



Facilitator Guidance Notes

A public engagement activity focussing on nutrition and food security



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Introduction

The Hungry Games is a public engagement activity developed by the Biochemical Society, the Royal Society of Biology and the Nutrition Society, focussing on nutrition and food security.

We hope this activity pack will enable you to share scientific research in a fun and engaging way.

In this pack you will find a step-by-step guide on how to run The Hungry Games and information on the scientific background for this activity. We have included a basic narrative to help you explain this, and you will also find discussion points and further resources for using this activity in schools, science clubs, workshops, youth clubs, science fairs, and food festivals. We have found that children aged 10-14 years particularly enjoy the activity. When running an activity like The Hungry Games, it is important to tell a story. As well as a narrative, we have suggestions for questions and topics of conversations; these may help you describe various concept to visitors. You may need to adapt the narrative to engage with different participants; try to find ways to relate the topic to their experiences.



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Aims

- To discuss the importance of a nutrient rich diet and to highlight several nutrient rich food sources
- To dispel myths about superfoods
- To discuss how nutrients affect our bodies
- To discuss how our diets impact the environment

Key messages

- Foods contain different nutrients
- Some foods are more 'nutrient dense' than others, the media have referred to these as "superfoods" but this is not scientifically accurate – food is just food!
- As part of a healthy lifestyle, we need to consume a variety of different nutrients
- A healthy diet also includes eating foods that are sustainable.



Running the activity

Participants will be invited to take part in two activities, a card game and a 'design your plate' reflective activity.

Materials

- The Hungry Games Cards
- Paper plates
- A variety of coloured card cut into food shapes
- Food stickers
- The Hungry Games Information Card
- Glue sticks
- Optional: Molymod models

Card game

There are four decks of cards – carbohydrates, fats, proteins, vitamins and minerals. Each deck of cards should be played separately.

By playing each card game, visitors will learn in detail about different foods and their nutrient content. They will also find out about the environmental impact of the foods on the cards.



The scoring for the card game is based on the top trumps game, and uses the traffic light system similar to that used on Front of Pack food labelling in the UK.

Red traffic light (lowest score) Foods that contain a high amount of something considered bad for our health (eg. Saturated fat, sugar), foods containing low amounts of nutrients good for our health (eg. Fibre, essential fats) and foods with a high environmental impact.

Orange traffic light (medium score, beats red) Foods with a medium score will have an orange traffic light, and will beat foods with a red score.

Green traffic light (highest score, beats orange and red) Foods high in nutrients that are good for us (eg. Essential fats, fibre, protein), foods with a low environmental impact and foods low in nutrients bad for our health (eg. Saturated fat).

 <p>FATS</p> <p>HUNGRY GAMES</p> <p>Salmon</p>	 <p>FATS</p> <p>HUNGRY GAMES</p> <p>Brazil Nuts</p>
<p>Essential fat Salmon is one of the richest sources of omega 3 oils, which help your heart and brain stay healthy.</p> <p>● ● ●</p>	<p>Essential fat Brazil nuts are high in fat but can be a healthy source of mono and polyunsaturated fats if eaten as part of a balanced diet.</p> <p>● ● ●</p>
<p>Amount of saturated fat</p> <p>● ● ●</p>	<p>Amount of saturated fat</p> <p>● ● ●</p>
<p>Environmental impact Did you know salmon feed is made from other fish? This feeding practice is currently unsustainable.</p> <p>● ● ●</p>	<p>Environmental impact Brazil nuts are grown in the Amazon rainforest, picked by hand in a natural, healthy environment.</p> <p>● ● ●</p>
<p>Fats are an essential part of a balanced, healthy diet. They are a source of slow-release energy, and help us to absorb some vitamins.</p>	
<p>    </p>	

What's on your plate?

This activity is intended to be more reflective, and designed for those who have completed the card game (although if they haven't, they can still take part). Participants should be given a plate and a selection of stickers and foam foods. They can decorate their plate and discuss with the facilitator which nutrients are found in the foods on their plate. This would be a good opportunity to challenge participants, perhaps by seeing how many nutrients they can fit on their plate, or discussing how environmentally friendly their plate is.



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Engaging participants

Both of the activities act as a stimulus for further discussion about the topics of food and nutrition. Different audiences will be interested in different aspects of the activity, so you will need to be flexible and be happy to talk about a range of different perspectives. You don't need to be an expert on everything, just willing to chat. Don't forget that public engagement is about two-way dialogue; it's as important to listen as it is to talk! Below we have outlined several icebreaker questions you could use when delivering The Hungry Games.

If the participant is starting with the card game:

- What's your favourite food? Do you think it's good for you? Do you think it's good for the planet? Why?
- Do you think you eat a healthy diet? What foods do you eat?
- Can you name the three main groups of nutrients? (NB: could mention 'if you read a food packet what words appear on there?')

If the participant plays the plate game:

- For very young participants, we would like to make a connection between food on our plates and the environment eg. What is cheese made of? (Ans. Milk)... Where does milk come from?
- Should you throw away food after its sell by date?
- When should we throw away food?
- If they are very young: do you think it's a good idea to throw away food? Do you eat all your lunch at school?

When setting up your activity, think carefully about how you intend to interact with your audience. For example, if you are at a stand at a science festival, people will approach you on an ad hoc basis. Consider carefully how you will keep multiple people engaged at once. If you are talking to one participant and someone else approaches, how can you keep them involved until you are ready to talk to them? Furthermore, remember that some people will want to use the resources or do the activity in a way that you hadn't planned for. Within limits, be flexible and let them explore – it's good to get a new perspective on the activity once you've been running it for a few hours!

Set out the activity so it is easily accessible to the participants and keep things well organised. This will differ depending on your space, audience, number of volunteers and type of event.

