



ORANGE ACTIVITIES



Timing: 1 hour

Summary:

Play a board game OR create an obstacle course to learn about what girls need from their food.

Key messages:

- ★ Both girls and boys have the right to eat healthily.
- ★ Girls need extra iron to help them grow and help their brains develop. If they don't, girls risk suffering from anaemia (a type of malnutrition).
- ★ Girls should eat foods that have lots of iron in them. If your health worker or teacher gives you tablets called Weekly Iron and Folic Acid Supplements (WIFAS), you should take them to stay strong, full of energy and to grow into healthy women.
- ★ A woman who always eats well and has a healthy pregnancy is more likely to have healthy babies.

Resources provided:



Rebecca's story - Chapter 3



Board game template



Health Hurdles example



Keep moving!

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

Preparation:

1. Read the orange stage of the GPN Fact File.
2. Gather all the Badge Trackers (from previous activity).
3. Choose the main activity:

- **Snakes and Ladders:** Make a copy of the board game (template provided) per small group. Gather a playing piece per person (e.g. pebbles) and dice per small group (cube numbered one to six).
- **Health Hurdles:** Gather some 'obstacles', e.g. chairs, hoops, bucket. Label each object with a problem (see Health Hurdles example provided).



Starter:

15 mins

1. Recap Chapter 2 of Rebecca's story.
2. Read out Chapter 3, including the questions.
3. At the end, ask the group:
 - a. What do teenage girls need more of? Why?
 - b. Helga drew a circle in the ground. What does the circle show?



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



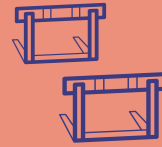
Choose your main course:

30 mins



SNAKES AND LADDERS

or



HEALTH HURDLES

- Play snakes and ladders! The aim is to reach the end (number 64) first.
- First, split into small groups. Each group needs a board game (provided), a dice, and a playing piece per person.
- Everyone starts at number one. If a player lands on a snake's head, read the unhealthy situation, slide down its tail and name a way to stop the unhealthy situation. If they land at the bottom of a ladder, read the healthy situation, climb to the top and high five!
- Each player rolls the dice and moves forward that number of spaces.
- At the end, the winners name a way to be healthy (see ladders).

- The aim is to race over 'health hurdle' obstacles!
- Start by showing that each object has become a 'health hurdle'. To solve each problem and get over the obstacle, they must say out loud what they would do.
- Rehearse the obstacle course together, e.g. if a chair says "not getting enough iron", they shout "eat more dark green vegetables!"
- Teams compete to run the obstacle course in the quickest time.



Reflection:

15 mins

- Ask everyone to colour in the orange section on their Badge Tracker.
- Ask the group to write or draw what they learned. Prompt using the Key Messages and these questions:
 - What do teenage girls need extra of? Why?
 - How important is it for teenage girls to get extra iron?
 - What foods could you eat that have lots of iron?



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

Can't meet up?

Ask the group to read Rebecca's story with an adult. Then they can act out the story or play the game.



Got technology?

Play **Snakes and Ladders** online! On a snake, ask the group to name an unhealthy eating habit. On a ladder, they name a healthy one.



Resource 1:

Rebecca's Story - Chapter 3

Later that week, Rebecca is on her way home from school. She sees her neighbour, Helga, and stops to say hello. Helga is a friendly Health Worker from the local clinic. As they're talking, Rebecca keeps yawning. Helga asks, "Do you often feel tired?" Rebecca nods. "I know I need to get more sleep so I've been going to bed earlier. I've also spoken to my teacher about my nutrition. I've kept a promise to eat fruit for breakfast every morning. Despite these things, I'm still so tired."

Ask the group: What was your Pineapple Pledge?

Helga smiles. "It's fantastic that you're making changes! I'm proud of you. However, I am worried about how tired you are. Did you know that girls and women have different nutrition needs compared to boys? Our needs change during our life cycle. At your age, **girls need extra iron in their diet.**"

Rebecca looks puzzled, so Helga explains: "At your age, you're growing really fast and need extra energy and nutrients. Iron is a nutrient that our bodies need to grow properly and for our brains to develop." Rebecca sits down next to Helga. She asks: "So how do I get this iron?" Helga replies: "By eating foods that have lots of iron in them. Also, our country gives girls tablets – iron supplements called WIFAS – to help us get more iron. It's really important for you to take these tablets as well as eat more iron."

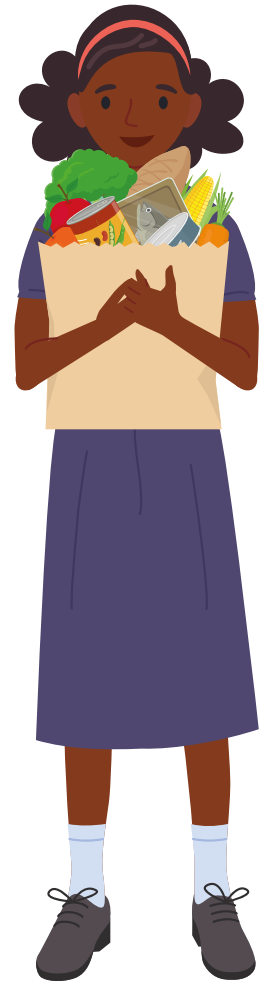
Ask: Do you know any foods that give us lots of iron?

Helga goes into her house and returns holding lots of food. She hands Rebecca a green, leafy vegetable. "This is spinach. It contains lots of iron. Now hold these chickpeas – they also have lots of iron." She then hands Rebecca lentils, some red meat and chicken. Rebecca nearly falls over holding all these foods! "So, if I eat more of these foods that have lots of iron, I should feel less tired?" she asks. "Yes – it will help you concentrate at school too. Iron makes you healthy and strong. If you don't get enough iron, you can suffer from **anaemia.**" Rebecca remembers what Ms Bupe said, so she asks: "Is that a type of malnutrition?" "Yes," replies Helga, "exactly – it's a condition that many people suffer from all over the world."

Ask: What are your favourite foods that have lots of iron?

Rebecca hands all the food back to Helga. She realises she hadn't noticed that Helga is pregnant! Helga follows Rebecca's gaze. "Yes – I'm going to have a baby girl in a few months. That's another reason why women have different needs to men. If women choose to become pregnant, they need to eat very healthily – for their body and their baby." Helga points to her stomach. "If I eat healthily and have a healthy pregnancy, I am more likely to have a healthy baby." Helga stands up and draws a circle in the ground with her foot. Making a circular motion, she says, "It's a cycle – the better I eat, the healthier my baby girl will be. She's then more likely to grow up to be healthy too, and if she chooses to have babies one day, they're more likely to be healthy too."

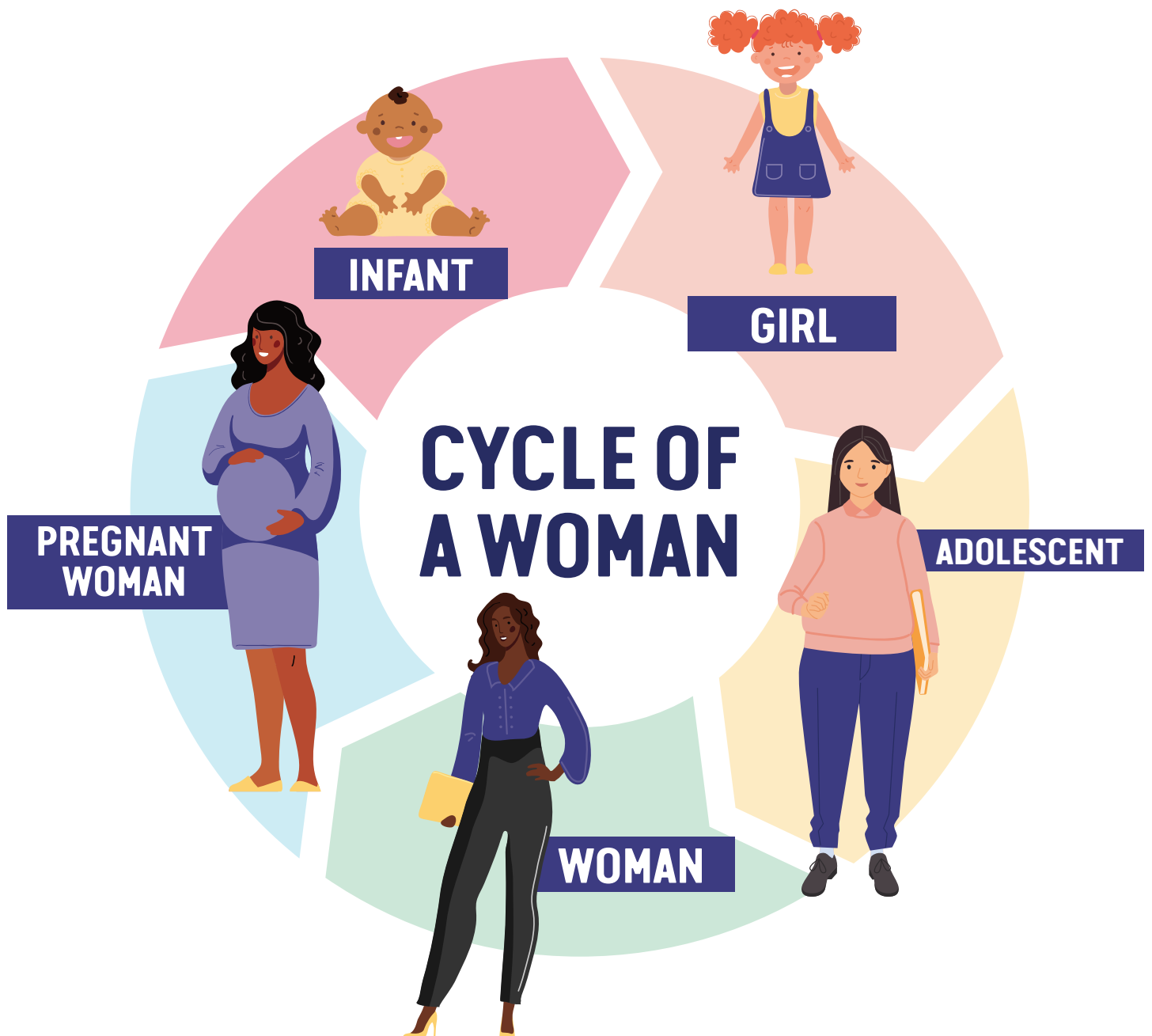
Rebecca can't believe how much she's learning about her body! She'd never thought about how her nutrition will change as she grows up. She thanks Helga and stands up to leave. Helga catches her hand. "Remember, Rebecca – nutrition is a human right. All of us have the right to eat healthily to be happy, healthy and strong – girls and boys, women and men!"





Resource 1: Rebecca's Story - Chapter 2

When Rebecca gets home, she helps prepare dinner with her mother and father. As she washes the beans, she asks: "Do we have any dark green vegetables to add to my dinner tonight please?" Her father looks surprised. Rebecca explains, "They're full of a nutrient called iron that I need extra of at my age. I learned a lot today." Her father smiles and reaches for the cupboard.



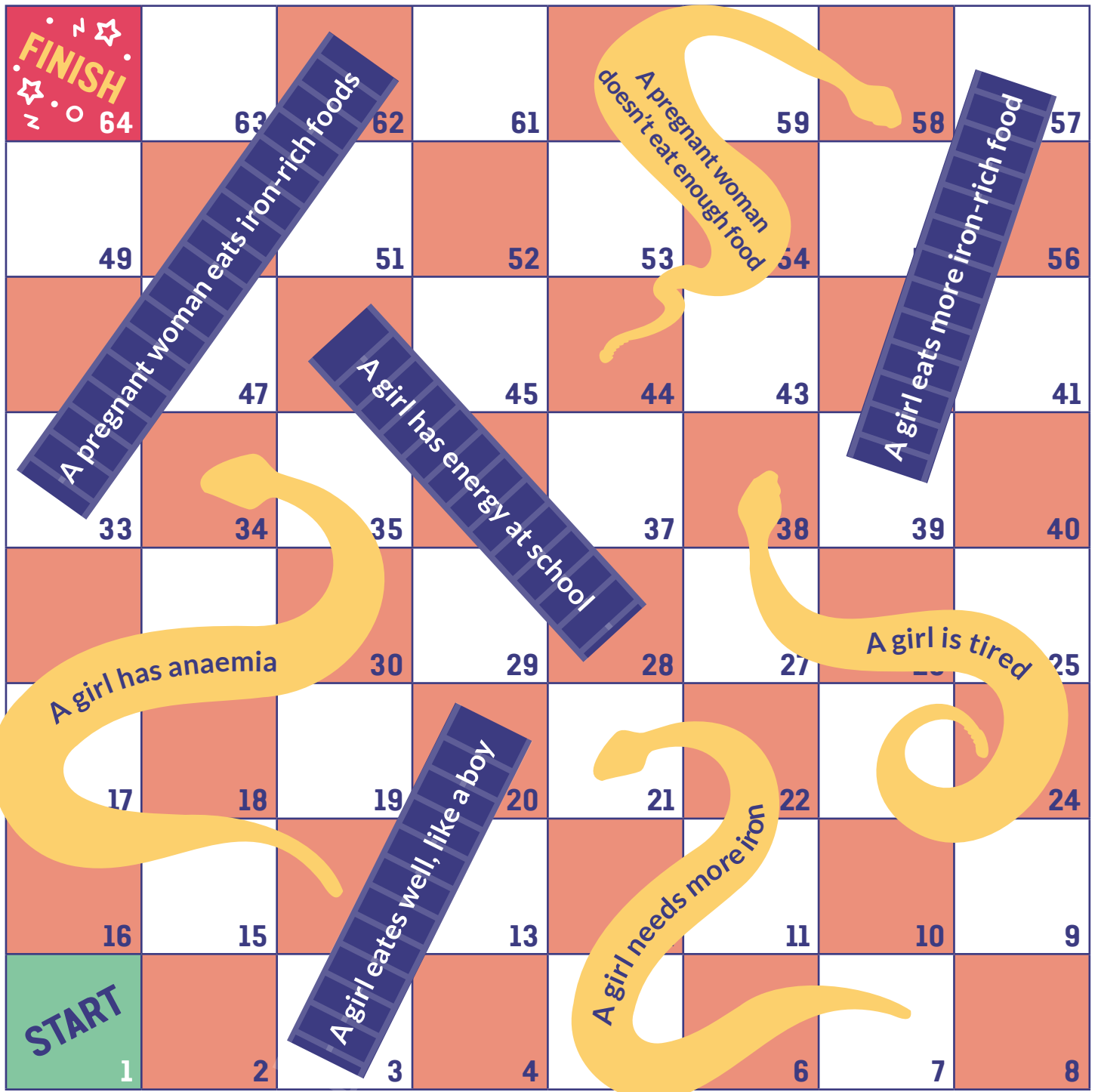


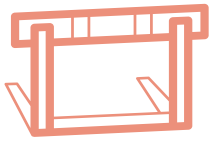
Resource 2:

Snakes and Ladders: Board game template

Instructions for leader:

1. Make a copy of the board game per small group
2. Gather a playing piece per person (e.g. pebbles)
3. Gather a dice (cube numbered one to six) per small group





Resource 3: Health Hurdles example

Instructions for leader:

1. Gather a range of objects that will become obstacles in a race, e.g. chair, hoop, fabric, bucket, balls, rope, tables etc.
2. Label each object. Write the following health problems on to separate pieces of paper, then stick each one to an object:
 - a. Not getting enough iron
 - b. Not doing enough exercise
 - c. Not drinking enough water
 - d. Not taking WIFAS (if available)

Advice for playing the game:

When playing the game, the group could say the following when jumping over or going under the obstacles:

- a. Not getting enough iron = eat more dark green vegetables
- b. Not doing enough sport = do a dance class regularly
- c. Not drinking enough water = drink lots of clean water every day
- d. Not taking WIFAS = take WIFAS to get strong!

