balanced meal'?

4. Do you tend to eat three balanced meals per day and drink lots of water?

5. What foods should we eat rarely and why?



Resource 3: Optional: Community Questionnaire

6. Do you often eat snacks? If so, what kind?

7. Have you seen or heard things about food that confused or worried you? If so, can you give some examples?

8. Where would you look to find reliable information about nutrition?

9. What are the main nutrition problems in our community?
