



Adventures in learning, created by Canadian dietitians



STUDENT MISSIONS FOR GRADES 2-3

MISSION 1

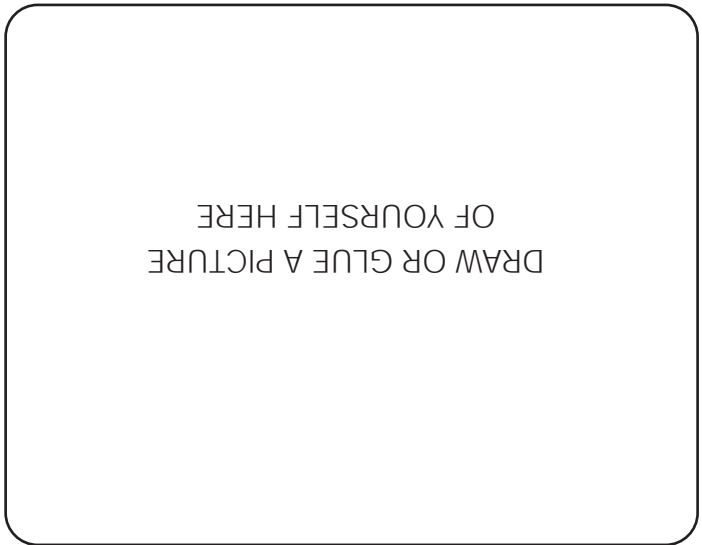
INTERPLANETARY ID

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 _____

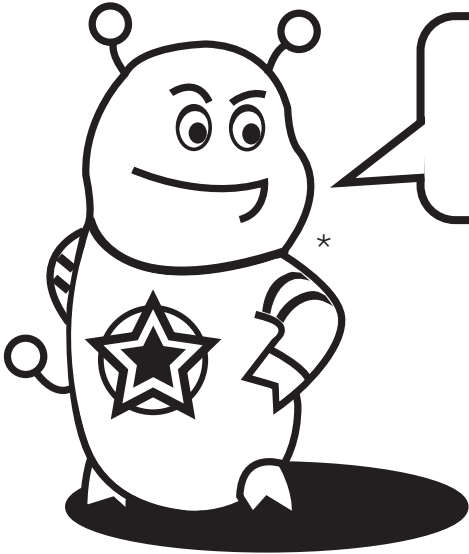
☆ I am really good at _____

☆ When I grow up I want to _____

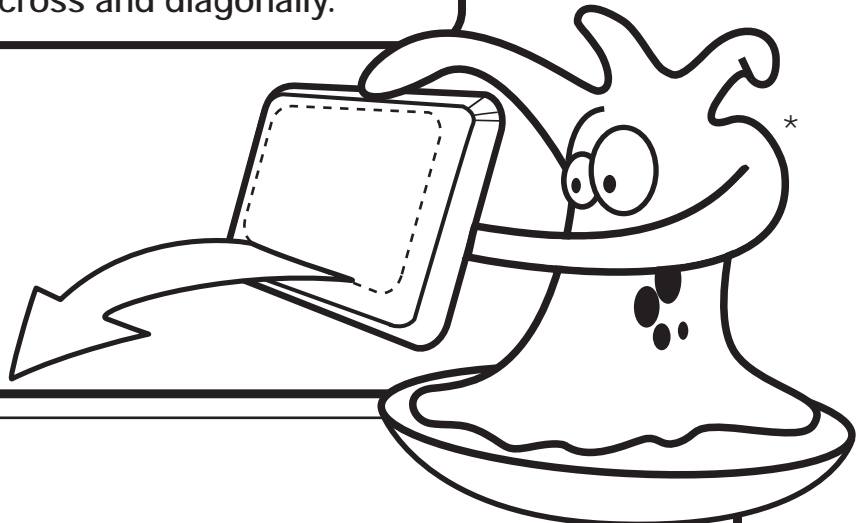


FRONT COVER

Adventures in learning, created by Canadian dietitians

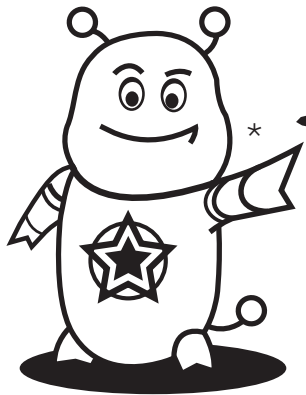


Here are 6 healthy things you can do each day. Can you help *Glubber** find them in the puzzle below? Look up, down, across and diagonally.



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

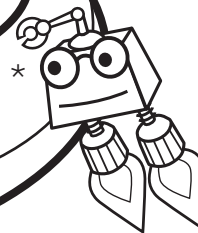


Carbohydrates give your body energy.

Vitamins and minerals keep your skin and other parts of your body healthy.

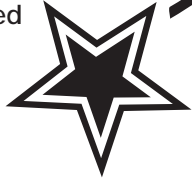
Calcium and vitamin D build strong bones and teeth.

Protein helps your body grow.

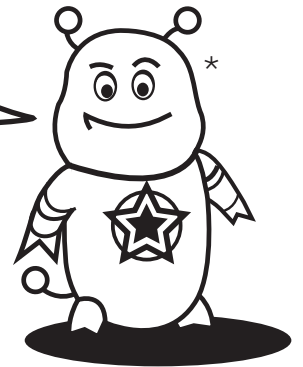


Grain Products



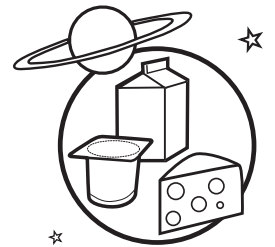


1, 2, 3... ready, set, go! Pack your backpack with foods for breakfast and lunch. Try to choose foods from at least 3 different food groups for variety.



Vegetables and Fruit

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

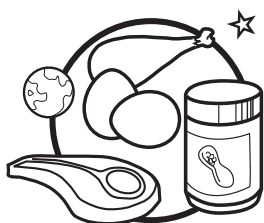
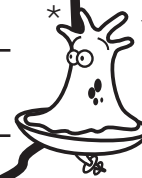


Milk and Alternatives

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

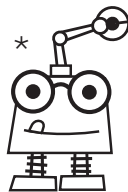
Breakfast

Lunch



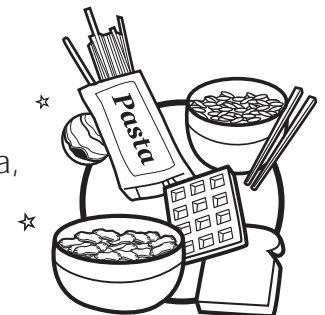
Meat and Alternatives

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



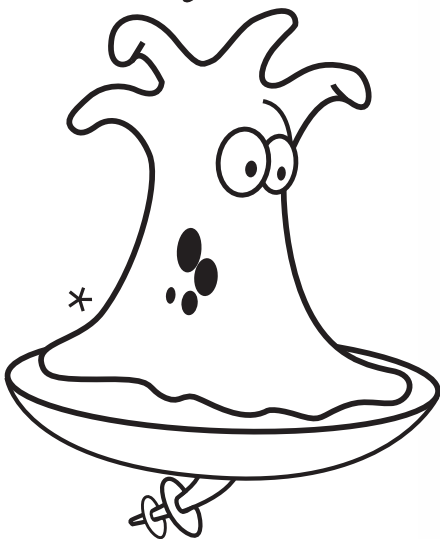
Grain Products

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
Calories	120	170
% Daily Value		
Fat 0 g†	0 %	4 %
Saturated 0 g + Trans 0 g	0 %	8 %
Cholesterol 0 mg	0 %	3 %
Sodium 310 mg	13 %	16 %
Potassium 30 mg	1 %	6 %
Carbohydrate 26 g	9 %	11 %
Fibre 2 g	8 %	8 %
Sugars 3 g		
Starch 21 g		
Protein 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
Calories	180	250
% Daily Value		
Fat 1 g†	1 %	5 %
Saturated 0 g + Trans 0 g	0 %	8 %
Cholesterol 0 mg	0 %	3 %
Sodium 365 mg	15 %	18 %
Potassium 180 mg	5 %	11 %
Carbohydrate 45 g	15 %	17 %
Fibre 6 g	25 %	25 %
Sugars 10 g		
Starch 32 g		
Protein 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