



food heroes

Challenge 2: Real Food, Fake Food

Quest 1 of 3: Build Our Powers



Real Food, Fake Food

Start
Quest

1-1

1-2

2-1

2-2

3-1

3-2

4-1

4-2

5-1

5-2

6-1

6-2

Level
Up

Introduction

Let kids keep their bodies away from unhealthy junk with the “Real Food, Fake Food” challenge!

Children will distinguish between real Rainbow Foods and fake Rainbow Foods and identify two of three Food Heroes’ rules for how to tell real food from fake food.

Lesson Objectives

- ★ Students will identify the differences between a real food and fake food.

You Will Need...

- | | | |
|--------------------------------|-----------------------------|---------------|
| ★ Real Food, Fake Food Posters | ★ Worksheet | 1 per student |
| ★ Power Cards | ★ Homework Sheet | 1 per student |
| ★ Fake Food Cards | ★ Rainbow coloring supplies | 1 per group |
| ★ Menu Cards | | |

*Additional preparation needed

Lesson Plan

Class Warm Up

Discussion Question:

How can you tell if a food is real or fake?

Vocabulary Preview

1. **Real Food** - Food that is naturally colorful and grown in nature
2. **Fake Food** - Man-made food that has artificial ingredients

Class Story

It's snack time here at Adventure Camp.

Let's see what snacks our Food Heroes brought in from home. Clay brought in crackers and biscuits because he likes to eat those when he is bored. Kai studies so much that sometimes he eats chips and drinks soda without thinking, so he brought chips. He thinks it helps him stay awake longer to study more.

Jade and Terra both brought in sliced apples, carrots, and cucumbers. Ava realizes she forgot to pack a snack and exclaims, "Oh no! I've forgotten my snack! What should I do?" Suddenly, the table starts to shake and the ground starts to rumble. Our heroes gasp, scared and afraid. What's going on?

"I think I know who's causing this..." says Sage, "Remain calm and stay together, everyone!"

A puff of smoke starts to surround them, and as the air begins to grow stuffy, our heroes start feeling achy heads and tired bodies. Hot rays of oil are shooting above them. An evil voice booms:

"Mwahaha! I am Fake Frank, leader of the Fake Food Business! The more fake food you buy, the richer I will get! My preservative

Helpful Hints

Get the class warmed up for this lesson by asking a discussion question.

Kick out the fake and eat what's real.



splashes, hot deep-fried oils, and added sugars make my foods irresistible until you can't get enough! Kai, soon you will not be able to think clearly, and Clay, your tummy will begin hurting! Before you know it, I will get you, Terra and Jade, to eat my Fake Food too!"

Fake Frank starts to splash many of the foods at Adventure Camp with his fake food preservatives, instantly draining all the foods of their important nutrients. Kai and Clay become lightheaded and fall to the ground after eating their fake food snacks.

As Ava watches her friends collapse from their bad snacks, she immediately starts to recognize Fake Frank, and wonders... where could he be from?

"Hey, I know you!" Shouts Ava. "You come to all of my sports races and sponsor other teams with fake food power bars and sugary drinks, and you make all of us runners feel sick after! Somebody has to stop you!"

"Let's do it!" Exclaim Terra and Jade. "We need our Superboost veggies to heal our friends and get Fake Frank."

Sage runs over from checking on Clay and Kai. "Kids, let's go get him."

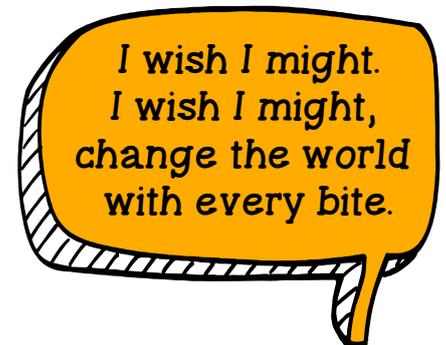
What happened to the Food Heroes? Who was the villain who appeared? Terra and Jade brought fruits and vegetables as snacks, did the evil villain affect them? Why not? Let's go help them!

Mini-Lesson

Real Food vs. Fake Food:

Play a guessing game holding up the posters of real Rainbow Foods and fake Rainbow Foods. (E.g. a red tomato and red ketchup). Discuss which are real or fake.

Rule 1: A real Rainbow Food comes right from the earth. You can see it growing on trees or on the ground. **Rule 2:** Fake Rainbow foods, however, are foods made in factories. They often come in packages and contain harmful and unnatural ingredients.



Class Activity

Real Food vs. Fake Food:

Ask students to look at Fake Food Cards, Power Cards and Menu Cards to decide if each food is a real Rainbow Food or a fake Rainbow Food.

Make a stack of Menu Cards for real Rainbow Foods and a stack for fake Rainbow Foods. You can use the Menu Map from last class to place the fake Rainbow Foods on Runaway Island the the real Rainbow Foods in Superboost or Sidekick Island.

Remind the kids to ask: “Does it grow in nature?” or “Does it come in a package?”

Worksheet

On the Real Food vs. Fake Food worksheet, draw a line from each food to either the fake food or real food bag on this worksheet.

At-Home Mission (Optional)

On the “Draw a Fake Food” homework sheet, draw a fake food and the effect it has on your body.

Bring in food labels or wrappers that you find in your house for our next Food Hero activity.



You can bring in real food vs. fake food examples, e.g. a red apple vs. a red candy or spinach vs. a green popsicle.



Answer Key:

The real foods that should be circled are mushrooms, cherries, salad, banana, blueberries, apple, broccoli, spinach, and eggplant.



Activity

Name: _____

Can you tell which foods are real foods?

Real foods come from Mother Nature. Fake foods pretend to look like real foods but are made in a factory. They have a lot of added ingredients that make it hard to stop eating them. Draw a line from each food to the bag it belongs to.



Parent's Signature: _____

At-Home Mission

Name: _____

Draw a Fake Food!



What bad thing does it do to your body?

Nutrition Facts	
Serving Size 1 scoop (31g)	
Servings Per Container 29	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	6%
Potassium 90mg	2%
Sodium 170mg	8%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars <1g	
Protein 23g	46%

Ingredients: Protein Blend (Whey Protein Isolate, Micellar Casein, Milk Protein Isolate), Cocoa, Natural Flavors. Contains less than 2% of the following: Sunflower Lecithin, Xanthan Gum, Cellulose Gum, Steviol Glycosides (Stevia), Salt, Sucralose.
Contains: Milk-Derived Ingredients.

Remember

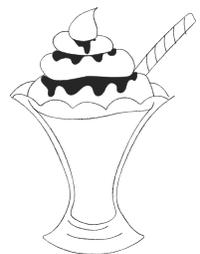
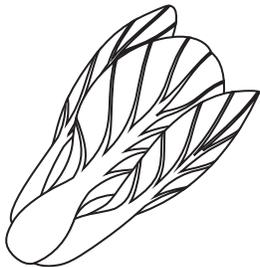
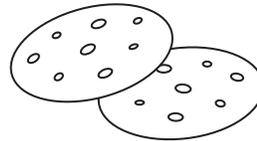
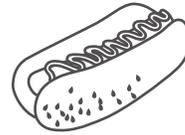
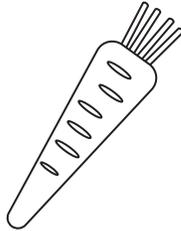
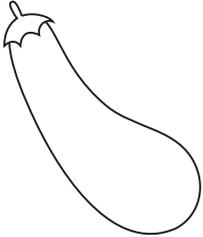
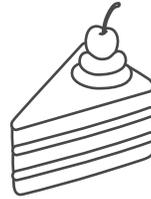
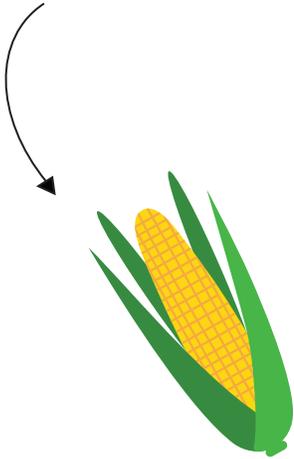
to bring in
a Food Label
for class
tomorrow!

Parent's Signature: _____

Which food is Real?

Color all the Real Foods!

Color in gray all the Fake Foods!



Real Food, Fake Food

 Start
Quest

1-1

1-2

2-1

2-2

3-1

3-2

4-1

4-2

5-1

5-2

6-1

6-2

Level
Up ↑

Introduction

Let kids keep their bodies away from unhealthy junk with the “Real Food, Fake Food” challenge!

Children will distinguish between real Rainbow Foods and fake Rainbow Foods and identify the third rule for how to tell real food from fake food.

Lesson Objectives

- ★ Review the differences between fake foods and real foods.
- ★ Define the third rule of Fake Foods: If it has a long ingredient list it is probably a fake food.
- ★ Use the 5 senses to sort real and fake foods while blindfolded.

You Will Need...

- | | | |
|---|---------------|---|
| ★ Homework Sheet* | 1 per student | ★ Bring in at least 3 real foods* |
| ★ Rainbow coloring supplies* | | ★ Suggested: dry beans, tomato apple, beetroot, carrot, orange, pumpkin, ginger, kiwi, broccoli, cauliflower, dragonfruit, mushroom, lotus root |
| ★ Bag or box for holding Mystery Foods* | | ★ Bring in at least 3 fake foods* |
| ★ Blindfolds* | 2+ | ★ Suggested: potato chips, cookie, chicken nugget, energy drink, donut, mooncake, instant noddles, processed meat snack, white bread, lollipop |

*Additional preparation needed

Lesson Plan

Class Warm Up

Review:

Review differences between real food and fake food and the rules for determining whether a food is real or fake. Look at wrappers and uncover the third rule which is that fake foods have very long food labels with many ingredients.

Rules:

1. If it does not grow in nature because it was created in a lab and does not go bad overtime, it is probably fake.
2. If it is wrapped like a mummy in plastic or like a coffin in a box, it is probably fake.
3. Fake foods often have very long food labels with many ingredients. These ingredients are made in factories, not grown in nature. You can pick them out easily because they have long, strange-sounding names.

Discussion Question:

What do you notice about the food wrappers you collected from home?

Vocabulary Preview

1. **Food Label** - Sticker on food products that usually lists ingredients and nutrition facts
2. **Real Food** - Food that is naturally colorful and grown in nature
3. **Fake Food** - Processed food that has artificial ingredients
4. **Factory** - Places with machines that make food at large scale and fast

Helpful Hints



Get the class warmed up for this lesson by asking a discussion question.



Class Story

It's snack time again at Adventure camp! Fake Frank shows up again but this time he walks in, smiling, and holding a bag of apple slices. He learned from the Food Heroes last class that there are real colorful Rainbow foods in nature so he decided he wanted to try.

"Let's take a moment to be thankful for the delicious food in front of us," says Terra.

"Without this food, Fake Frank wouldn't be able to join us at the Rainbow Table!" says Clay.

Even though everybody else seemed to start liking Fake Frank, Kai is still a little cautious and uncomfortable around Fake Frank eating with the Food Heroes. "Fake Frank," he says, "last time you tried to make me dizzy and sick with all your Fake Food, how do I know that you've changed?"

Fake Frank thought for a moment. He recalled how Terra's fresh foods had healed his own tummy aches and re-energized him like never before, and how much he enjoyed having people to share colorful plates with. This was more important to him than money or power, so how could he prove it?

"I know!" Fake Frank jumps up and says, "I'll teach you how to tell the difference between fake foods and real foods. If you know all the rules, you can be sure never to get tricked again."

"Well," says Jade from her seat, munching on some blueberries, "we know that the first rule to tell the difference between real and fake foods. If it does not grow in nature and does not go bad over time, it is probably fake."

"Yeah," says Terra, eating a banana, "the next rule is that if it is in a box or packaging, it is also probably fake."

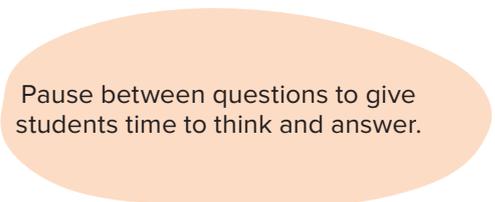
"And remember our third rule!" says Ava, eating her dragon fruit. "Fake foods often have very long food labels with many different ingredients."

Fake Frank was getting nervous, he really wanted to make new friends and teach them!

What were the Food Heroes doing? Who joined them for snack time? What happened next? Are you ready to be a Fake Food Detective?



Healthy soils grow
healthy foods for
healthy us!



Pause between questions to give students time to think and answer.

Mini-Lesson

The 5 Senses:

Talk about the five senses with children before the class activity: sight, smell, taste, touch and hearing. Highlight which parts of the body each sense is associated with: eyes, nose, mouth, skin and ears.

Class Activity

Discover Your Senses:

Preparation: Put a variety of real and fake food in a bag or box, and have blindfolded children try one at a time to pick 2 foods out and explain why they think they are real, and why they think they are fake.

Blindfolded, ask student to guess whether foods pulled out from a bag are real or fake!

Try letting the students only use one sense to determine if a food is real or fake to make it harder! Just hands. Just smell.

At-Home Mission (Optional)

Using the “Fake Food” homework sheet, ask your parents the three rules for telling the differences between real and fake foods.

Bring a photo or draw a picture of a real and fake food.



At-Home Mission

Name: _____

A food is **FAKE** if:

1.



it does **NOT**
grow in nature.

2.



it comes in
packaging.

3.



it has a lot of
ingredients.

What are the 3 rules for spotting a fake food?
Try to say them from memory!

Reminder: Take a picture of one fake food and one real food (best if they are the same color) and bring it in to the next class. You can also draw a picture, bring in the wrapper, or bring in the actual food.



Parent's Signature: _____

Color the Shapes!

Is this food Real or Fake?

