

# 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.

