



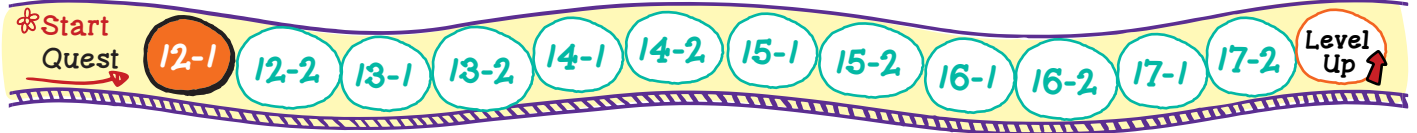
food heroes

## Challenge 12: Guardian of Nature

Quest 3 of 3: Save Our World



# Gaurdian of Nature



## Introduction

Let kids become superheroes protecting the planet's biodiversity with the "Guardian of Nature" challenge.

Children will will identify the different parts of the Menu Map.

## Lesson Objectives

- ★ Students will reinforce their knowledge of which foods belong in which category: Superboost, Sidekick, Warning and Runaway.

## You Will Need...

★ Menu Map	1 per group	★ Blank paper*	1 sheet per student
★ Menu Map Answer Key		★ Baskets*	4
★ Power Cards	1 set per group	★ Tape*	
★ 20 Menu Cards	1 set per group	★ Small ball*	
★ Food Journal*	1 sheet per student	★ Menu Map Template	
★ Homework Sheet*	1 sheet per student		
★ Rainbow coloring supplies*			

\*Additional preparation needed



# Lesson Plan

## Class Warm Up

### Discussion Question:

Can you name a Superboost food? Sidekick? Warning? Runaway?



## Helpful Hints

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

## Class Story

Welcome to Quest 3 with our Food Heroes! Today, Sage comes to visit the Food Heroes to inform them of their very important last quest. "The last and final quest is the most important quest: We must Save the World. But this is a big mission. We will start by testing your skills, your teamwork, and your knowledge. Once you pass this test, then you know you're ready for Quest 3!"

All the Food Heroes become nervous. What kind of challenge could Sage give them?

"Don't be scared!" says a voice as the door bursts open.

It's all of the Food Heroes friends! Planter Pete, Fresh Frank, Sara Sorceress, and the rest of the Food Heroes' friends come in and gather together. The Food Heroes are excited to see them, but also confused.

"Hi friends! What are you all doing here?" asks Clay.

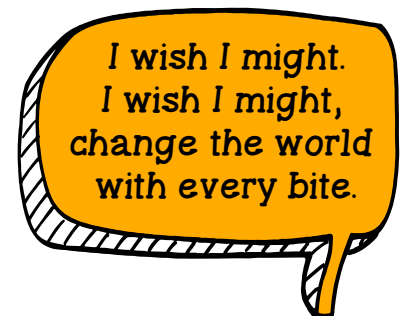
"We're here to race you!" replies Fresh Frank, laughing. He takes out a Menu Map, some baskets, and different foods. "We challenge you to a Menu Map Relay Race!" he says.

"A relay race?" asks Terra. "What are the rules?"

"I'll answer that," says Sage. "Each basket here is labelled either 'Runaway', 'Warning', 'Sidekick', or 'Superboost'. Each team needs to sort a food item in its correct basket. The first to correctly place all the food items wins!" says Sage.

"A race? This could be fun! I want to go first!" says Ava clapping her hands.

Kai smiles and says, "I'm smart, but we will need more than smarts or Ava's speed to win; we will need good teamwork. Let's do it!"



"So you're all in?" asks Sage.

"YES!" everyone answers.

The Food Heroes excitedly play the Menu Map relay race, rushing and laughing while putting all the right foods in the correct basket.

As the race is almost over, Jade grabs the last item and shouts, "It's stir-fried spinach!"

The other Food Heroes bite their nails as they watch her run over to the baskets and pause to think. After a quick second she drops it in the Superboost basket. Right then, Fresh Frank also put his last item - soda - in the Runaway basket. It's the final sprint! Jade starts to run back to her team and touches down a second before Fresh Frank does.

They did it! The Food Heroes Team won! Everyone, including the other team, cheers and celebrates.

"Great job everybody! Now you're ready to take the next step!" says Sage.

## Class Activity

### Menu Map Relay Race:

To help the Food Heroes with their challenge, show them how it's done!

Let's play the Menu Map Relay Race!

Using all three Food Heroes card decks, students will sort which island each food belongs to.

**Preparation:** Split the class into two teams, standing in vertical lines in front of 4 basket. Each basket represents each island: Superboost, Sidekick, Warning and Runaway.

Create a pile of 20 random flashcards composed of Power Cards, Menu Cards and Fake Food Cards, for each team.

When the game starts, give one card to the first student in the line to quickly read then sort in the correct basket.

Each person who completes will have to tag the next student in line. Everytime some one puts their card into the wrong basket, the team will have to pause for 5 seconds.



Eat a Rainbow  
Everyday!



The team that finishes all their 20 cards, wins!

## Class Activity 2

### Superboost Ball:

Ask students to sit together in a circle.


Using a ball now called the “Superboost Ball”, students will pass it around each naming a Superboost food when they receive the ball.

Be quick! The Superboost Ball is hot and Food Hero Buddies can’t hold it for long!

If students are unable to think of a Superboost food, they can ask the circle for help and everyone can think of one together!

Ready? Set. Go!

Try playing music and stopping music if the music stops while the ball is in your hands you are out! Or use more specific and different categories as students advance.



Some examples of categories that you can use are: grown in fall/winter/summer, etc.; good for your skin/eyes/brain, etc.; high in protein/calcium/etc.; give you good poo/pee.

## Worksheet

Distribute the Menu Map Coloring sheet to students along with rainbow coloring supplies, to color in the different islands of the Menu Map and decorate them with the appropriate foods.

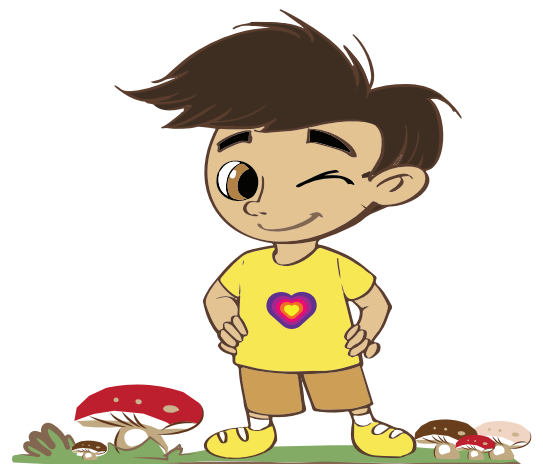
## At-Home Mission

Distribute a Food Journal for students to fill out, drawing foods of the rainbow in their corresponding circles on the Food Journal and share with the family.

On the “Menu Map Coloring and Tracing” homework sheet, trace the name of the Menu Map category, then color in the dish.

The Menu Map colored in class can be presented to parents to show the foods that belong on each island.

Complete a Food Journal.



A whimsical black and white line drawing of a "Menu Map". The map is a winding path with various food items and landmarks. At the top is a hot air balloon with a basket of fruit. To the right is a carrot. In the center is a can of soda with bubbles. Below it is a rainbow. At the bottom is a volcano with a goat nearby. The path is labeled with "Menu Map" in the center, "Warning" at the bottom, "AquaBunda" on the left, and "Superboost" on the right. There are also labels for "Slickick" and "Xenav".

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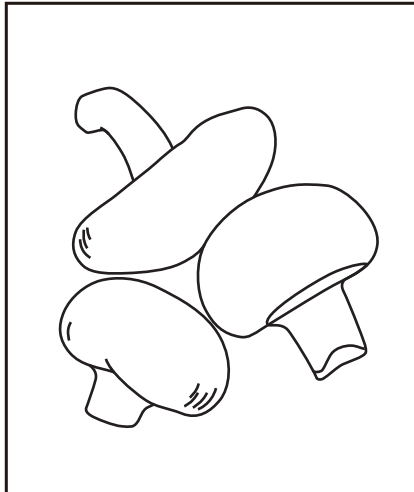


# At-Home Mission

Name: \_\_\_\_\_

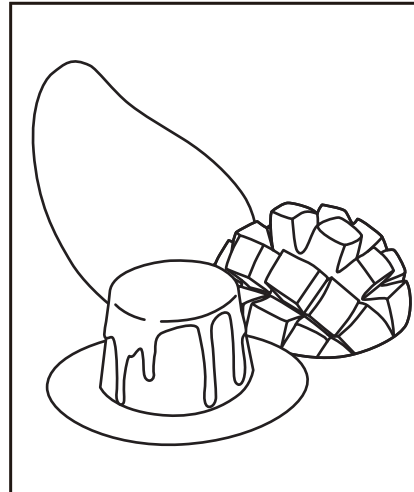
Trace the name of the Menu Map category, then color in the dish. Cut them out and keep them at home. Now you have your very own Menu Cards!

Superboost

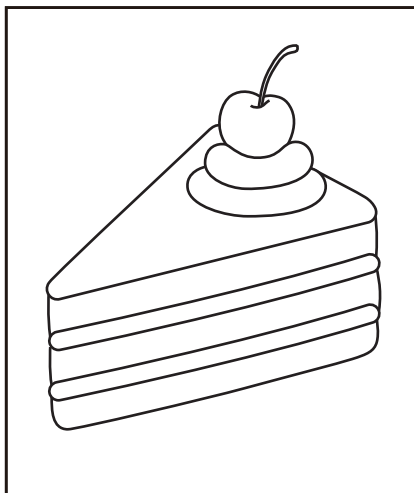


Mushroom

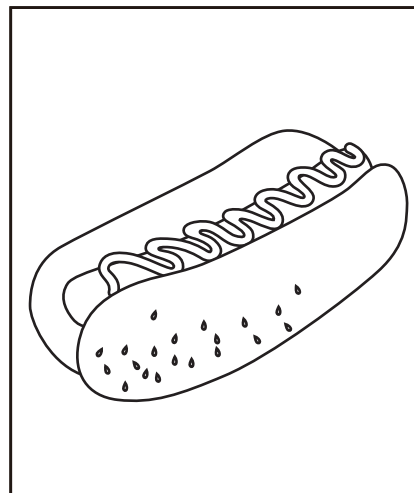
Sidekick



Mango  
Pudding



Chocolate  
Cake



Processed Meat  
Snack (Hot Dog)

Warning

Runaway



Parent's Signature: \_\_\_\_\_



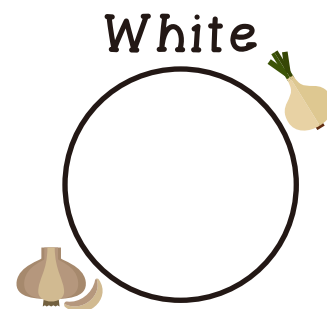
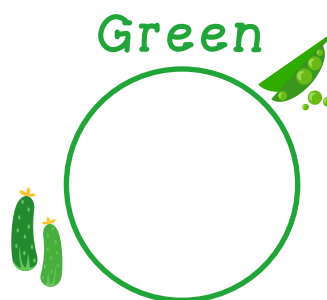
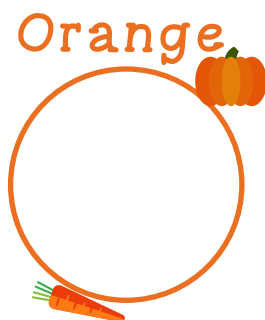
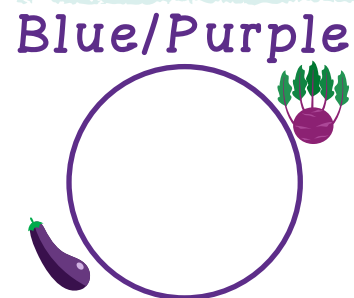
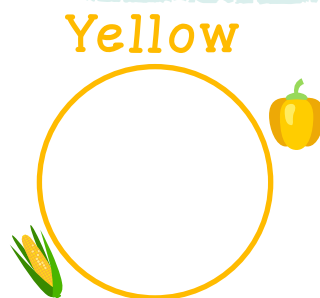
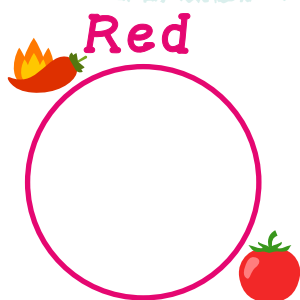
# Food Journal

## Directions:

Pick one day to record your food. Mark what day you choose. When you eat a fruit or vegetable, match the color of the fruit or vegetable to one of the colored circles and color it in! Try and eat all the colors of the rainbow that day!

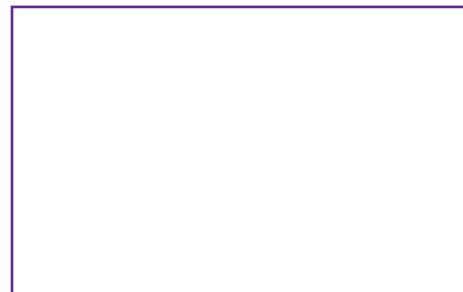
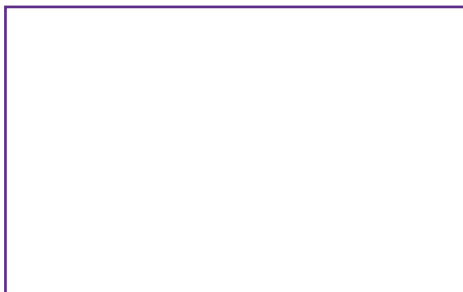
## Day of the Week:

Monday Tuesday Wednesday Thursday Friday



## Did you move, exercise, and breathe?

Draw a picture of the type of activities you did today.



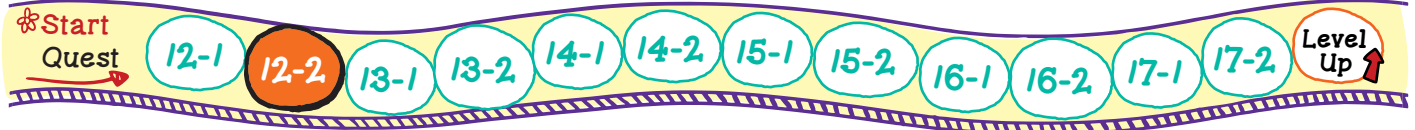
## Did you drink enough water today?

Shade in the number of glasses you drank today.



Parent's Signature: \_\_\_\_\_

# Gaurdian of Nature



## Introduction

Let kids become superheroes protecting the planet's biodiversity with the "Guardian of Nature" challenge.

Children will connect Warning and Runaway foods to their negative environmental effects.

## Lesson Objectives

- ★ Students will identify foods that have certain affects on the body or the environment.

## You Will Need...

- |                              |                                       |                            |
|------------------------------|---------------------------------------|----------------------------|
| ★ Selected Menu Cards*       | ★ Baskets or buckets*                 | 2                          |
| ★ Menu Map Answer Key        | ★ Photocopies of selected Menu Cards* |                            |
| ★ Worksheet*                 | 1 sheet per student                   | ★ Tape or wall adhesive*   |
| ★ Food Journal*              | 1 sheet per student                   | ★ Mystery Question Posters |
| ★ Homework Sheet*            | 1 sheet per student                   |                            |
| ★ Rainbow coloring supplies* |                                       |                            |

\*Additional preparation needed

# Lesson Plan

## Class Warm Up

### Review:

Review the Menu Map with the class, and a few foods that belong on each island

### Discussion Question:

What is your favourite animal and why?

### Vocabulary Preview

1. **Endangered** - Animals that are in danger of dying and disappearing forever
2. **Environment** - Nature and the world around us

## Class Story

Sage is ready to continue onwards to the third quest with the Heroes, and gathers everybody under the Tree of Wisdom for some final words.

"Food Heroes, remember - always ask "why". In order to save the world, we need to understand it. Don't be afraid to ask the question "why". And have the courage to try and find out the answers!" Sage gives each of them a hug, proud of the work her Heroes have done so far.

But Kai is still sitting and thinking hard about what Sage said.

"I'm thinking about that food relay race we did last time - the Superboost foods, the Sidekick foods, the Warning foods, and the Runaway foods".

## Helpful Hints

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

I wish I might.  
I wish I might,  
change the world  
with every bite.





*"But why are you thinking about it now?" says Ava. "We already won that challenge!"*

*"Yes," murmurs Kai, "But I was thinking, why are the foods put into those four groups?"*

*"Well, we know that Runaway foods are foods that we should always try to avoid," says Terra, "I think that's easy to understand."*

*"I know that, but why are meat and some other foods Runaway foods? I think the answer to this question might have to do with Saving the World."*

*"You're right", says Terra, "I think we need to look into this in detail. We need to investigate and be detectives!"*

*Kai is looking carefully at the Menu Map again and suddenly comes up with an idea, "Yes, it all make sense now! I think Runaway and Warning foods are bad because they harm the environment and are not healthy for us."*

*Terra nods her head, "I knew that Runaway foods were bad, but I didn't realize they are so yucky!"*

*Jade adds, "If everyone knew how icky and bad Runaway foods and Warning foods were... so many more people would stop eating them!"*

*Clay smiles at everyone and says, "Well, I guess we have figured out our first task in Saving in the World: teaching people about why Runaway foods are bad and why Superboost foods are good."*

*Ava leaps up and shouts, "You're right! Once we tell people, they will join our team too and we can spread this knowledge even further!"*

*"You really think that will work?" asks Kai in a suspicious voice.*

*"Yes I am confident," replies Ava, "We can change the world!"*



## Mini-Lesson

### True Impact of Foods:

Discuss with the class that eating too much of certain foods can have negative impacts on the environment which is why they go on either Warning or Runaway island.

First, animals such as cows and pigs, use a lot of the Earth's energy in order to care for them.


Animals in general eat and drink a lot of water, just like us! If we eat a lot meat, we'll have to raise more animals that will eat more food and drink more water. There will then be less for humans and other animals.

Also, cows and pigs create a lot of bad gases in the air through their farts. Although their poo can be good for the soil, if too much of these bad gases go into the sky, they hurt the environment - killing a lot of living creatures.

A solution to this is to eat less meat.

Secondly, just like the dinosaurs, some animals are disappearing because of the environment is being hurt, their homes are being lost and their food is disappearing. These animals are called endangered animals, meaning that they are dying and soon there will be none left. Some of the animals are sharks, whales, bluefin tuna.

These are then Runaway foods to avoid eating, because we don't want these animals to be gone forever.



Share food and  
spread the news,  
Food Heroes are here!  
Join our crew!

## Class Activity 2

### Solve the Mystery:

In this activity, the class will become detectives to solve the mystery of why certain foods belong in certain groups.

Tape the 4 Mystery Question Posters onto the board with a bucket under each one and discuss what foods may cause each of the results on the poster.

## Class Activity 2

### Solve the Mystery!:

In this activity, the class will become detectives to solve the mystery of why certain foods belong in certain groups.

Tape the 4 Mystery Question Posters onto the board with a bucket under each one and discuss what foods may cause each of the results on the poster.

- ★ Question 1: "I'm feeling full of energy, what did I eat?"
- ★ Question 2: "This person's teeth are full of holes, what did they eat?"
- ★ Question 3: "The Earth's air is unhealthy, which foods caused this?"
- ★ Question 4: "Certain animals are disappearing, what are people eating to cause this?"

As detectives, students will solve the questions by placing these select Menu Cards in the correct bin.

Answer Key:

Question 1: Energy	Question 2: Rotting Teeth
tomato with egg stir-fry	mango pudding with condensed milk
orange	caramel strawberry stick
tofu bao stew	candied sweet potato

Question 3: Unhealthy Air	Question 4: Endangered Animals
fried pork curry rice	bluefin tuna
lion's head meatballs	whale meat
fast food hamburger	shark fin soup
processed meat stick	

Outside the supplied list of answers, any Superboost foods answer the first question about food giving energy, and any very sugary Warning or Runaway foods answer the second question about rotting teeth.

Outside the supplied list of answers, any beef or pork foods answer the third question about unhealthy air, and any endangered animals answer the fourth question about special animals. The three listed are the only three endangered animals in the Menu Cards.

## Worksheet


On the Quiz worksheet, use use different Rainbow coloring supplies to circle the foods that answer the questions reviewed in class.

Use the color green to circle the food that give you a lot of energy.

Use the color black to circle the food that puts holes in our teeth.

Use the color blue to circle the food that makes the air unhealthy.

Use the color purple to circle the food that makes animals disappear.



Write what each color corresponds to on the board.

## At-Home Mission

On the “Menu Map Color and Trace” homework sheet, trace the name of the Menu Map category, then color in the dish.

The Menu Map colored in class can be presented to parents to show the foods that belong on each island.

Complete a Food Journal.



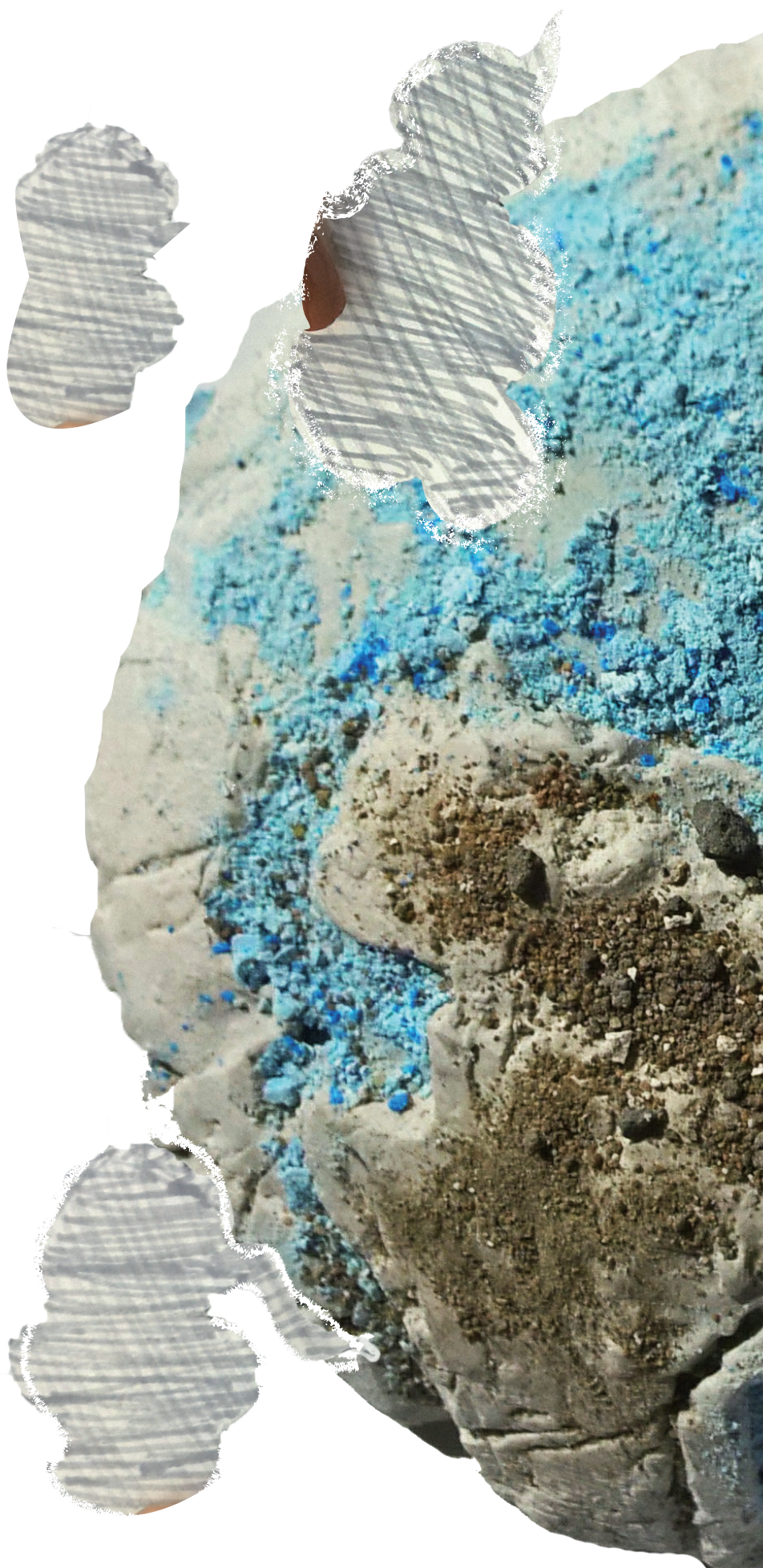
*I'm feeling full of energy.  
What did I eat?*





My teeth are full of holes.  
What did I eat?

**The air is unhealthy.  
Which foods caused this?**



# Special animals are disappearing. Which foods caused this?







# Activity

Name: \_\_\_\_\_

Q1

*I'm feeling full of energy.*

*What did I eat?*

Q2

*My teeth are full of holes.*

*What did I eat?*

Q3

*The air is unhealthy.*

*Which foods caused this?*

Q4

*Special animals are disappearing.*

*Which foods caused this?*



Parent's Signature: \_\_\_\_\_

# At-Home Mission

Name: \_\_\_\_\_

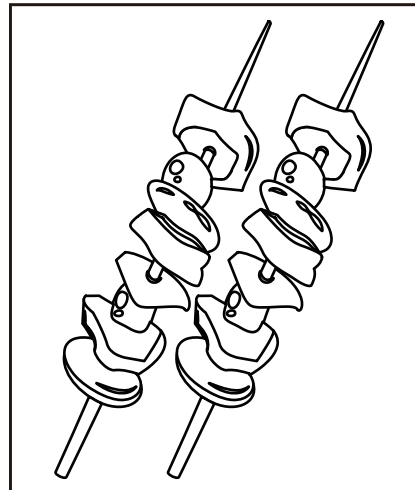
Trace the name of the Menu Map category, then color in the dish. Cut them out and keep them at home. Now you have your very own Menu Cards!

Sidekick

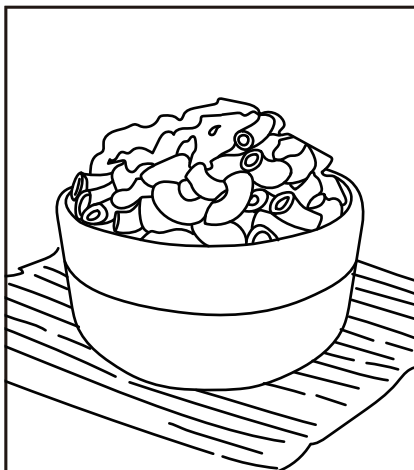


Chicken Soup

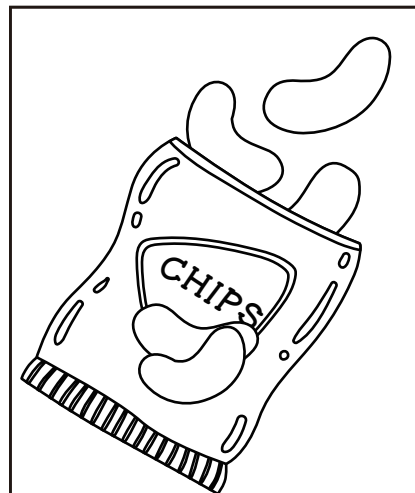
Superboost



Grilled Vegetable Skewer



Mac and Cheese



Potato Chips

Warning

Runaway

