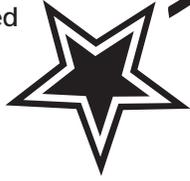




Adventures in learning, created by Canadian dietitians



# STUDENT MISSIONS FOR GRADES 2-3

## MISSION 1

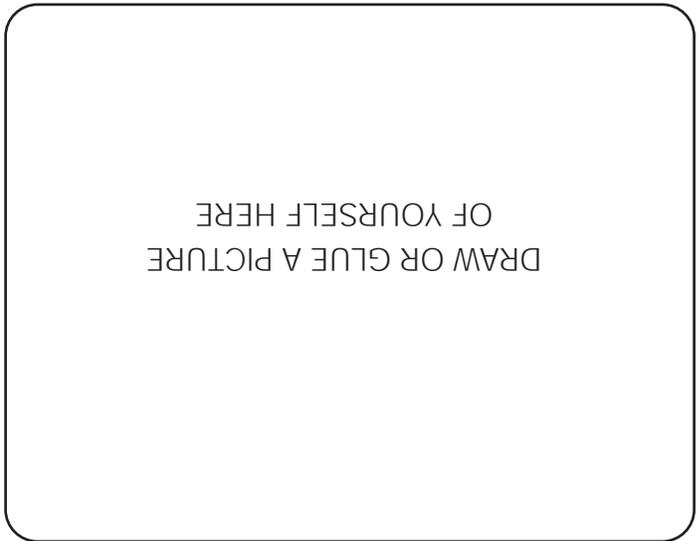
### INTERPLANETARY ID

Cut along the dashed line.  
Fold along the straight line.



INSIDE PAGE 2

☆ My name is \_\_\_\_\_  
☆ I am \_\_\_\_\_ years old.  
☆ I was born in \_\_\_\_\_  
☆ My hair is \_\_\_\_\_  
☆ My eyes are \_\_\_\_\_  
☆ My shoe size is \_\_\_\_\_  
☆ I have lost \_\_\_\_\_ teeth.



DRAW OR GLUE A PICTURE  
OF YOURSELF HERE

INTERPLANETARY ID

INSIDE PAGE 1

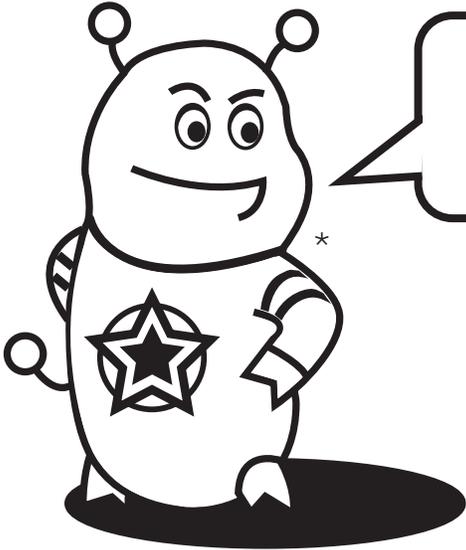
BACK COVER

☆ My favourite foods are \_\_\_\_\_  
\_\_\_\_\_  
☆ My afterschool activities are \_\_\_\_\_  
\_\_\_\_\_  
☆ My hobbies and collections are \_\_\_\_\_  
\_\_\_\_\_  
☆ I am really good at \_\_\_\_\_  
\_\_\_\_\_  
☆ When I grow up I want to \_\_\_\_\_  
\_\_\_\_\_

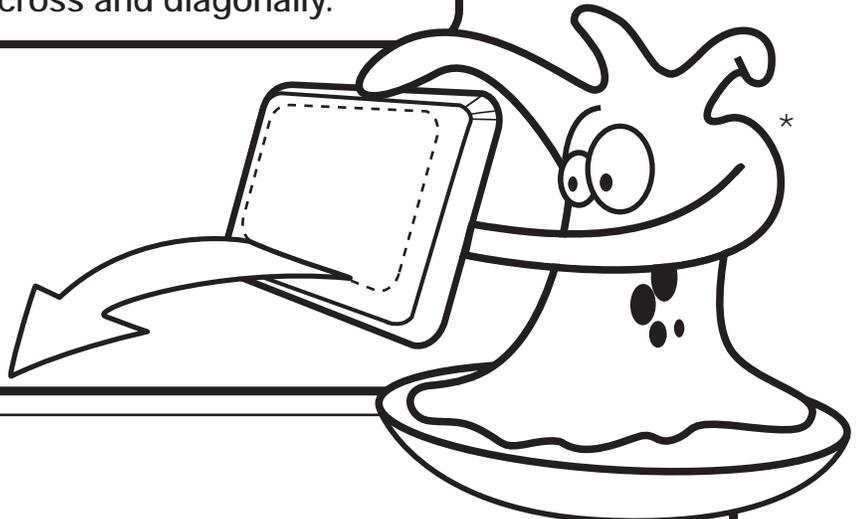


FRONT COVER

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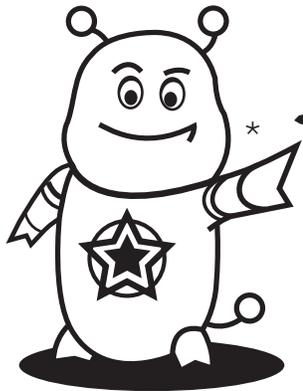
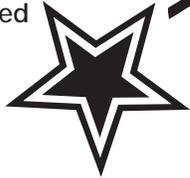


Here are 6 healthy things you can do each day. Can you help *Glubber*\* find them in the puzzle below? Look up, down, across and diagonally.



1. EAT WELL
2. BE ACTIVE
3. EAT BREAKFAST
4. BRUSH TEETH
5. SLEEP WELL
6. DRINK WATER

E	G	U	Q	N	X	A	L	J	V	L	O	E	B
W	F	Y	B	R	L	L	D	C	L	S	W	A	R
D	O	T	M	C	E	K	A	E	Y	I	O	T	U
R	V	U	U	W	U	U	W	P	U	U	U	B	S
I	Y	I	T	O	L	P	N	D	W	A	I	Y	H
N	Q	A	Y	G	E	K	U	Y	F	B	J	O	T
K	E	F	N	E	L	R	I	H	T	P	S	A	E
W	A	D	L	S	Y	Z	M	X	C	J	W	K	E
A	H	S	B	E	A	C	T	I	V	E	G	L	T
T	E	N	U	O	Y	H	J	K	T	S	X	R	H
E	E	A	T	B	R	E	A	K	F	A	S	T	O
R	S	R	W	H	J	I	C	X	P	G	L	D	V



Each food group gives you nutrients to GROW, GO and GLOW. Help us make the right connections. Draw a line from each food group to its main job.



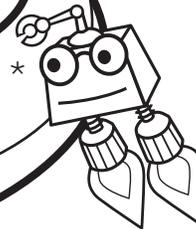
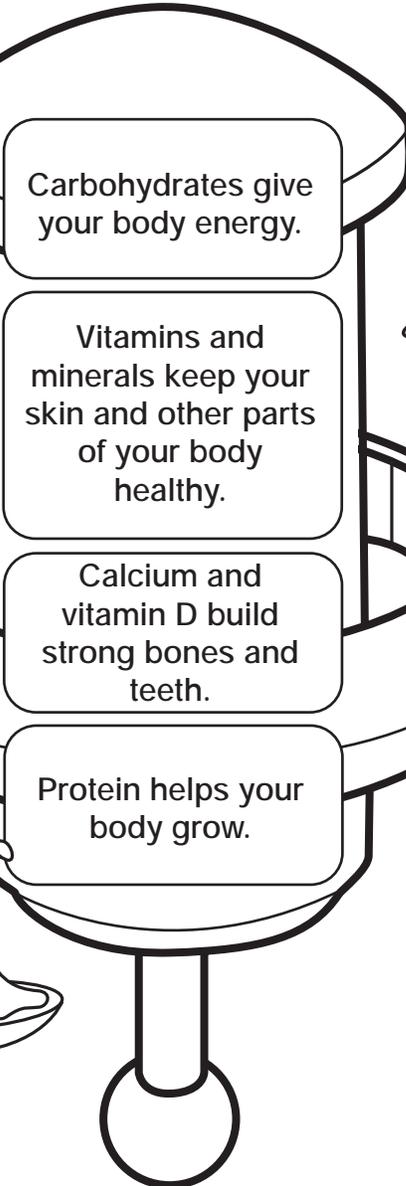
Vegetables and Fruit



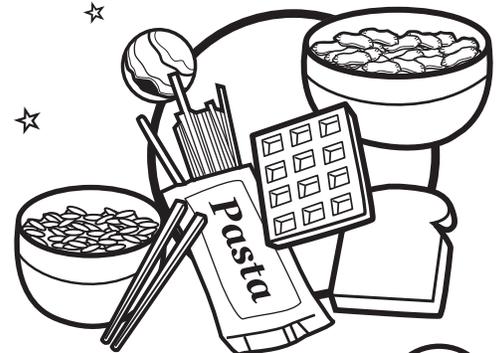
Milk and Alternatives



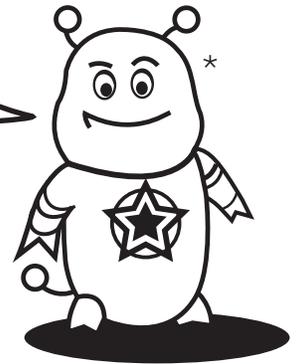
Meat and Alternatives



Grain Products



1, 2, 3... ready, set, go! Pack your backpack with foods for breakfast and lunch. Try to choose foods from at least 3 different food groups for variety.



### Vegetables and Fruit

squash, potato, tomato juice, apple, banana, pear, raisins, bok choy, strawberries, kiwi, yam, peas, broccoli, spinach

### Breakfast

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### Lunch

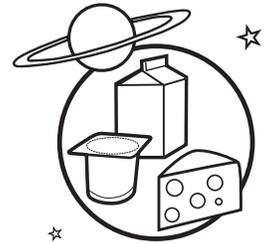
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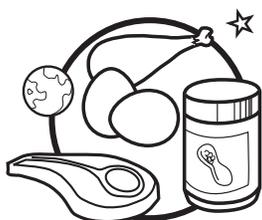


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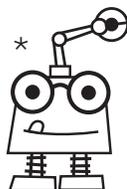
### Milk and Alternatives

milk, yogurt, cheese, kefir, chocolate milk, fortified soy beverage



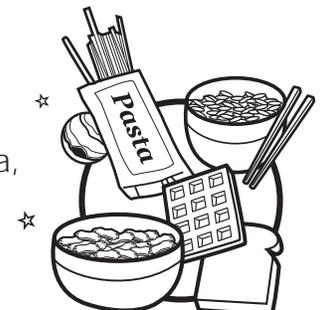
### Meat and Alternatives

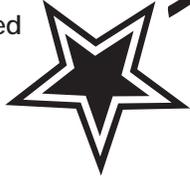
peanut butter, meat, eggs, tofu, fish, chicken, baked beans, chickpeas or lentils.



### Grain Products

cereal, bread, rice, pasta, muffin, bagel, tortilla, waffle, pancakes, chapati, naan





Compare the Nutrition Facts on these two cereal boxes.



Nutrition Facts		
Serving 1 cup (30 g)		
Amount per serving	Cereal	With 1/2 Cup 2% Milk
<b>Calories</b>	120	170
% Daily Value		
<b>Fat</b> 0 g†	0 %	4 %
Saturated 0 g + Trans 0 g	0 %	8 %
<b>Cholesterol</b> 0 mg	0 %	3 %
<b>Sodium</b> 310 mg	13 %	16 %
<b>Potassium</b> 30 mg	1 %	6 %
<b>Carbohydrate</b> 26 g	9 %	11 %
Fibre 2 g	8 %	8 %
Sugars 3 g		
Starch 21 g		
<b>Protein</b> 3 g		
Vitamin A	0 %	8 %
Vitamin C	0 %	0 %
Calcium	0 %	15 %
Iron	25 %	25 %

Nutrition Facts		
Serving 1 cup (48 g)		
Amount per serving	Cereal	With 1/2 Cup 2% Milk
<b>Calories</b>	180	250
% Daily Value		
<b>Fat</b> 1 g†	1 %	5 %
Saturated 0 g + Trans 0 g	0 %	8 %
<b>Cholesterol</b> 0 mg	0 %	3 %
<b>Sodium</b> 365 mg	15 %	18 %
<b>Potassium</b> 180 mg	5 %	11 %
<b>Carbohydrate</b> 45 g	15 %	17 %
Fibre 6 g	25 %	25 %
Sugars 10 g		
Starch 32 g		
<b>Protein</b> 4 g		
Vitamin A	0 %	8 %
Vitamin C	0 %	0 %
Calcium	2 %	15 %
Iron	35 %	35 %

	Cereal 1	Cereal 2
What is the Serving Size?		
How much fibre is in a serving?		
What is the % Daily Value for Iron?		

**Circle:**

Which cereal has more fibre?      Cereal 1      Cereal 2

Which cereal has more iron?      Cereal 1      Cereal 2

**Which cereal would you choose to get more fibre and iron?**      Cereal 1      Cereal 2