



YELLOW ACTIVITIES



Timing: 1 hour

Summary:

Draw your favourite meal OR play a physical 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:



Talent Show script – Episode 2



Superstar statements



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 the Badge Trackers (from previous activity).
3. Make copies of your country's Food Guide (or GPN Guide).
4. Make five copies of the Talent Show script.
5. Choose the main activity:
 - **Favourite Food:** Gather paper, scissors and pens. Make posters showing the name of each food group (on your Food Guide). Alternatively, label baskets or bags with each food group.
 - **Superstars:** No resources needed.



Starter:



15 mins

1. Recap Episode 1 of the Talent Show.
2. Ask five volunteers to act out Episode 2, using the script.
3. Show your country's Food Guide and ask:
 - a. What new things did you learn from the episode?
 - b. What are your favourite balanced meals?
 - c. What do we mean by a "rainbow plate"?
 - d. Why is our nutrition so important?



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



FAVOURITE FOOD

or



SUPERSTARS

- Ask everyone to imagine eating their favourite meal, then to draw the different ingredients that make up this meal. Each ingredient should be drawn separately on the paper.
- Show the prepared food groups posters in the middle.
- Ask everyone to cut out each of their ingredients and place it on the correct food group poster. Make a pile of any ingredients that don't match (usually processed foods).
- Using your Food Guide, work together to put the food groups in order of those we should eat more and less of. Ask what they notice about the foods they eat, and why we should eat less processed food.

- The aim is to learn about foods that do or don't help our bodies grow.
- Start by asking the group to walk around the room at random.
- Read out a Superstar statement (provided). Everyone decides individually whether it's healthy or unhealthy. If it's healthy, they act like superstars by doing star jumps! If it's unhealthy, they melt down on to the floor.
- Repeat for all the statements.
- At the end, ask volunteers to invent their own healthy or unhealthy statements for the group to react to.



Reflection:

15 mins

- Ask everyone to colour in the yellow section of their Badge Tracker.
- Recap the Pineapple Pledges that the friends made in the Talent Show. Ask everyone to make a similar promise to improve their own nutrition.
- The group writes their Pineapple Pledge inside the fruit shape.

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

Can't meet up?

Ask the group to read the Talent Show 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:

Talent Show script - Episode 2

SETTING: studio, then cafe. **5 characters:** 4 teenagers (Rio, Zarook, Rojo, Umyy) + TV producer

ALL teenagers are standing facing the door, looking nervously at the producer

TV PRODUCER: We're delighted to tell you that you're all through to the show! You did so well.

ALL jump around excitedly, shouting and high-fiving in celebration

TV PRODUCER: Now the hard work really starts. Have you seen the information about our health check? We can't accept you on to the Talent Show unless we know you're doing everything you can to stay happy and healthy. At your age, your nutrition is especially important. I'll leave you all to celebrate now – you deserve it. One million people will be watching the show!

TV PRODUCER leaves

UMMY: Let's celebrate with a tasty meal. Where should we go?

ZAROOK: How about that new place we've all been wanting to try? Global Buffet?

They ALL nod and leave the studio to walk to the café. They enter, find a table and sit down

ROJO: I keep thinking about the health check ... How do we make sure our diet is healthy? It said three balanced meals per day, but what does balanced mean?

ZAROOK: Look! On the back of the menu is our country's Food Guide! That's the one I remember being taught at school – it's created by nutrition experts to help us eat healthily. This can help us choose our meal tonight.

ROJO: OK so ... the guide is called a 'rainbow plate'. It says that eating healthily often means colourful meals that look like a rainbow. We need to eat from **all** the different food groups, but eat **more** of some food groups and **less** of others

Show the group your country's Food Guide. Name each food group and emphasise the proportions of each one (those we should eat more and less of).

ZAROOK: Our Food Guide has lots of rice (a 'grain'), lots of vegetables and fruits, some protein foods, including milk products (like yoghurt) and a small amount of fats/oils. It looks pretty easy laid out like that actually!

UMMY: So what can we choose from this menu that's a 'rainbow plate'?

RIO: How about the Chicken Tinola? It's rice, chicken cooked in ginger and a bit of oil, green papaya, mango and malunggay (a vegetable). We should order water too.

ZAROOK: I think I'm going to have Fried Bangus. It's fish cooked in a bit of oil and spices, with pinakbet (mix of vegetables like eggplant and okra), rice and watermelon.

They ALL order their food



Resource 1:

Talent Show script - Episode 2

- UMMY:** Did you all see that the Food Guide also says we must eat a **variety** of foods? That means we shouldn't always eat the same thing. And we definitely need to cut down on unhealthy snacks like chips, cake, cookies and fast food.
- RIO:** Yeah I don't think we even realise how much processed food we eat. It's usually high in salt, unhealthy fats and sugar. The Food Guide says good nutrition helps our bodies grow and fight germs. If we don't get the nutrients and energy we need, we can suffer from malnutrition.
- ZAROOK:** Malnutrition is really serious. There are different types. My friend got diagnosed by the doctor because they were getting too much energy from all the foods high in fat and sugar, and they weren't doing enough exercise.
- ROJO:** We're so lucky – we're young and can make changes now so that we grow up healthy and strong. Let's each make a promise – let's call it a **Pineapple Pledge** – to improve one thing about our nutrition. My pledge is to eat fruit instead of sugary snacks.
- RIO:** My Pineapple Pledge is to eat different foods – to change the fruit and vegetables I eat each day.
- ZAROOK:** Mine is to exercise more.
- UMMY:** Mine is to always add fruits and vegetables to my meals.
- ALL:** Cheers!

*They **ALL** lift their glasses of water and clink with each other*



Resource 2:

Superstar statements

Instructions for leader:

1. Read out one statement in turn.
2. Allow time for everyone to decide individually whether the statement is healthy and helps our bodies grow or if it's unhealthy and doesn't help our bodies grow. If it's healthy, they act like superstars by doing star jumps! If it's unhealthy, they melt down on to the floor.
3. Use the answers to correct any misunderstandings.

Statements:

- | | |
|---|-----------|
| ★ Eating a 'rainbow plate' of all the food groups | Healthy |
| ★ Drinking soda drinks often | Unhealthy |
| ★ Eating different foods for lunch each day | Healthy |
| ★ Eating cookies every day | Unhealthy |
| ★ Eating fruit for breakfast every morning | Healthy |
| ★ Snacking on different fruits | Healthy |
| ★ Buying chips after school every Monday | Unhealthy |
| ★ Eating only rice and beans most days | Unhealthy |
| ★ Doing sport after school a few times a week | Healthy |
| ★ Preparing rice, beans, vegetables, fish and fruits with your family | Healthy |
| ★ Drinking 6-8 glasses of water every day | Healthy |