



ORANGE ACTIVITIES



Timing: 1 hour

Summary:

Interview a nutritionist OR role play scenarios to learn about girls' nutritional needs.

Key messages:

- ★ Both girls and boys have the right to good nutrition.
- ★ 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).
- ★ 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.
- ★ A woman who always eats healthily and has a healthy pregnancy is more likely to have healthy babies.

Resources provided:



Radio station script – 11am show



Caller Question cards



Serious Scenario cards

Preparation:

1. Read the orange stage of the GPN Fact File.
2. Gather all Badge Trackers (from previous activity).
3. Make copies of the radio script.
4. Copy and cut out the Caller Question cards.
5. Choose the main activity:
 - **Hot Plate:** Invite a local nutritionist to join you. Brief them carefully on the Key Messages. Ask them to bring resources about girls' nutrition.
 - **Serious Scenarios:** Copy and cut out the Serious Scenario cards.



This session discusses malnutrition which is a very serious issue across the world. The facts are very sad and can be upsetting to hear. Make time for the group to reflect on how they feel during and after the activity. Ensure the group knows who they can speak to if they feel worried.



Use food if you can! Organise for the group to taste foods rich in iron. Encourage them to try new ones!



Keep moving!

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



Starter:

15 mins

1. Recap the 10am radio show.
2. Hand out the Caller Question cards (provided) at random. Explain that the 'Callers' will be asked to read out their question at key points in the script.
3. The group chooses how to present the radio station's 11am script (provided).
4. At the end, ask the group to share their favourite meals that are rich in iron.



Choose your main course:

30 mins



HOT PLATE

or



SERIOUS SCENARIOS

- a. Interview a nutrition expert! Before they arrive, split into small groups.
 - b. Ask each group to brainstorm questions they would like to ask an expert about nutrition. If completed, groups can share their research homework and identify further questions they have.
 - c. Each group should choose and share their best question. Compile the questions and display.
 - d. Welcome the guest. Ask a volunteer to introduce the GPN badge.
 - e. Support the group to ask the expert the displayed questions. The guest can share any resources they brought with them.
 - f. At the end, allow time for the group to ask the guest any other questions (*in private if they wish*).
- a. The aim is to role play malnutrition scenarios. First, split into small groups, each one with a Serious Scenario card (provided).
 - b. Explain their task is to create a three-minute drama showing a day in the life of their character. They must show the malnutrition problem, some causes and some solutions.
 - c. Give groups time to ask questions before starting. Ensure groups are clear on their card's problem, causes and solutions. If completed, they can use their research homework to inform their role plays.
 - d. When finished, groups can perform.



Reflection:

15 mins

1. Discuss the Key Messages and ask:
 - a. What do teenage girls need in their diet? How can they get it?
 - b. How important is it for you to get extra iron? Why?
 - c. Does our public health system provide WIFAS? Find out!
2. Everyone writes their learnings in the orange section of their Badge Tracker.
3. If completed, ask volunteers to compile the research homework and keep safe.

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

Can't meet up?

Ask the group to read the radio show script then interview a member of their family about nutrition.



Got technology?

Support the group to email a trusted nutrition expert with questions about their nutrition.



Resource 1:

Radio station script - 11am show

8 characters: two presenters, a nutritionist and five callers (question cards to be handed out to audience)

Presenter 1	Welcome back to NBS. I'm your host, [insert your name] , and I'm joined by [insert presenter 2's name] . On this morning's news we heard about the minister's new health plan. After our call-in about balanced meals, a nutritionist contacted us.
Presenter 2	The nutritionist told us that globally, teenage girls are disproportionately affected by malnutrition . This is shocking – we had no idea! So we invited the nutritionist on the show. Good morning [insert nutritionist's name] !
Nutritionist	Good morning everyone! Thank you so much for having me.
Presenter 1	It's great to have you. Could you tell us a bit about yourself?
Nutritionist	Of course. I've been a nutritionist for 10 years, working all around the world. I have also contributed to the Global Nutrition Report for several years.
Presenter 2	What's the Global Nutrition Report?
Nutritionist	It's the world's leading independent assessment of the state of global nutrition. It's published each year to show the progress made and identify the challenges that remain. The report aims to inspire governments, society and individuals to act to end malnutrition.
Presenter 1	Wow, that's incredible. We're so honoured to have you on our show! The message you sent us was about teenage girls, so we asked girls to call in with their questions. Caller number 1?
Caller 1	Hi there. I'm 15 years old. I'd like to understand why girls my age are so affected by malnutrition across the world?
Nutritionist	Adolescent girls are particularly vulnerable for many reasons. For example, gender inequality results in girls in some countries getting less food or less good quality food. It's essential to remember that nutrition is a human right! Both girls and boys have the right to good nutrition.
Caller 2	Are girls' nutritional needs different to boys'?
Nutritionist	Yes. During menstruation, girls lose iron in their blood so need more iron in their diet to replace it. This is another reason why girls are so affected by malnutrition – sometimes girls don't get this iron.
Caller 3	What happens if teenage girls don't get the extra iron they need?
Nutritionist	If girls don't get extra iron, they risk suffering from Iron Deficiency Anaemia (IDA) – a form of malnutrition. It's caused by not getting enough iron from food or when the body can't use the iron properly (for example, if they're sick). It's estimated that, globally, 30% of adolescent girls are anaemic . Shocking!
Caller 4	What can we do? I mean, what can everyone do, not just girls?



Resource 1: Radio station script - 11am show

Nutritionist

That's a great question. It's all of our responsibility! We empower girls by making them aware of the problem and how to get extra iron. Girls should eat **iron-rich foods**. Some countries' health services or school/colleges offer tablets called Weekly Iron and Folic Acid Supplements (WIFAS) to prevent anaemia. They'll offer them if anaemia rates are particularly high in the country, so it's very important for girls to take these tablets.

Caller 5

Some people don't like taking WIFAS because they don't taste nice or they get stomach aches. What would you say to them?

Nutritionist

I would suggest they take WIFAS right after food. Most girls and women experience no side effects. Girls who take WIFAS will stay strong, have lots of energy and grow into healthy women!

Presenter 2

That's a really powerful message – thank you. And thank you to all of the great questions from our callers. Is there anything else you'd like to share?

Nutritionist

Yes. Our nutritional needs change throughout our life cycle. We've discussed girls' adolescence, but if women decide to have babies when they're older, they have specific nutritional needs at this time too. Women who always eat healthily and have a healthy pregnancy are more likely to have healthy babies!

Presenter 1

You have taught us so much! We can't thank you enough.

Nutritionist

It's my pleasure. Remember girls – you need extra iron!

Presenter 2

That's the end of this part of the show. Thank you to our esteemed guest, and to all our listeners.



Resource 2:

Radio script: Caller Question cards

Instructions for leader:

1. Make one copy of the five Caller Question cards then cut out.
2. Before using the radio script in the Starter, hand out the cards at random to the 'audience'.

Caller 1



Hi there. I'm 15 years old. I'd like to understand why girls my age are so affected by malnutrition across the world?

Caller 2



Are girls' nutritional needs different to boys'?

Caller 3



What happens if teenage girls don't get the extra iron they need?

Caller 4



What can we do? I mean, what can everyone do, not just girls?

Caller 5



Some people don't like taking WIFAS because they don't taste nice or they get stomach aches. What would you say to them?



Resource 3: Serious Scenario cards

Instructions for leader:

1. Make a copy of the scenario cards per small group, then cut out.

Meet Erica



Erica is 11 years old and lives in a village on a beautiful island in the Philippines. She has recently started menstruating. Erica now finds it hard to concentrate at school, lacks energy and often feels faint. She gets headaches too. Erica might be suffering from Iron Deficiency Anaemia (IDA) but doesn't know yet because she hasn't told anyone how she feels.

Meet Hannah



Hannah lives with her family in a tiny apartment in a big city in the United States. Her family goes to a Food Bank each week to receive emergency food because they don't have enough money to buy it. Hannah spends all her spare time sitting on her phone. She gets more energy from her diet than her body needs. Hannah is losing confidence and doesn't see her friends much any more. She is at risk of heart disease.

Meet Nandana



In a village in Sri Lanka, Nandana is pregnant with her first child. She is only 15 years old and wishes she was at school instead. She feels very tired all the time and lacks energy. Nandana isn't getting enough iron from her diet. She is suffering from Iron Deficiency Anaemia (IDA). It could make her pregnancy difficult. She risks having a low birth weight baby with a weak immune system.

Meet Fatma



Fatma is a tiny baby, just one week old. She had a very low birth weight. Her mother, Augustine, didn't have access to a healthy diet or iron supplements during her pregnancy. At home, Fatma is very sleepy all the time. Augustine is worried that Fatma isn't getting enough nutrients from the breast milk. Aunties suggested giving Fatma herbal teas, but now the baby has diarrhoea.

Meet Stefano



In Italy, Stefano is 12 and lives with his mother and sister. He eats the biggest meals in his family, and snacks every day on lots of processed food like cookies, cakes and fries. He plays computer games online with his friends most evenings. He doesn't do much exercise. Stefano has been diagnosed as obese and is at risk of diabetes. He is bullied and suffers from low self-esteem.

Meet Grace



In a town in Madagascar, Grace is 13 years old. She loves learning but misses a lot of school because she has to look after her brothers. When she menstruates she also stays home because she doesn't have hygiene products. At mealtimes, Grace is always served last and notices that her brothers and father get the best fish and vegetables.