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

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.

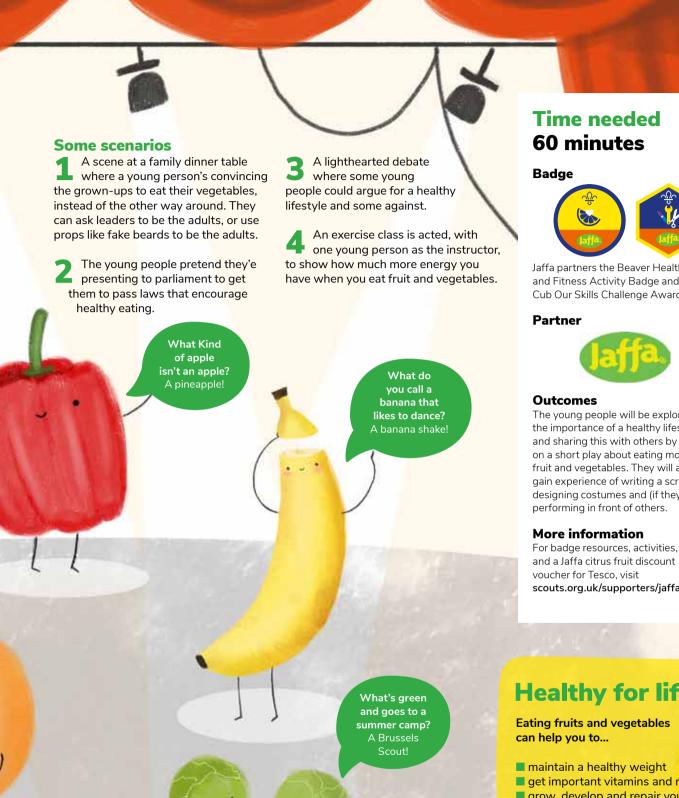
2 Let them know that, in groups, they are going to write and perform a 5 minute fun play about eating healthily. Ask them to come up with some ideas and share the ones on this page to get them thinking. If some young people don't want to perform, they can be the writer or director, or be in charge of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

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.

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

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





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



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.

and a Jaffa citrus fruit discount scouts.org.uk/supporters/jaffa.

Healthy for life

- 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.