

Objectives

1. To understand what makes a healthy lifestyle, including healthy eating [Citizenship 3a]
2. To recognise the role of voluntary groups [PSHE 2h]
3. To learn about the wider world

New Words

Malnutrition

Resources

- Music CD
- Powerpoint Slides
- Janvier's story
- Fruit & Vegetable Shapes
- Brown fabric
- Pack of rice and sugar

Starter

Time: 5 minutes

As this is a class assembly, you will need eight of your pupils at the front to be 'plants' (*preferably wearing green*), one pupil dressed up as Janvier aged eight (*tatty, no shoes, shorts*), four pupils to be Janvier's brothers and sisters (*similar clothing*) and one pupil to be the cow!

- Play, 'Food Glorious Food' on CD.
- Put the first **Assembly Harvest Powerpoint** slide up for pupils to see.
- Give out some of the cut out and coloured **Fruit & Vegetable Shapes**, from **Cowfiles.com**, to a few of the pupils in the assembly (*they will need to be good readers*).
- Ask pupils what they had for dinner last night. *Who had chips? Who ate meat? Anyone not eat dinner at all? Anyone grow all their own food in their garden? Any of it grown at home?*
- Make the point that we have a lot of choice in what we eat and even all of the foods on the Powerpoint are only a small proportion of what we could eat.
- Tell pupils that many people in Africa don't have choices in what they eat, they have to eat the same thing everyday (*like rice, sweet potatoes or ground maize*) or they often don't have anything to eat at all.

Assembly

Janvier's Story

Time: 20 minutes

Read **Janvier's Story (A)** from the next page, following the cues in the text, alongside the Powerpoint slides **Assembly Harvest Janvier**.

- Conclude by saying that Janvier had very few choices in what he ate before receiving the cow; in fact he often went hungry. But now the children are able to choose what they plant and eat, thanks to cow manure and the training they got from Send a Cow.
- Add that the cow also gives a 'harvest' of milk, which is also very good for them.
- Link this in with the choices that pupils have in what they eat – they can choose to eat healthy food that helps them to grow (like Janvier), or eat food without much nutrition in it.
- You could challenge pupils to have a 'Healthy Lunchbox Week' or to grow their own sprouts using the '**Beanfeast Harvest**' lesson plan, or even grow a **Bag Garden**.
- Any fundraising could be linked to providing more cows for orphans like Janvier, of which there are 750,000 in Rwanda alone.



Use Powerpoint slides if possible

Janvier is 18 and grew up with his brothers and sisters in Rwanda, a tiny country in Central Africa. They sadly lost their parents during a time of serious fighting in the country.

Point out the 'Children' (Janvier and his brothers and sisters), to the assembly

When he was eight years old they were struggling to survive with very little money and by eating the fruit and vegetables they had grown. Life was very difficult – they often went without food for days, they were malnourished, had no shoes and had to work very hard to help the garden produce any crops at all.

'Children' should rub their stomachs; act out working next to the 'Plants' and looking tired

Harvest there happens twice a year, once in July and again in December. These times of harvest were very important for Janvier and his orphaned brothers and sisters, as the garden was where they got their food. Their crops were not very reliable though and life was tough, but they just about managed to survive over the next few years.

'Children' should work, acting out digging and weeding around the 'Plants', who should grow a little, but then wither

Then something happened that changed the children's lives forever - they were given a cow by Send a Cow!

Enter the 'Cow', the 'Children' are overjoyed and hug it



They were also given training in how to grow more things on their land, just by using compost, manure and making new types of gardens. Compost and the manure from the cow was put onto soil that was hard and tired from having so much planted in it.

Children then put 'Manure' (brown fabric) onto the 'Plants', which grow, spreading their arms out

The soil changed, it became rich and full of life, helping them to grow all sorts of vegetables and fruit. The family found that when they added the manure, their harvest from the garden was three times as large! Even the cow's urine was used to kill pests and keep their crops alive.

Plants like tomatoes, peppers and bananas gave them a harvest throughout the year – the children could go out to the garden to get healthy food whenever they needed it. Janvier was beginning to be properly nourished.

'Children' go to 'Plants' and act out picking crops. Ask pupils with the tomatoes, pepper and banana shapes to read them out loudly and then come up and either stick them onto Janvier with Velcro, or give them to him

And the two main harvest times brought them much needed crops like beans, sweet potato, mangoes and sweetcorn.

Ask pupils with the sweet potato, mango and sweetcorn shapes to read them out loudly and then come up and either stick them onto Janvier with Velcro, or give them to him

Their new harvest gave them 60 kilograms of beans from a small plot, which only used to give 20!



This meant that when the children ate what they needed, Janvier sold some of the extra beans at the local market and bought things like sugar, rice and flour.

'Janvier' goes off and comes back with bags of rice and sugar

Now the children have a far more varied diet, are much healthier and have lots of energy. Janvier kicks a homemade football around with his brothers and sisters and life is generally much less stressful.

'Children' should play around with lots of energy

Thanks to the gift of a cow from Send a Cow Janvier can look forward to many new harvests in the future and he is now a fit and healthy young man.

End on Powerpoint slide of Janvier and with the 'Children' smiling, looking healthy

Return to assembly plan . . .