

Student Workbook

Welcome to
Food for Thought:

Nutrition Quest



Name: _____

Introduction

Welcome to Foodtopia. I am the great Wizard, and I need your help to save the people of Foodtopia! Someone has been tinkering with my food transportation device and stolen my tokens, and now it's broken! I bet it was that Sneaky Snail!



Ha ha! It was me, the Sneaky Snail, and I have stolen the tokens from the Wizard! You have to collect all the tokens from the Food Islands. You must learn all about the food groups and then complete activities and challenges to get your tokens.

Before you travel to the Castle, it's important that you gain the knowledge from the four Food Group Islands so you can defeat the Sneaky Snail and help fix the food transportation device.

To demonstrate your knowledge, you must help out around the island by completing activities and quizzes. After completing those, there are three final mini games for you to complete:

1. Meal Madness
2. Food Group Sorter
3. Sugar Sorter gameshow
4. The Final Challenge

**Please help
us brave
adventurer!!**





The Food Groups and How They Help Our Bodies

First, we need to learn the benefits of each food group and how they help our bodies! Read through the boxes below to learn more and help you on your adventure.

Fruit & Vegetables

Fruit and vegetables give us important vitamins and minerals, and nutrients that are essential for our body to function properly.

You should try to eat a rainbow of colours every day to give you different vitamins and minerals. Each colour helps our bodies in different ways.

We also get fibre from fruits and vegetables; learn more about fibre in Grains Island



Grain Foods

Grain foods are known for the carbohydrates they contain – or by their more common name, carbs!

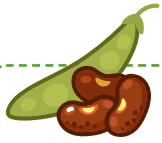
These are things like bread, pasta, rice and popcorn. They fuel your brain and your body with energy throughout the day.

Grain foods naturally contain fibre. Wholegrains are even higher in fibre!

Fibre has three main jobs in the body:

1. Keeps your belly **full for longer**
2. **Cleaning** – it's a bit like a broom that helps brush food through our intestines
3. Helping you go to the **toilet**

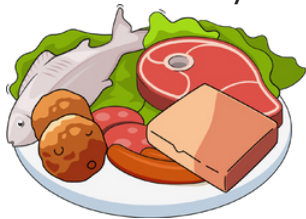




Protein Foods

Protein helps our muscles to grow, repair and strengthen. Every cell in your body contains protein – your nails, your skin, your heart, everything! Protein also helps you feel full. Protein has a super important role to play. There are lots of ways to get your protein!

You could have a mixture of animal protein (like fish, meat and eggs) and plant protein (like beans, tofu and nuts) and you can have it any time of day.



Milk & Alternative Foods



Milk products like milk, yoghurt and cheese provide our bodies with a couple of key nutrients: calcium and protein. Milk alternatives like soy milk, oat milk and almond milk also have calcium in them.

Calcium is crucial for building strong bones and teeth, especially as we grow. Did you know – our bones keep growing until we're in our twenties! Calcium that we consume now will help build bones that will last our whole lives.



Sometimes Foods

Some foods are more processed, with things such as sugar, salt, and fat being added. The more processed a food is, then some nutrients may be lost along the way too.

This changes how these foods fuel our body. We call them 'sometimes' foods, as they are not necessary for us to eat every day to fuel our bodies. 'Sometimes' foods are not bad – we can still eat them, but it's helpful to balance them with plenty of 'everyday' foods from the four food groups to give our bodies the fuel they need to grow and thrive.

You'll learn more about everyday foods and sometimes foods on your quest.

Fruit and Vegetables Island



Kia ora! I'm Cassy Rootshine!

When it comes to fruit and vegetables it's great to try to eat a rainbow of colours every day to give you different vitamins and minerals.

Each colour we eat helps our bodies in different ways. Let's learn more about the benefits of each colour.

Question: What is your favourite fruit and vegetable?

Write your answer below

Fruit:

Vegetable:

Benefits of each colour



Red foods are important for a healthy heart.



Yellow foods help us when we are sick by boosting our immune system.



Orange foods help our eye health.



White and brown foods give us energy.



Green foods give us brain power and help out with gut health.



Blue and purple foods boost our overall health and can improve memory.



Activity

Colour in the fruits and vegetables below to help sort them out – **remember it's the colour that you eat that counts!** Some fruits and vegetables come in two or more colours. For example, grapes can be green or purple – so colour in the fruit or vegetable with the colour you like the best.

After colouring in the fruits and vegetables, **write the benefit of that colour** in the space below.



Apple



Mandarin



Passionfruit



Asparagus



Grapes



Banana



Broccoli



Potato



Eggplant

I have removed all the
colours from the fruits
and vegetables!



Fruit and Vegetables Island – Supermarket Shopper



Welcome to Four Square!

Your task is to find five different fruits and vegetables to take back to the people of Foodtopia. Of those five products, there should be at least one frozen, one canned and one fresh item in your cart. **Get extra points by completing the challenges below!**

+5 points



For each food item you collect

+5 points



Mix of canned, frozen and fresh foods

+5 points



If you collect five different coloured fruit and vegetables

Activity



Write down the options you picked in the supermarket shopper on your device.





Let's add up your points!

How many items do you have in your cart?

**x 5
points**

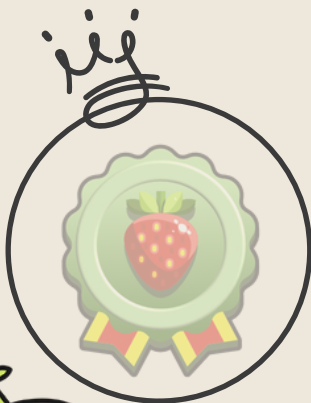
Do you have a mix of canned, frozen and fresh foods?

**+ 5
points**

Do you have 5 different coloured fruits and vegetables?

**+ 5
points**

Your total points!



Did you defeat the Sneaky Snail in the Mental Workout Challenge on your device?

Colour in the token on this page to claim it!



Grains Island



Hello, I'm Toastina Grainheart!

Grain foods are known for the carbohydrates they contain – or by their more common name, carbs! They fuel your brain and your body with energy throughout the day.

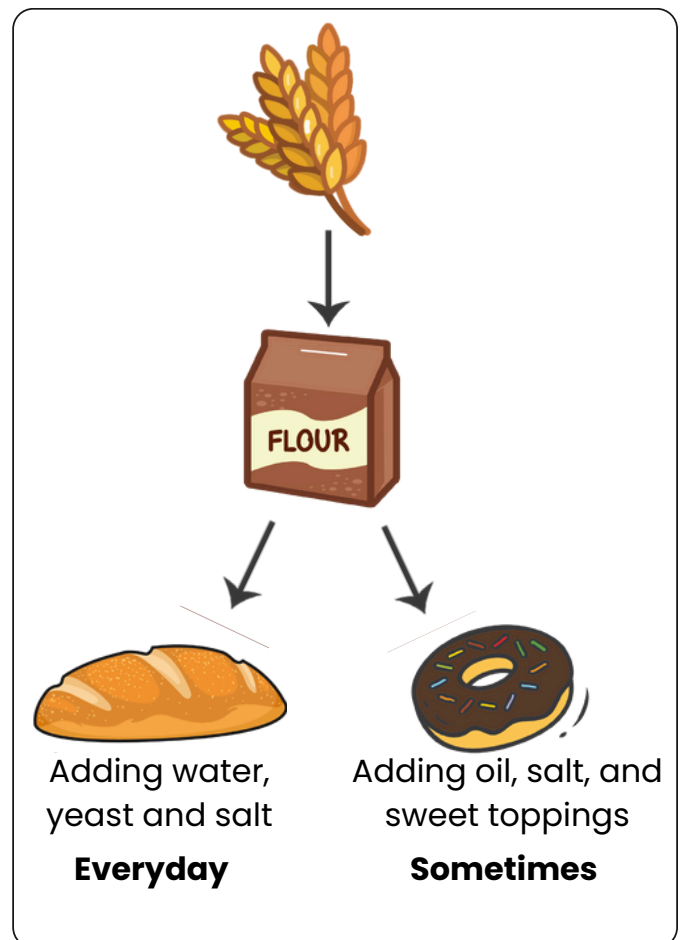
Grain foods include things like rice, bread, noodles, crackers, popcorn, breakfast cereals and pasta.

Question: What is your favourite everyday and sometimes grain food?

Everyday Food:

Sometimes Food:

- Some grain foods get processed to make them easier to eat. 'Processing' means changing something from its raw, natural state into something new.
- Processing food can include cleaning, cutting, cooking, canning, or adding things to make it taste better or last longer on the shelf. Processing can be very helpful, such as keeping our crackers crunchy and our bread soft!
- Everyday grain foods are as close to their natural state as possible, full of fibre and wholegrains. Processed grains may have sugar or salt added, and often fibre and other nutrients can be lost. When this happens, these grains become a 'sometimes' food.



Grains Island – Supermarket Shopper

Welcome to PAK'nSAVE!



Your task is to find five grain food products to add to your cart. **Get extra points by completing the challenges below!**



+5 points

For each food item you collect



+5 points

5 different food items



+5 points

Pick mostly everyday foods



Activity

Write down the options you picked in the supermarket shopper on your device.



1



2



3



4



5

Let's add up your points!

How many items do you have in your cart?

Items

x 5
points

Points

Do you have at least 3 everyday foods?

+ 5
points

Do you have 5 different food items?

+ 5
points

Your total points!

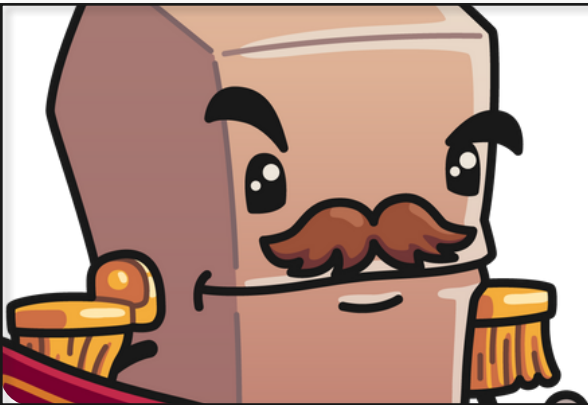


Did you defeat the Sneaky Snail in the Mental Workout Challenge on your device?

Colour in the token on this page to claim it!



Milk Products Island



Kia ora adventurer! I am the Milk Knight.

I'll take you through the basics of why we need milk products or their alternatives.

Milk products like milk, cheese and yoghurt provide our bodies with a couple of key nutrients: calcium and protein.

- ☞ It's important to remember that not everyone will have milk products – this could be due to preferences, intolerances or allergies. Lactose is a type of sugar found in animal milk; it can make some people feel sick if they are lactose intolerant. This is where milk alternatives come in handy!
- ☞ Soy milk, for example, has no lactose but still provides calcium and protein. There are also other options like almond milk, oat milk and rice milk. And these are all great calcium-rich alternatives to animal milk. You can also buy regular milk that is lactose-free.
- ☞ Wherever you get your calcium, whether from milk products or alternatives, it's all important for your growth into a strong knight. Just a hint, you can also find calcium in things like canned salmon or sardines, leafy green vegetables, broccoli and some nuts.

Question: What is your favourite everyday and sometimes milk product/alternative?

Everyday Food:

Sometimes Food:



Milky Choices

The Sneaky Snail has mixed up our animal products with our plant products and we need your help sorting them! We need you to tell us which ones are products of animals, and which are 'alternatives' or products of plants.

Activity

Organise these items into either 'Milk Product' or 'Alternative' baskets. You can write the name on the label above the basket.

						
Oat milk	Ice Cream	Coconut yoghurt	Chocolate milk	Milk powder	Soy milk	Cheese
<div> Cheese </div>			<div> Soy milk </div>			

Milk Products Island – Supermarket Shopper

Welcome to New World!



Your task is to find five milk products or milk alternative products to add to your cart. **Get extra points by completing the challenges below!**

+5 points ♦♦

For each food item you collect

+5 points ♦♦

Pick at least 1 milk alternative

+5 points ♦♦

Pick mostly everyday foods

+5 points ♦♦

5 different food items



Activity

Write down the options you picked in the supermarket shopper on your device.



1



2



3



4



5

Let's add up your points!

How many items do you have in your cart?

Items

**x 5
points**

Points

Do you have at least 1 milk alternative?

If YES

**+ 5
points**

Do you have at least 3 everyday foods?

If YES

**+ 5
points**

Do you have 5 different food items?

If YES

**+ 5
points**

Your total points!



Did you defeat the Sneaky Snail in the Mental Workout Challenge on your device?

Colour in the token on this page to claim it!



Protein Island

Hey adventurer! I'm Eggbert Braveyolk.

It's very cool of you to join me for an island tour.
Let's go check out the benefits of protein and all
the ways to get it!

Protein helps our muscles to grow, repair and
strengthen. Every cell in your body contains protein,
your nails, your skin, your heart, everything!

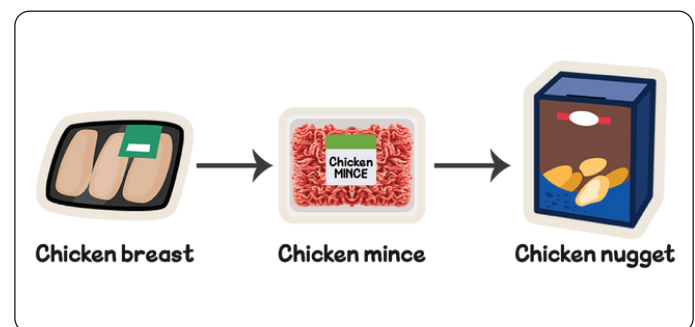


We have animal protein like eggs, chicken, fish, seafood, beef, lamb and pork. You can also check out our friends on Milk Product Island, as they give us protein too. There are also some other plant protein options like lentils, chickpeas, beans, tofu, nuts, and seeds.

People eat differently – some people eat both animal and plant proteins, and many folks choose not to eat animal protein at all. It may be differences in culture, allergies or just personal preference. People who don't eat some animal products are known as vegetarians or vegans.

Processing can be helpful, but it can also change what's in the food, and how the food fuels our body. Depending what ingredients get added during processing, it could change the food from an everyday food to a sometimes food.

Examples of sometimes foods in the protein food group include processed meats like sausages, bacon, salami and chicken nuggets.



Question: What are your favourite everyday and sometimes protein foods?

Everyday Food:

Sometimes Food:

Protein Island – Supermarket Shopper

Welcome to Food for Thought Supermarket!



Your task is to pick five protein food products to add to your cart.

Get extra points by completing the challenges below!

+5 points ♦♦

For each food
item you collect

+5 points ♦♦

At least one
plant-based food

+5 points ♦♦

Pick mostly
everyday foods

+5 points ♦♦

5 different food
items

Activity

Write down the options you picked in the supermarket shopper
on your device.



1



2



3



4



5

Let's add up your points!

Items		Points
How many items do you have in your cart?	<input type="text"/>	x 5 points <input type="text"/>
Do you have at least one plant-based food?	If YES <input type="text"/>	+ 5 points <input type="text"/>
Do you have at least 3 everyday foods?	If YES <input type="text"/>	+ 5 points <input type="text"/>
Do you have 5 different food items?	If YES <input type="text"/>	+ 5 points <input type="text"/>

Your total points!



Did you defeat the Sneaky Snail in the Mental Workout Challenge on your device?

Colour in the token on this page to claim it!



Welcome to Foodtopia Castle!

Meal Madness

On your device, you made your very own burger or wrap, just for you.

Complete the burger below by drawing in the ingredients that you picked:



Protein



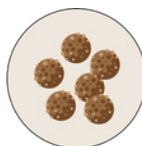
Chicken (GF)



Beef patty



Tofu (V, GF)



Falafel (V, GF)

Toppings



Cheese
(V, GF)



Dairy free
cheese
(V, GF)



Carrots
(V, GF)



Cucumber
(V, GF)



Tomato
(V, GF)



Lettuce
(V, GF)



Capsicum
(V, GF)



Pickles
(V, GF)



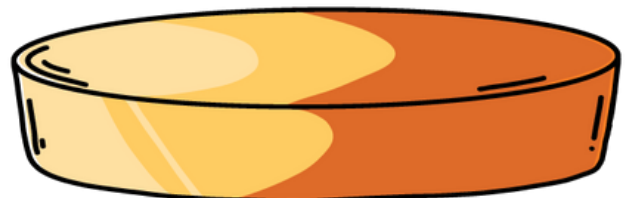
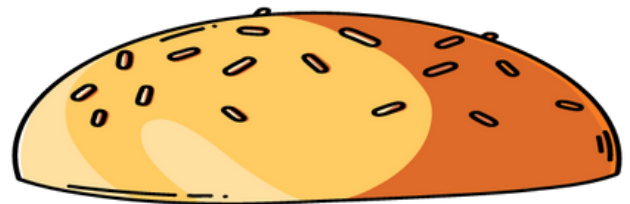
Beetroot
(V, GF)



Tomato sauce
(V, GF)



Mayo
(V, GF)



Question:

Which food groups do you have on your burger?

What are the benefits of the foods you picked?

Write your answer below.



Hint:

If a product can fit into two categories, for example both 'Grain' and 'Sometimes', put it in the 'Sometimes' box.



Food Group Sorter



Help! The Sneaky Snail has jumbled up all of the foods listed below, and we aren't sure which foods fit into which food group. **Can you help us sort them?**

- Frozen berries
- Sausages
- Cream
- Canned beans
- Chicken nuggets
- Carrot
- White rice
- Gluten-free pasta
- Ice cream
- Canned tomatoes
- Chicken breast
- Almond milk
- Chocolate muesli bar
- Eggs
- Milk powder
- Bacon

Grains



Fruit and vegetables



Protein



Milk Products



Sometimes foods

The Final Challenge



You have made it to Foodtopia Castle but to gain entry, you must beat me at this challenge!

You need to get all 5 questions right to win.

Think you can do it, brave adventurer?

Circle your answer. Your teacher will let you know if you got it right!

Question/Pātai 1:

What is a benefit of having milk products or their alternatives?

Increases the
calcium you get

Helps you go to the
toilet

Helps you fight off colds
and other
bugs

Question/Pātai 2:

What is a benefit of having protein in your diet?

Getting vitamin
C

Helping you go to
the toilet

Repairing and growing
muscles

Question/Pātai 3:

You need at least 5+ fruit and vegetables a day. How many should be fruit?

1

2

3

4

Question/Pātai 4:

How do carbohydrates help the body? (You can select more than 1 answer)

Gives you energy

Healthy
bones

Great teeth

Helps your brain to stay focused

Good eyesight

Question/Pātai 5:

Other than grain foods, what is the other food group that provides us with fibre?

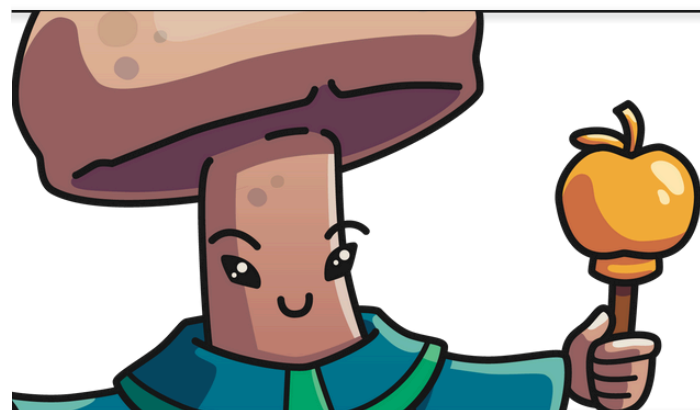
Fruit and
vegetables

Milk
products

Protein

Sometimes
foods

Congratulations!



It looks like you have managed to defeat the Sneaky Snail!

Colour in your tokens for the transportation device below and **let's get powered up!**



Wow! Thank you, adventurer, for your hard work and bravery. Now we can transport all sorts of food back to Foodtopia.

Now it is your turn to teach your whānau all about the food groups, share your knowledge and talk about your adventures.

