



BLUE ACTIVITIES



Timing: 1 hour

Summary:

Plan a party OR make a cooking show with 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:



Rebecca's story – Chapter 5



Colourful party food ideas



Keep moving!

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

Preparation:

1. Read the blue stage of the GPN Fact File.
2. Gather all Badge Trackers and your country's Food Guide.
3. Choose the main activity:
 - **Colourful Party:** Gather flipchart, paper plates (one per person) and coloured pens. Adapt the party food ideas to your country.
 - **Cooking Show:** Gather pictures of local, affordable ingredients – at least five from every food group (refer to Fact File for ideas). If possible, use real foods.



Starter:



15 mins

1. Recap Chapter 4 of Rebecca's story.
2. Read out Chapter 5, including the questions.
3. At the end, ask the group:
 - a. What healthy snacks do you like to eat?
 - b. What do you think of Zack's comments?
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 that follow your Food Guide, using local ingredients. Visit a shop/market!



Choose your main course:

30 mins



COLOURFUL PARTY

or



COOKING SHOW

- The aim is to plan a rainbow party! First, ask pairs to share ideas for their perfect party.
- Ask the group to think about healthy food they could serve at their perfect party. Referring to your country's Food Guide, brainstorm party food that is healthy, tasty and easy to prepare (see ideas provided).
- Split into groups with paper plates. Ask everyone to draw and label their colourful party food ideas.
- Everyone displays their food plates. Groups help each other to check they included every food group.

- The aim is to act out a 'Girl Powered Nutrition' cooking show!
- First, share the pictures of ingredients you prepared earlier. Ask the group which ones they have/haven't tried before.
- Show your country's Food Guide. Brainstorm healthy, tasty meals that they could make using some of these ingredients.
- Split into groups. Ask groups to choose one healthy meal and demonstrate how to make it on a cooking show.
- When everyone is ready, groups pair up and present their cooking shows. Remind groups to include washing their hands, and fruit/vegetables.



Reflection:

15 mins

- Ask everyone to colour in the blue section on their Badge Tracker.
- Ask the group to write or draw what they learned. Prompt using the Key Messages and these questions:
 - When do we need to wash our hands?
 - What makes a healthy meal?
 - How easy is it to prepare healthy meals?



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



Can't meet up?

Ask the group to read Chapter 5 with an adult, then plan or make a healthy meal together.



Got technology?

Watch this '[kids try global breakfasts](#)' video. Groups record their own TV shows trying different healthy foods and snacks.



Resource 1: Rebecca's Story - Chapter 5

That evening, Rebecca calls Sophie – her friend who's been off sick for a while. She's so glad to hear Sophie's voice and asks: "How are you feeling?" Sophie yawns and replies, "I'm alright, still so tired all the time. I finally went to the doctor yesterday – you helped me realise it was important. The doctor said that I am at risk of anaemia. They gave me WIFAS – tablets containing iron – to make me stronger."

Ask: What foods that have lots of iron could Sophie eat too?

Rebecca replies: "I'm so glad you asked for help before it got worse. We learned about anaemia from Ms Bupe this week." Sophie replies: "I'm more careful with my eating habits and nutrition now." Rebecca thinks for a moment then says: "Are you well enough to visit me this weekend? We could cook a fabulous, healthy meal together!" Sophie replies excitedly, "I'd love that!"

Rebecca goes to speak to her family. "Can I invite Sophie for a meal with us please? We could all cook together!" Rebecca's mother nods. Zack suddenly shouts, "I refuse – boys don't cook! That's your job. Or Faith's. Or Mum's." Rebecca stares at her brother with her mouth wide open. "That is completely untrue. Both boys and girls can cook! Cooking is a life skill for everyone!" Zack looks grumpy. "Well", he says, "you'll have to teach me because I don't know how. But it won't be tasty, because healthy stuff never is." Rebecca turns to him and says, "Of course I'll teach you – and you'll see how delicious it is too!"

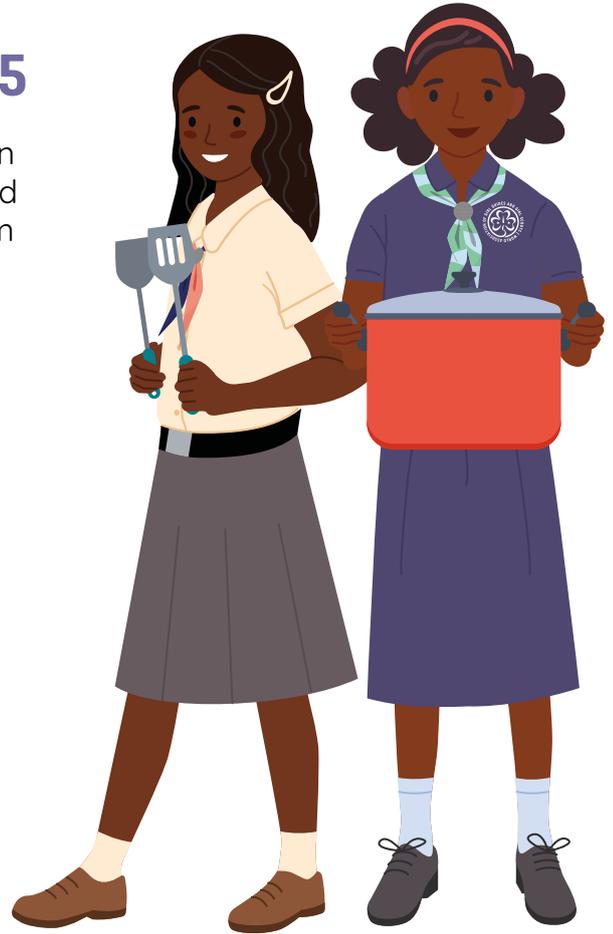
That weekend, Rebecca is in the kitchen cooking with her family. It smells delicious. Even Zack has to admit it smells good! That morning they planned a low-cost menu and went to the market. Rebecca decided on a Madagascan meal of coconut chicken. It's full of iron-rich foods to make sure that her, Faith and her mum get the extra iron they need, but especially Sophie! They bought some chicken, rice, coconut milk, pumpkin leaves, spices, ginger, cabbage and beans.

Ask: What meal would you make Sophie?

Faith runs into the kitchen from the garden. "I want to help!" Their father replies, "Not before you wash your hands really carefully with soap. Afterwards, please also wash the vegetables and fruits before we use them. We don't want germs spreading." Faith washes her hands, and sees Sophie out the window. "She's here!" Sophie comes in, washes her hands too and gets involved with the cooking.

When it's ready, Sophie, Rebecca, Zack, Faith, mum and dad all wash their hands with soap then sit down to eat together. Rebecca serves everyone enough food. Sophie smells her plate: "It smells so good!" Rebecca points out all the iron-rich foods that will help them stay happy and healthy. She uses all the knowledge she has learned about nutrition to explain what a 'rainbow plate' is and why it's important. At the end of the meal, dad serves seasonal fresh fruits for everyone to try. "These are a great healthy snack too, if you're hungry between meals," he says.

They all sit back, with bellies full of healthy, tasty food.





Resource 2: Colourful Party food ideas

Instructions for leader:

Please adapt these food ideas to match your local context.



Fruit snacks

Melon mosaic (arrange cubes of melon, tomato and feta)

Fruit mandala (arrange fruits, e.g. berries, kiwi, pineapple in concentric circles and patterns)

Fruit kebabs (put different fruits on skewers – from Madagascar!)

Coconut

Salads and sandwiches

Bell peppers stuffed with quinoa and spices

Egg salad or tuna salad sandwiches

Cucumber, tomato, beans and cheese salad

Sesame-lime chicken and mango salad

Tomato, beans, cucumber, carrot, spinach, mango salad
(from Sri Lanka!)

Sweet(er) things

Roasted walnuts, cooked in a teaspoon of sugar and spices

Baked bananas or apples with cinnamon

Chocolate chia pudding

Oat, honey and raisin bars

Dips

Beetroot (blend cooked beets, yoghurt and lemon juice)

Aubergine (blend aubergine, courgette, tahini and mint)

Lemon sauce (blend yoghurt, lemon, mint and salt)

Savoury ideas

Courgette bites (bake grated courgette, egg and breadcrumbs)

Sliced raw veggies,
e.g. carrots, celery, cucumber

Chicken/turkey/pork pieces, baked in spices

Tacos (with mushrooms, low-fat cheese, tomatoes)

Plantain cooked with coconut, chicken and spinach (from Tanzania!)

Chicken, noodles, vegetables and soy sauce (called Pancit in the Philippines!)

Drinks*

Smoothie (fresh fruit, yoghurt and milk)

Veggie (spinach, pineapple and mint)

Berries, peanut butter, banana and milk

Fruit crush

(ice, carbonated water and fruit)

**Note that it is better to eat the whole fruit rather than only a fruit's juice (to get all the nutrients)*

