



# GREEN ACTIVITIES



Timing: 1 hour

## Summary:

Hold a fishbowl discussion OR create a game to learn what you need to stay happy and healthy.

## Key messages:

- ★ 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

## Resources provided:



Radio station script – 9am show



Fishbowl topics



**Keep moving!**

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

## Preparation:

1. Read the green stage of the GPN Fact File.
2. Gather your prepared Badge Trackers.
3. Make copies of the Radio station script (provided).
4. Choose the main activity:
  - **Fishbowl:** Copy and cut out the Fishbowl topics (provided). Gather chairs and a timer.
  - **Game for Life:** Gather paper, pens and other art materials (if possible). Ideally, invite in younger groups to play the games.



## Starter:



15 mins

1. Introduce the Girl Powered Nutrition badge. Explain that by the end, they will have improved their nutrition and helped other people improve theirs too!
2. The group chooses how to present the radio station's 9am script (provided).
3. Referring to the Key Messages, discuss:
  - a. What do you think of the Minister's plan?
  - b. "You are what you eat." Why is nutrition so important?





## Choose your main course:

30 mins



### FISHBOWL

or



### GAME FOR LIFE

- a. Arrange six chairs in a circle. Six people sit on the chairs (this is the fishbowl). The rest of the group sits around the outside, listening.
  - b. How to play: one person in the 'fishbowl' chooses a debate topic (provided) and reads it out. The 'fishbowl' discusses the topic for five minutes. During this time, each observer has one opportunity to jump in to the conversation. To jump in, they touch a person's shoulder and swap places.
  - c. When five minutes is up, the fishbowl is replaced by different people and a new topic is chosen. Reset the timer.
  - d. Repeat until everyone has sat in the fishbowl.
- a. The aim is to design a game that helps younger children learn the eight things we need to be happy and healthy: eat healthily, drink water, have a bath/shower, keep a clean home, sleep, exercise, study, visit the doctor or clinic.
  - b. Brainstorm creative game ideas, e.g. quiz, wide game, board game or app.
  - c. Split into small groups with arts materials. Allow time for groups to plan.
  - d. Depending on time, groups can exchange and play games.



## Reflection:

15 mins

1. Introduce the Badge Tracker as a way for the group to record their progress and learning. Encourage the group to adapt it or design their own if they wish.
2. Ask everyone to write what they learned in the green section of their Badge Tracker. Prompt using the Key Messages and ask:
  - a. What unhealthy lifestyle habits would you like to change?
  - b. What would you say to someone who has unhealthy habits?



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



### Can't meet up?

Ask everyone to read the radio show script then design a family game to learn the eight things we need.



### Got technology?

Post a fishbowl topic on your group's social media. Invite your followers to comment and participate.



## Resource 1:

# Radio station script - 9am show

Two characters: a Newsreader and a health minister

**Newsreader**

You're listening to NBS - your National Broadcast Service. I'm your host, **[insert your name]**.

**[Dramatic news sound]**

**Newsreader**

It's 9am on **[insert today's date]**. Breaking news: the health minister has announced her new five-year plan to improve the country's health. Earlier today, we spoke to the minister, Anne Appleday, who made a statement.

**Minister**

Our nation's health is at risk. **Malnutrition** and **non-communicable diseases**, such as diabetes and heart disease, are preventing our people from reaching their full potential. Today, I am announcing my new five-year plan to address these problems. The plan's three pillars are: healthy **diet**, healthy **environment** and healthy **lifestyle**. Our nation's future is in our hands.

**Newsreader**

That's certainly a very powerful message. Thank you Ms Appleday.

**Minister**

We must convey this powerful message urgently. Malnutrition impacts the economy, education and productivity. It costs the global economy an estimated \$3.5 trillion, or \$500 per individual, per year<sup>1</sup>. By investing in nutrition, we are investing in progress towards all 17 Sustainable Development Goals, especially zero hunger, gender equality and quality education.

**Newsreader**

Could we ask some follow-up questions please?

**Minister**

Certainly; I'm here to help in any way I can.

**Newsreader**

The word 'diet' means different things to different people. What is a healthy diet?

**Minister**

You should ask yourself, 'Do I eat three balanced meals a day? Do I drink lots of clean water every day?' They're good indicators that you have a healthy diet.

**Newsreader**

Thank you. And what do you mean by a 'healthy environment'?

**Minister**

Your living environment is vital for your health and happiness. You should wash yourself (by taking a bath or shower) every day. You also need to keep your home clean, especially the kitchen and bathroom areas. Handwashing with soap is one of the simplest ways to combat hygiene problems!

<sup>1</sup> [https://openknowledge.worldbank.org/bitstream/handle/10986/26069/Economic\\_benefits\\_WEB.pdf](https://openknowledge.worldbank.org/bitstream/handle/10986/26069/Economic_benefits_WEB.pdf)



## Resource 1: Radio station script - 9am show

### Newsreader

Thank you. The third and final pillar of your five-year plan is 'healthy lifestyle'. Is this all about exercise?

### Minister

Exercise is vital. Everyone who can, should exercise every day. This is so important in staying healthy and preventing malnutrition. But there are other important parts of our lifestyle too. We should get enough sleep (teenagers need 8-10 hours per night). We need to go to college, and we should visit a doctor or clinic regularly not just when we're sick – so we prevent illness rather than just treating it.

### Newsreader

Thank you to Ms Anne Appleday for joining NBS this morning. The Health Minister has a powerful message for all of us: if we have any unhealthy habits, now is the time to make a change! So if you eat too much fried food, often skip breakfast, or forget to wash your hands, act now!



## Resource 2:

# Fishbowl discussion topics

## Instructions for leader:

Make one copy of the cards below and cut out.



There is enough food produced in the world to feed everyone, so why is there so much hunger?



We all need a healthy diet, environment and lifestyle. Are there other things we also need?



What can we do at home to stop germs spreading?



In what ways do people in our community most need to improve (their diet, environment or lifestyle)?



Is social media to blame for unhealthy eating?



Good nutrition is easy for everyone to achieve.  
Do you agree or disagree?



What are your top tips for getting to sleep?



Why is exercise so important?



You should visit the doctor or clinic regularly.  
How can we encourage people to do this?



Our bodies are about 60% water.  
What do our bodies do with all this water?



What are some local sources of clean water?



Good nutrition is vital for building your immune system.  
What does your immune system do?