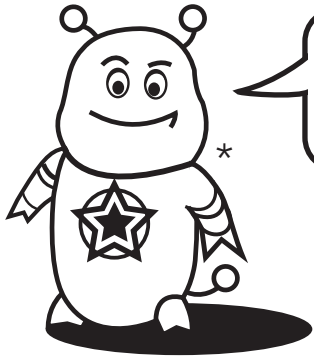


MISSION 1

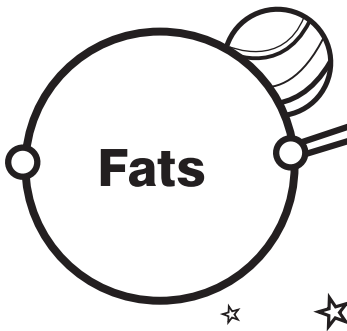
WHAT'S IN IT FOR ME?



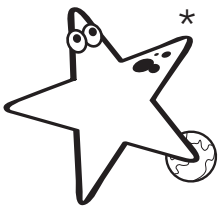
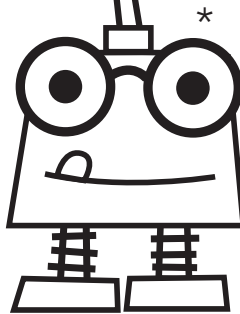
Carbohydrates, Fats and Proteins give you energy. Can you match the nutrient to its primary function?



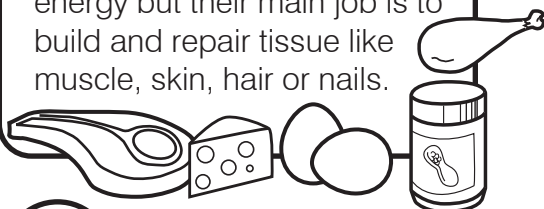
An important source of energy. They help you to absorb vitamins A, D, E and K that help keep your skin and body healthy.



Carbohydrates



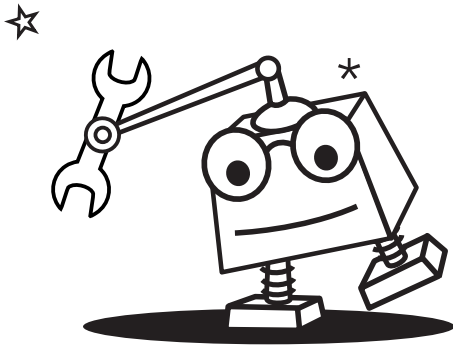
Building blocks to help you grow. They supply some energy but their main job is to build and repair tissue like muscle, skin, hair or nails.



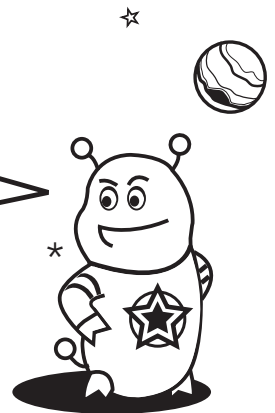
Proteins

Your body's favourite fuel. They supply energy to cells in your body and brain. B-vitamins help your body use food energy from these.

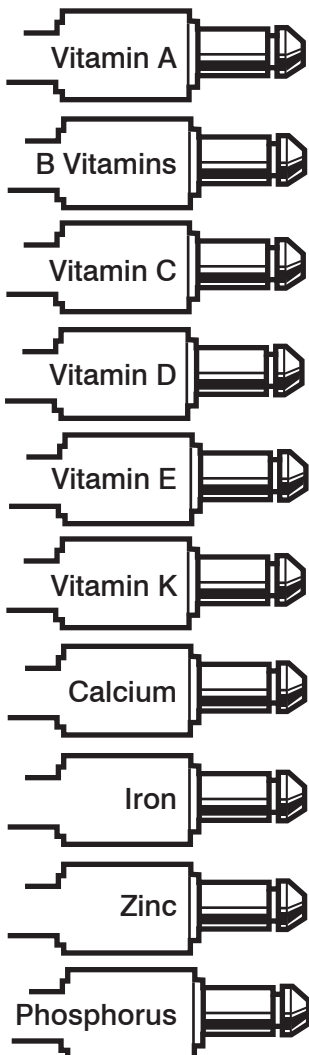




The wires on our spaceship have come loose. Can you help *Handy-Bot** reconnect them? Match each vitamin and mineral with the awesome jobs they do to keep your body healthy.



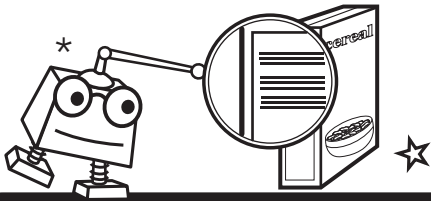
Vitamins & Minerals



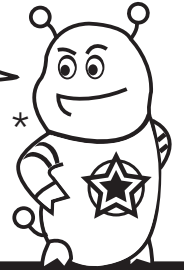
How They Work To Keep You Healthy


1. This mineral found in red meats and cereals helps carry oxygen in your blood and helps your body and brain make use of energy from food.
2. This "sunshine" vitamin found mainly in milk helps your body absorb the calcium and phosphorus you need for strong bones and teeth.
3. This vitamin is needed to help you stop bleeding when you are cut and is mainly found in dark green leafy vegetables like spinach.
4. Milk, meat, dried peas and beans are some of the foods which provide this mineral that you need to grow and to help fight infections.
5. This mineral found in milk products and meats works with calcium to build and maintain strong bones and teeth.
6. This vitamin in orange fruits and dark green and orange vegetables helps your cuts heal and helps your teeth and gums stay healthy.
7. Cereals are a source of some of these vitamins that help you use the energy from the foods you eat.
8. This vitamin from orange vegetables like carrots, pumpkins and sweet potato keeps your skin healthy and helps you see at night.
9. Milk products are the best source of this mineral that works with vitamin D and phosphorus to build and maintain strong bones and teeth.
10. This vitamin found mainly in vegetable oils helps your body maintain healthy cells and fight infections.

Adventures in learning, created by Canadian dietitians



It's good to know what you're eating! Let's take a closer look at food labels. Choose a packaged food from each food group and one from the "Other Foods" category. Write down the nutrition information you find on the label.

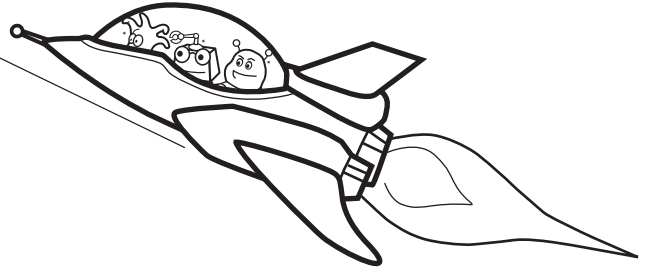


	★  Grain Products	Vegetables & Fruit	Milk Products	Meat & Alternatives	Other Foods
Product Name					
Serving Size					
Calories					
Fat					
Carbo-hydrate					
Protein					
Fibre					
Calcium					
Iron					
Vitamin A					
Vitamin C					





Your digestive system breaks down the food you eat so your body can use it. Help us explore the amazing journey food takes each time you eat.



Write down what each part of your digestive system does:

Teeth: _____

Saliva: _____

Tongue: _____

Esophagus: _____

Stomach: _____

Small Intestine: _____

Large Intestine: _____

Adventures in learning, created by Canadian dietitians

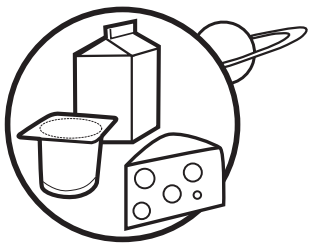


Grain Products
5-12 servings per day

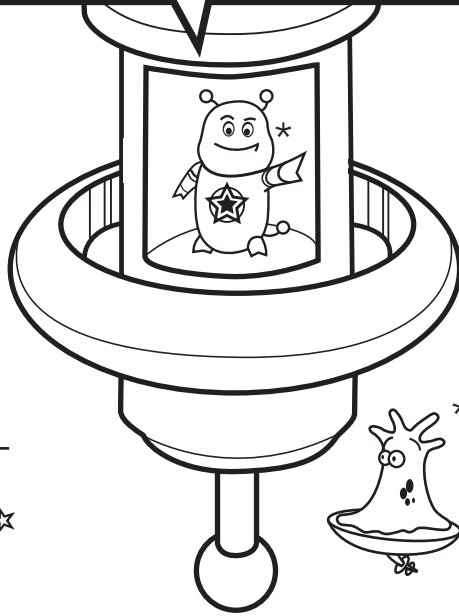
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Milk Products
3-4 servings per day

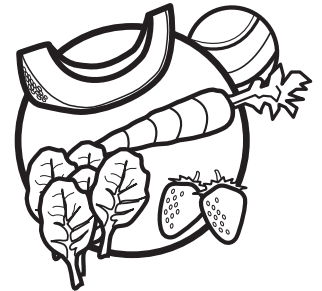
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------



Healthy eating gives you energy and helps you grow and learn! Check out your food choices. Keep track of everything you eat and drink for a whole day. Write down how much you eat too. Check off one box for each serving you eat.



Write down all the "Other Foods" you eat that don't belong to a food group here:

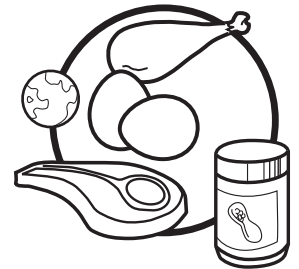


Vegetables & Fruit
5-10 servings per day

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Meat & Alternatives
2-3 servings per day

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------



Hint: Remember to count juice as a Vegetable and Fruit serving and milk as a Milk Product serving. Fruit beverages, fruit drinks and pop count as Other Foods.

