



TURQUOISE ACTIVITIES



Timing: 1 hour

Summary:

Make a TV show OR hold a NutriQuiz to learn how to check food information.

Key messages:

- ★ You will see and hear different information about food in shops, media advertising, on food packaging or from your friends and family. Some of this information will be true and some will be false. Check all food information before trusting it! Some false examples:
 - adverts that claim a single food can keep you healthy.
 - the myth that boys deserve to eat better.
 - packaging that persuades you to buy unhealthy snacks.
- ★ Health workers, teachers, the government and health NGOs can be trusted to give us reliable nutrition information.

Resources provided:



Rebecca's story - Chapter 4



NutriQuiz questions

Preparation:

1. If possible, invite in a local Health Worker to join you (the activities are possible without.)
2. Read the turquoise stage of the GPN Fact File.
3. Gather all Badge Trackers.
4. Choose the main activity:
 - **Food Detectives:** (For groups familiar with processed food.) Gather a selection of processed food in packaging.
 - **NutriQuiz:** (For groups familiar with food advertising and food myths.) Adapt the quiz questions to your context. Draw hopscotch outlines on the floor using chalk or tape (one per small group).



Keep moving!

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



Starter:



15 mins

1. Recap Chapter 3 of Rebecca's story.
2. Read out Chapter 4, including the questions.
3. At the end, ask the group:
 - a. What did Rebecca learn in this chapter?
 - b. Have you heard anything about food that you weren't sure about?
 - c. Rebecca checks food information by asking Ms Bupe. Who can you ask?



Use food if you can! Organise 'blind taste tests' of different brands of the same food. Guess which food matches which brand.



Choose your main course:

30 mins



FOOD DETECTIVES

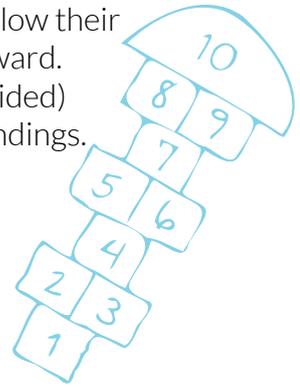
or



NUTRIQUIZ

- The aim is to be Food Detectives on a TV show! First, explore the packaging together. What pictures, colours and words are used?
- Explain that the words and pictures are often advertising. The aim of advertising is to make you want to buy the item.
- Ask the group to point out the information they can trust, e.g. ingredients and nutrition table.
- Split into small groups, each with a food item. Their task is to make a short TV show, acting as Food Detectives that help the audience read food packaging.
- Each group could create a catchy slogan, e.g. "We check, detect and protect!"

- The aim is to win the NutriQuiz by being the first team to hop to number 10.
- Split into teams, each stands at a 'hopscotch'. Tell each team to nominate a 'chaser' – this person will hop.
- How to play: read out question one. Teams shout their answers. Any teams that answer correctly can allow their Chaser to hop one step forward. Use the answer notes (provided) to correct any misunderstandings.
- Read out question two. Continue until a team reaches number 10.



Reflection:

15 mins

- Ask everyone to colour in the turquoise section on their Badge Tracker.
- Ask the group to write or draw what they learned. Prompt using the Key Messages and these questions:
 - How can we check information before trusting it?
 - What new thing did you learn about packaging?



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



Can't meet up?

Ask the group to read Chapter 4 with an adult, then do the NutriQuiz with their family.



Got technology?

Watch the video [Man Drinking Sugar](#). Make a list of healthy drinks you can choose instead of sodas.



Resource 1: Rebecca's Story - Chapter 4

Rebecca is watching television at home with her brother and sister. It's their favourite show – a talent competition. She's really hoping her favourite act – a breakdance group called Dynamic Dancers – will reach the final. Just as the finalists are about to be announced, there's an advert break. She gets up to get a drink and her brother and sister start singing along to a breakfast cereal advert on the television.

They sing: "Honey hoops, honey hoops, you'll be happy eating honey hoooooops!"

Rebecca asks her brother Zack, "What is that?". Zack rolls his eyes at his sister: "They're new – Healthy Honey Hoops. We persuaded mum to buy them on Friday."

Ask the group: Do you know any advertising jingles or slogans?

Rebecca wonders if this cereal would be good to eat for breakfast. She goes into the kitchen to find the cereal. The Honey Hoops box is bright yellow with cartoon bees all over it, and a fluffy bear in the middle. Rebecca turns over the packet and reads the cartoon on the back. She wonders what the cereal is made from. She looks on the top, looks on one side, looks at the other side ... but she can't find what's inside the packet! It's covered in colourful pictures.

Ask: Why do cereal boxes (or other packaging) have pictures and games on them?

To attract us to buy them.

Rebecca takes the packet to her mother. "Mum, do you know what's in this new cereal? I've looked all over the packet and can't find the ingredients." Her mum takes the box and turns it upside down. "They often put the nutritional information on the bottom, in tiny writing." Finally Rebecca can see the list of ingredients.

She reads it out: "Oats, sugar, honey..." Her mum interrupts, "Oh wow, I should have read this before buying it for Zack!" Rebecca looks confused. Her mum continues: "The ingredients are always listed in order of greatest to smallest quantity. In this cereal, two of the main ingredients are sugar. I thought this was a healthy cereal, but it's too full of sugar!"

Rebecca goes to the cupboard and starts reading all the food labels. "Mum – look at this! On the front of this energy drink it says "light" which makes me think it's healthy. But in the nutritional information on the back, it says it's got lots of sugar!" Rebecca's mum takes a yoghurt from the fridge. She looks worried: "Oh dear ... this one says it's "low fat" but in the nutritional information there's so much sugar!"

Ask: Which food or drinks packaging have you seen with words like "light" or "low fat"?

Rebecca sits down, surrounded by all the food. "It's OK, Mum. I'm going to speak to Ms Bupe at school on Monday. I'm going to ask for her help in understanding food labels so we can eat more healthily." Her mum smiles. "That would help our whole family – thank you."





Resource 2: NutriQuiz questions

Instructions for leader:

1. Before starting, adapt these quiz questions to your local context (especially the food myths).
2. When playing, read out each question, one by one, to the group.
3. Use the answers below (and the Fact File) to clarify any misunderstandings.

True or false?

Advertising is trying to sell you something.

TRUE. The words, images and colours used in advertising are designed to make you want to buy the item. Cartoon characters for example, are used to attract you (especially children!).

True or false?

Advertising can always be trusted.

FALSE. Adverts are made to sell things. Companies want to sell things to make money. We should always check advertising with someone we trust.

True or false?

On food packaging, ingredients are listed from greatest to smallest.

TRUE. The first item on the list is the main ingredient.

True or false?

You should speak to your friends if you're unsure about food.

FALSE. Your friends can help you, but you should always check with a Health Worker or teacher first.

True or false?

If a food package says "Low fat", that means it's healthy.

FALSE. The food might be low fat, but it could actually have lots of sugar, or salt. We should rarely eat added sugar and salt. Sugar can also cause tooth decay. Children's teeth need looking after as they're growing.

True or false?

Boys should be served food first, and get the biggest meals.

FALSE. This is a food myth. Both boys and girls have the right to eat healthily. It is very important that boys and girls eat the right amount of food for them – a rainbow plate across the food groups, in the right amounts.

True or false?

If you boil vegetables for too long, it makes them less nutritious.

TRUE. Vegetables keep their vitamins and minerals if you cook them for less time. Crunchy vegetables are best!

True or false?

Dark green vegetables are good for your body.

TRUE. Vegetables such as spinach, pumpkin leaves and cabbage are full of vitamins and minerals we need, especially iron for menstruating girls.

True or false?

If I feel full, I have eaten well.

FALSE. If you feel full, you can only tell that you have eaten enough. It doesn't mean that you have eaten the right things – and got all the nutrients and energy you need. You should always eat a rainbow plate!

True or false?

Energy drinks / sodas are a healthy source of energy.

FALSE. Energy drinks and sodas often contain a lot of sugar (some as many as 11 teaspoons!). Energy drinks often contain caffeine too. You should only drink them very rarely.