

Activity 5.9 Healthy Lifestyles

Goal: Participants learn more about healthy lifestyle and committing themselves to such a healthy lifestyle

Method: Treasure hunt

Estimated Time: 45 mins

Materials: Outdoor activity; food and drinks (healthy & unhealthy), flipcharts, pens, papers, table, chairs

Level: 2

Description: The facilitator invites participants to eat and drink from the food prepared in advance on the table. The facilitator depending on what the participants eat starts an open conversation about their choices of food and their habits. For example, one question can be “What do you eat usually for breakfast?”. The participants reflect on what they eat and if their habits are healthy or not.

Then, the facilitator divides the big group into two smaller teams of 4 making explaining to the participant that they need to follow different clues hidden around the area which could be an open park (treasure hunt). Every clue includes an interesting fact about the consumption and the unhealthy lifestyle (for example “80% of the world’s resources are consumed by 20% of the world population”). The facilitator has to adjust the game depending on the number of the participants (more teams more clues).

The aim is to encourage cooperation between the participants, learning some interesting facts and get in touch with the nature. The game finishes when all teams return to the initial table with the food, where drinks are now available.

The facilitator encourages participants to express their feelings about the game and tries to make them reflect more about their unhealthy habits (for example with questions like: “Express your feeling with one word” or “Reading the facts, made you change your mind?” “Can you reflect to your current habits?”). After the conversation, the facilitator tries to encourage the participants to commit to one realistic healthy habit.

Useful link that includes unhealthy food facts that can be used for building the activity:
<https://www.factretriever.com/junk-food-facts>

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