Student Workbook

Welcome to Food for Thought:

Nutrition Quest



Name:

Introduction

Oh no! Disaster has struck Foodtopia!
Welcome, adventurer. I am the Great Wizard, and I need your help. Sneaky Snail has damaged Foodtopia Castle's food transportation device. Without it, food from the four Food Group Islands cannot reach the people of Foodtopia. Foodtopia needs a hero, **can you help?**

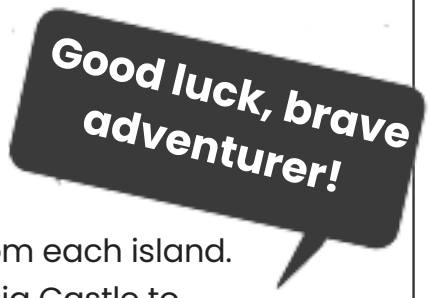




Ha ha ha! It was me!
I've hidden the power tokens needed to repair the food transportation device.
If you want to save Foodtopia, you'll need to visit the Food Group Islands, complete challenges, and collect every token. Let's see if you've got what it takes to beat me!

Before you travel to Foodtopia Castle, you'll need to visit all four Food Group Islands. On your adventure, you'll discover how different foods can:

Fuel your body and brain
Build strong bones, teeth and muscles
Protect your body and fight off sickness



Complete activities, solve challenges, and collect a token from each island. Once you've collected all four tokens, you'll return to Foodtopia Castle to complete the final challenges:

1. **Meal Madness**
2. **Food Group Sorter**
3. **The Final Showdown**

Can you save the people of Foodtopia and repair the food transportation device?





The Food Groups and How They Help Our Bodies

As you explore the Food Group Islands, you'll learn more about how different foods fuel, build and protect your body. The people of Foodtopia need foods from all four food groups to do this. Foods in these four food groups are called EVERYDAY foods.

Fruit & Vegetables
Protect Foods

Fruit and vegetables help protect our bodies because they have vitamins and minerals, these can help fight off sickness, keep our body working well, and make us feel great!

Try to eat a rainbow of colours every day. Different coloured fruits and vegetables give our bodies different vitamins and minerals, and each colour helps our body in different ways.



Fruit and vegetables also contain fibre, which helps keep our digestive system working well (see grains for fibre).







Grain Foods
Fuel Foods

Grain foods are brain foods! They are also called carbohydrates – or carbs!

Foods like bread, rice, pasta, noodles and popcorn give your body energy for playing and your brain energy for learning.

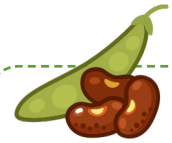
Many grain foods also have fibre. Fibre has some important jobs in our bodies:

1. Helps keep us feeling full for longer
2. Cleans – like a broom that will brush food through our digestive system
3. Helps us go to the toilet



Wholegrain foods are often higher in fibre!



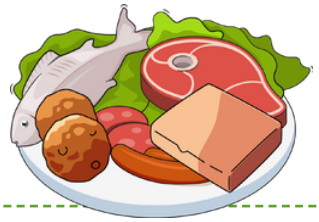


Protein Foods

Build Foods

Protein foods help your body grow, repair and build. Protein is important for muscles, but every part of your body contains protein, including your skin, nails, organs and heart. Protein can also help to make you feel full.

Protein foods can come from both animals and plants.
Some examples include: Eggs, fish, chicken, meat, beans, lentils, tofu, nuts and seeds.



Milk & Alternative Foods



Build Foods

Milk products are made from milk, like yoghurt and cheese. They provide calcium and protein.
Milk alternatives (made from plants), such as soy milk, almond milk and oat milk, also contain calcium.

Calcium helps build strong bones and teeth as you grow. In fact, your bones continue growing and becoming stronger until you are 25. So, the calcium we have now will build bones that last our whole lives!



Sometimes Foods

Some foods go through processing. This means they are changed from their original form or how they started. Processing can be very useful. It can help make food safer to eat, easier to prepare, or last longer.

Sometimes sugar, salt or fat are added during processing. This can change how the food fuels, builds or protects our bodies. These foods are often called **sometimes foods**, things like lollies, fizzy, chips, and chicken nuggets.
Sometimes foods are not bad foods, but they are foods we eat less often than everyday foods.

You'll learn more about everyday foods and sometimes foods as you continue your quest.

Fruit and Vegetables Island



Kia ora! I'm Cassy Rootshine, the protector of Foodtopia!

Welcome to Fruit and Vegetable Island.

Fruit and vegetables help protect our bodies because they give us vitamins and minerals.

Question: What is your favourite fruit and vegetable?

Write or draw your answer below.

Fruit:

Vegetable:

Different coloured fruits and vegetables give your body different vitamins and minerals. That's why it's a great idea to eat a rainbow of colours!
Let's learn what each colour can do.



Benefits of each colour

Red

Can help keep your **HEART** healthy.

Orange

Support healthy **EYES.**

Yellow

Can support our **IMMUNE** system when we are sick.

Green

Support **GUT** health and brain power.

Blue/Purple

Can help support **MEMORY.**

White/Brown

Can help give your body **ENERGY.**

Activity

Colour in the fruit and vegetables.
Remember, it's the **colour you eat** that counts!
Some fruits and vegetables can be more than one colour. For example, grapes can be green, red or purple. Choose the colour you like best.

When you've finished colouring them in, write the benefit of that colour in the space below (check on page 5 for help)



Apple



Mandarin



Passionfruit



Asparagus



Grapes



Banana



Broccoli

Potato



Eggplant



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

Supermarket Shopper: Fruit and Vegetables

The people of Foodtopia need colourful **protect** foods to help keep them healthy and ready for adventure.

Welcome to Four Square!

Pick 5 different fruit and vegetables and add them to your cart.

To earn the most points, complete all the challenges below!

+5 points
For each food item you collect

+5 points
Mix of canned, frozen and fresh foods

+10 points
For each different colour fruit or vegetable.

Activity

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

1

2

3

4

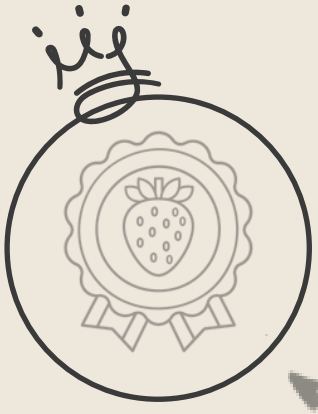
5



Let's add up your points!

	Items		Points
How many items do you have in your cart?		x 5 points	
Do you have a mix of canned, frozen and fresh foods?	If YES	+ 5 points	
How many items are different colours?		x 10 points	

Your total points!



Did you beat Sneaky Snail in the **Sneaky Snail Showdown** on your device?

Colour in the token to claim it!







Grains Island



Kia ora! I'm Toastina Grainheart!

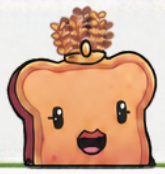
Welcome to Grains Island, we **fuel** people!

Grain foods are brains foods! They give your body energy for playing and your brain energy for learning.

Grains = fuel/energy.

- Grain foods are also called carbohydrates - or carbs!
- Everyday grain foods include things like bread, rice, pasta, noodles, oats, crackers and popcorn.
- Sometimes grain foods include things like donuts, sugary breakfast cereals, cake and instant noodles.
- Some people may be gluten free. Gluten is naturally found in some grain foods. But don't worry, there are other options so everyone can get the fuel they need. Things like gluten free bread, cereals and pasta, rice and rice noodles, potatoes and popcorn.

Did you know grain foods can be changed into other foods? This is called **processing**. See page 10 to learn more!



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

Write or draw your answer below.

Everyday Food:

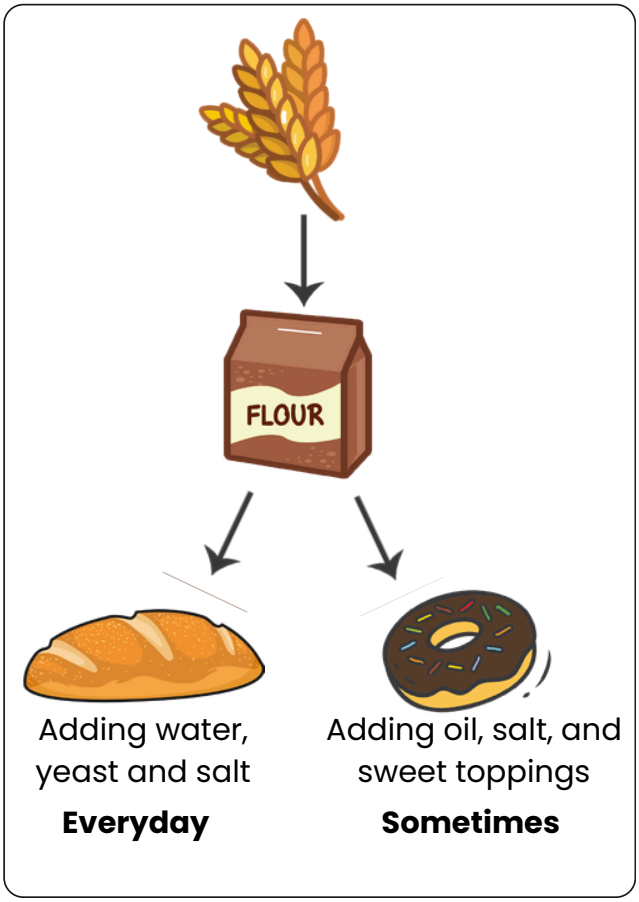
Sometimes Food:

How processing changes everyday grain foods

Processing is when we change a food from how it started into something else. For example, bread and crackers don't grow in a field. Wheat grows in a field, and wheat can be processed into bread or crackers.

Some processing can make food easier to eat, cook and store. It can also help food last longer in your pantry. Processing also includes cleaning, cooking, canning, or adding things to make it taste better.

Other ingredients can be added during processing. These ingredients can change how a food fuels our body.



Some grain foods have extra sugar, salt or fat added during processing.

This means they lose some of the benefits they had before processing.

These foods may become sometimes foods instead.

Grain foods that are close to how they started, often have more fibre and wholegrains.

This makes them great everyday fuel foods.

Supermarket Shopper: Grain Foods

The castle needs **fuel!** Grain foods give energy to our bodies and brains, and many grain foods contain fibre to to help keep us feeling full.

Welcome to PAK'nSAVE!

Pick 5 Grain foods and add them to your cart.
To earn the most points, complete all 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!

	Items		Points
How many items do you have in your cart?		x 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	

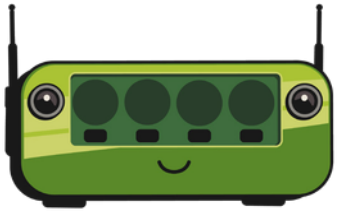
Your total points!

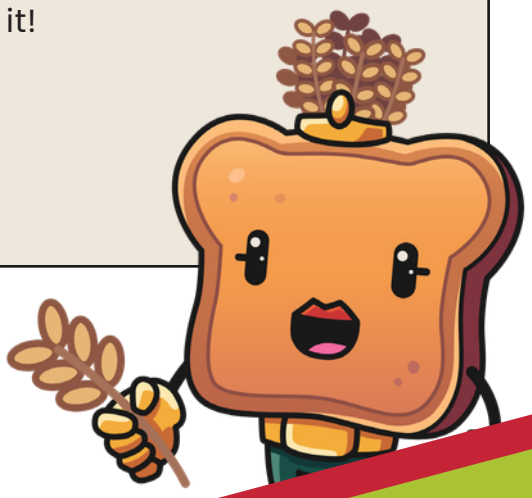


Did you beat the Sneaky Snail in the **Sneaky Snail Showdown** on your device?

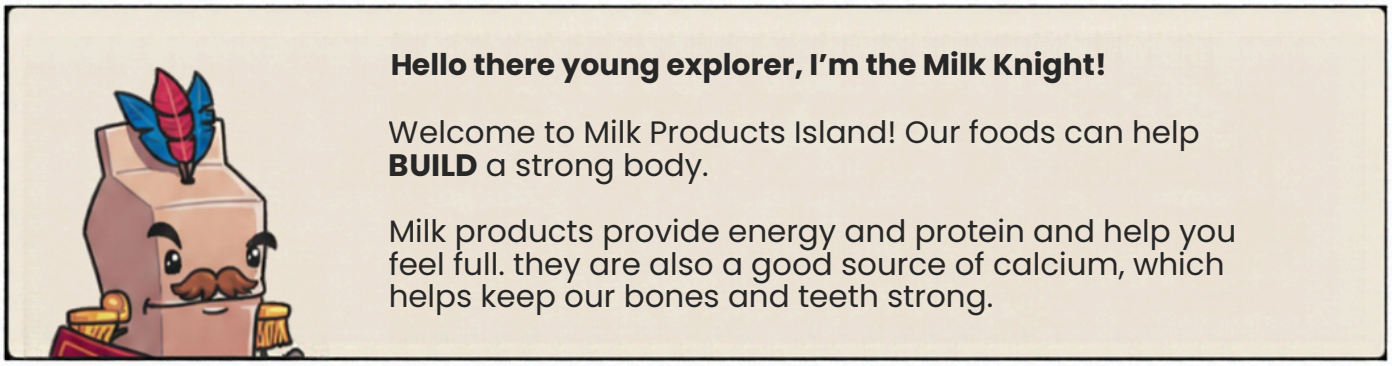
Colour in the token to claim it!







Milk Products Island



Hello there young explorer, I'm the Milk Knight!

Welcome to Milk Products Island! Our foods can help **BUILD** a strong body.

Milk products provide energy and protein and help you feel full. they are also a good source of calcium, which helps keep our bones and teeth strong.

Everyday milk products include foods like milk, yoghurt and cheese. Sometimes milk products include foods like ice cream, milkshakes and dairy milk chocolate.

Not everyone has milk products. Some people may choose not to have them because of personal preferences, while others may have allergies or intolerances. Some people may be lactose intolerant. Lactose is a type of sugar found in animal milk and can make some people feel sick.

Plant-based **alternatives** like soy milk, oat milk and almond milk can also give you calcium. These are great options for people who are lactose intolerant so they can still build strong bones.

Calcium is important because it helps build strong bones and teeth as we grow. You can also find calcium in things like salmon, sardines, broccoli, and some nuts! Wherever you get your calcium from, it plays an important part in helping your body grow strong.

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

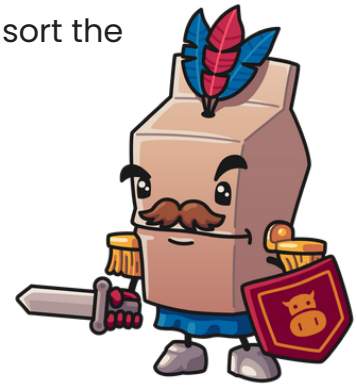
Write or draw your answer below.

Everyday Food:

Sometimes Food:

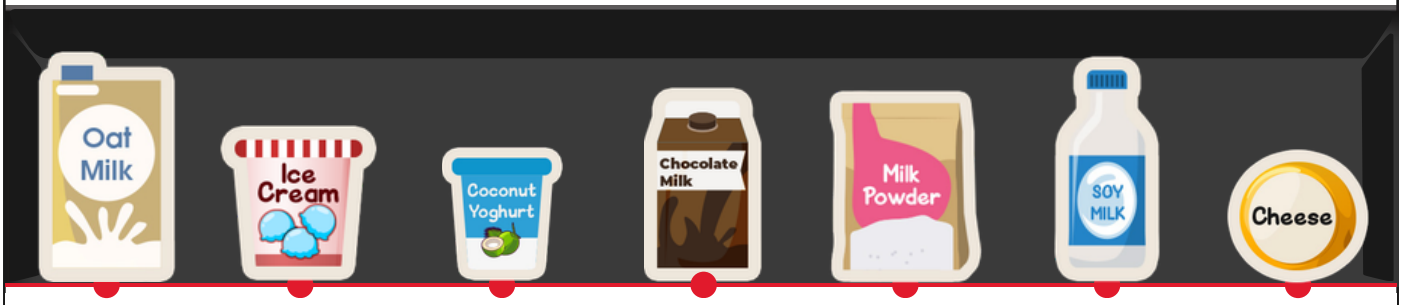
Milky Choices

Oh no! Sneaky Snail has mixed everything up! Can you help sort the foods into Milk Products or Plant-Based Alternatives?



Activity

Write the name of each food in the right basket.
Think carefully about whether the food comes from milk or from plants.



Oat milk | Ice Cream | Coconut yoghurt | Chocolate milk | Milk powder | Soy milk | Cheese



Milk Product

Cheese

Alternative

Soy milk

Supermarket Shopper: Milk Products

The people of Foodtopia need calcium from milk products to **build** strong bones and teeth.

Welcome to New World!

Pick 5 Milk Products and add them to your cart.
To earn the most points, complete all 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!

	Items		Points
How many items do you have in your cart?		x 5 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	

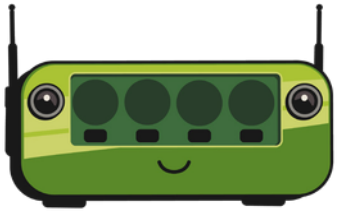
Your total points!



Did you beat the Sneaky Snail in the **Sneaky Snail Showdown** on your device?

Colour in the token to claim it!







Protein Island



Kia ora, adventurer! I'm Eggbert Braveyolk, local superhero.

Welcome to Protein Island!

Protein foods are often called **Build Foods** because they contain the building blocks to repair, GROW, and build ALL parts of our body, especially muscles!

Protein comes from lots of different foods. Some protein foods come from animals, while others come from plants.

Everday protein includes things like:

- Animal protein: Eggs, Fish and seafood, Chicken, Beef, lamb and pork
- Plant protein: Beans, Lentils, Chickpeas, Tofu, Nuts and seeds

Sometimes protein foods include things like bacon, salami, chicken nuggets, and chocolate covered nuts.

People eat in different ways due to culture, allergies or preferences. There are options to suit different needs and choices. For example, you might be:

- **Pescatarian**: Someone who eats fish and seafood but not eat other meat.
- **Vegan**: Someone who chooses not to eat foods that come from animals.
- **Vegetarian:** Someone who does not eat meat or fish but may eat eggs and dairy.

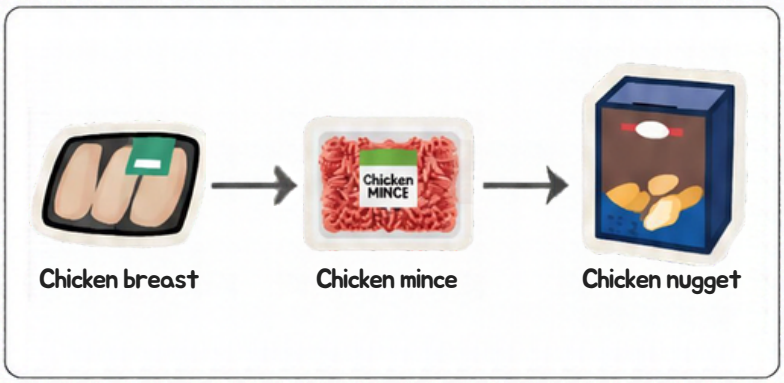
Did you know every part of your body has protein?!
Your heart, skin, nails, everything!



Protein Island

Just like we learned on Grains Island, protein foods can also be changed through processing (see page 10).

Sometimes ingredients such as sugar, salt or fat are added during processing. This can change how a food fuels, builds or protects our bodies.



Some protein foods are great everyday choices, while others may be better enjoyed as sometimes foods.

Question: What is your favourite everyday and sometimes protein food?
Write or draw your answer below.

Everyday Food:	Sometimes Food:

Supermarket Shopper: Protein Foods

The people of Foodtopia need protein to build and grow strong bodies.

Welcome to Food for Thought Supermarket!

Pick 5 protein foods and add them to your cart.
To earn the most points, complete all 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?		**x 5 points**	
Do you have at least one plant-based food?	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 beat the Sneaky Snail in the **Sneaky Snail Showdown** on your device?

Colour in the token 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)

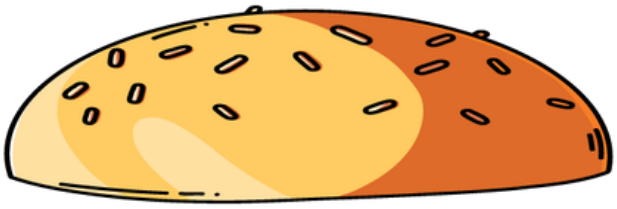

Capsicum (V, GF)

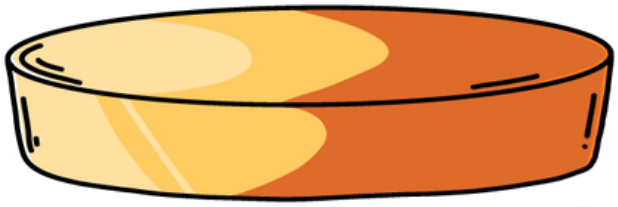

Pickles (V, GF)


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.

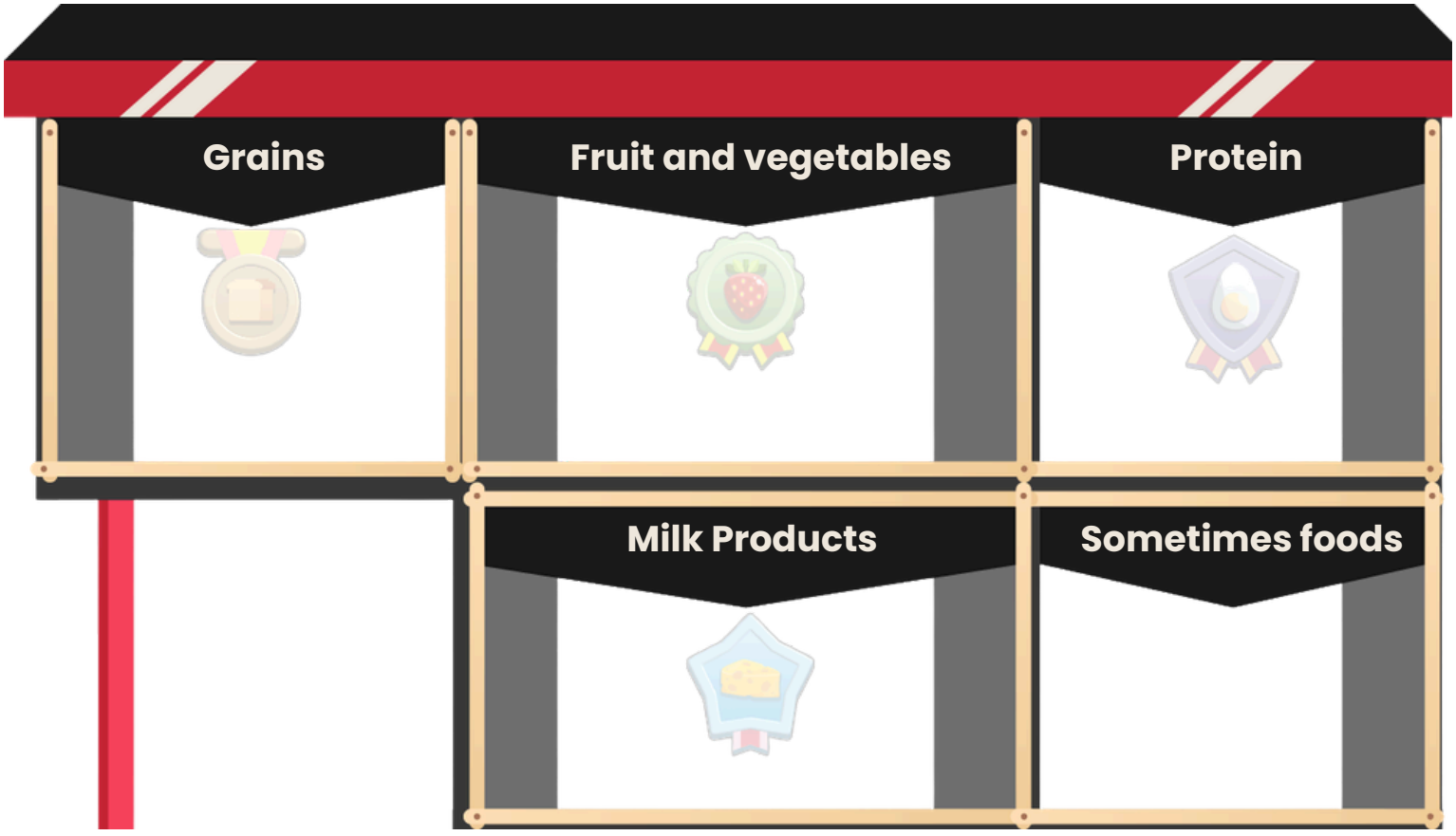


Food Group Sorter



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



The Final Showdown



Welcome to Foodtopia Castle!

Think you've learned enough to stop me?

Answer all 5 questions correctly to defeat the Sneaky Snail and earn your way into the castle!

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.

