

Play with your food

Young people will write and perform a short sketch or play about why it's important to eat healthy foods

Suitable for Beavers and Cubs

You will need (per group)

- paper
- pens or pencils
- 5 props each (eg fruit and veg)
- costumes (optional)

Instructions

1 Have a discussion with your group about why it's important to eat healthy foods – what do they think are the main reasons? There's some information on the opposite page to help you in the Healthy for Life section.

2 Let them know that, in groups, they are going to write and perform a 5 minute fun play about eating healthily. Ask them to come up with some ideas and share the ones on this page to get them thinking. If some young people don't want to perform, they can be the writer or director, or be in charge of props or costumes. Make sure everyone has a chance to let their creativity shine.

3 Break everyone into smaller groups of 4–6 to come up with their own scenario or build on the suggestions provided, making them as fun as possible. This process could be carried out over several sessions.

4 Each group can use up to 5 props to bring their play to life, including different fruit and vegetables, like oranges. (Can anyone juggle?)

6 They will each perform their plays or sketches for the rest of the group. You could even invite friends and family to come and watch the show!

Illustration by Frederica Tumminello

Some scenarios

1 A scene at a family dinner table where a young person's convincing the grown-ups to eat their vegetables, instead of the other way around. They can ask leaders to be the adults, or use props like fake beards to be the adults.

2 The young people pretend they're presenting to parliament to get them to pass laws that encourage healthy eating.

3 A lighthearted debate where some young people could argue for a healthy lifestyle and some against.

4 An exercise class is acted, with one young person as the instructor, to show how much more energy you have when you eat fruit and vegetables.



Time needed 60 minutes

Badge



Jaffa partners the Beaver Health and Fitness Activity Badge and the Cub Our Skills Challenge Award

Partner



Outcomes

The young people will be exploring the importance of a healthy lifestyle and sharing this with others by putting on a short play about eating more fruit and vegetables. They will also gain experience of writing a script, designing costumes and (if they want to) performing in front of others.

More information

For badge resources, activities, and a Jaffa citrus fruit discount voucher for Tesco, visit scouts.org.uk/supporters/jaffa.

Healthy for life

Eating fruits and vegetables can help you to...

- maintain a healthy weight
- get important vitamins and minerals
- grow, develop and repair your body
- keep your heart healthy
- reduce the risk of diabetes
- make your teeth and bones strong

Source: NHS.

Learn more: nhs.uk/live-well/eat-well.