

...



C.F.G.



LAB



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STUDENT  
ACTIVITY BOOK

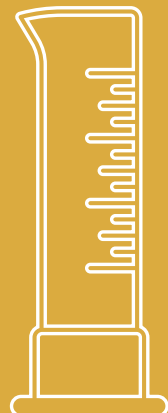
GRADES 5 AND 6



R<sup>2</sup>



O



There's **SCIENCE** in every bite!  
Put on your thinking cap and  
your lab coat; today, you're a

## FOOD SCIENTIST!

### Something's cooking!

Unscramble the letters  
of these foods to find  
out what's cooking.

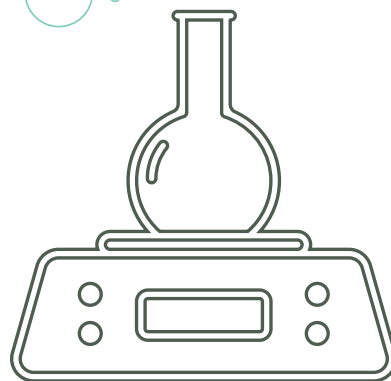
Now that you've  
found the hidden  
foods, classify them  
according to each  
category in *Canada's  
Food Guide*.

kilm  
tirtallo  
geg  
grutyo  
niarocam  
otatom  
esap  
goanm  
derab  
ceir  
anicsph  
egsmelu  
necihkc

Vegetables and fruits:

Whole grain foods:

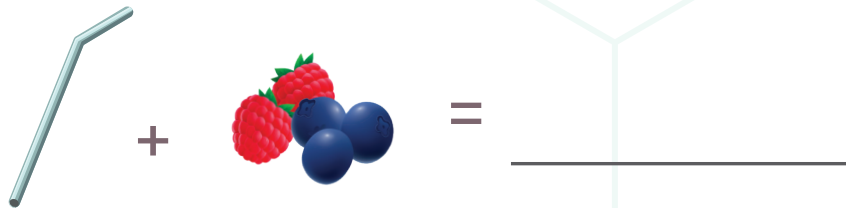
Protein foods:



# 02

## Solve the rebuses

Did you know that according to *Canada's Food Guide*, half of your plate should consist of vegetables and fruits? Guess which vegetables and fruits are included in these rebuses!



Now that you're an expert in the field, invent and draw your own rebus!  
Will your classmates be able to find the solution?

+ = \_\_\_\_\_

+ = \_\_\_\_\_

\_\_\_\_\_

03

## True or false?

Set your test tubes aside and test your food expertise! Circle "T" for true or "F" for false!

1. Brown eggs are more nutritious than white eggs.

T F

2. Lentils, milk and fish are all protein foods.

T F

3. A ground cherry falls to the ground when it is ripe, hence its name.

T F

4. Corn is a food that can be considered a vegetable (e.g., in a shepherd's pie or corn on the cob) or a whole grain food (e.g. popcorn or polenta).

T F

5. After removing a fruit's peel, the fruit has the same amount of fibre.

T F

04

## Unknown element

Activate your IQ and link each statement to the correct answer!

1. It's white, orange or marbled and keeps teeth healthy.
2. They're not nuts; they're legumes.
3. An essential mineral for healthy bones and teeth.
4. It is sometimes compared to small brooms that clean the intestines.
5. This vegetable is 95% water.
6. Nutritious drink that hydrates.



**RADISH**

**FIBRE**



**CALCIUM**

**MILK**

**CHEESE**



**ALMONDS**

**PEANUTS**

**CUCUMBER**



# 05

## The explosion

The paper with the evacuation code exploded. One of the scientists found these words. Can you help him unscramble the message?



Variety

Colourful

Nutrients

Fiber

Provides

Yogurt

Legumes

Key

Bread

Tortillas

Parsnip

fish

Be careful. You won't need all the words, because the explosion also damaged other documents.

The protein food category includes many foods, such as ①\_\_\_\_\_, meat, ②\_\_\_\_\_, eggs, milk, ③\_\_\_\_\_ and nuts. Each of these foods ④\_\_\_\_\_ different ⑤\_\_\_\_\_. That's why variety is the ⑥\_\_\_\_\_.

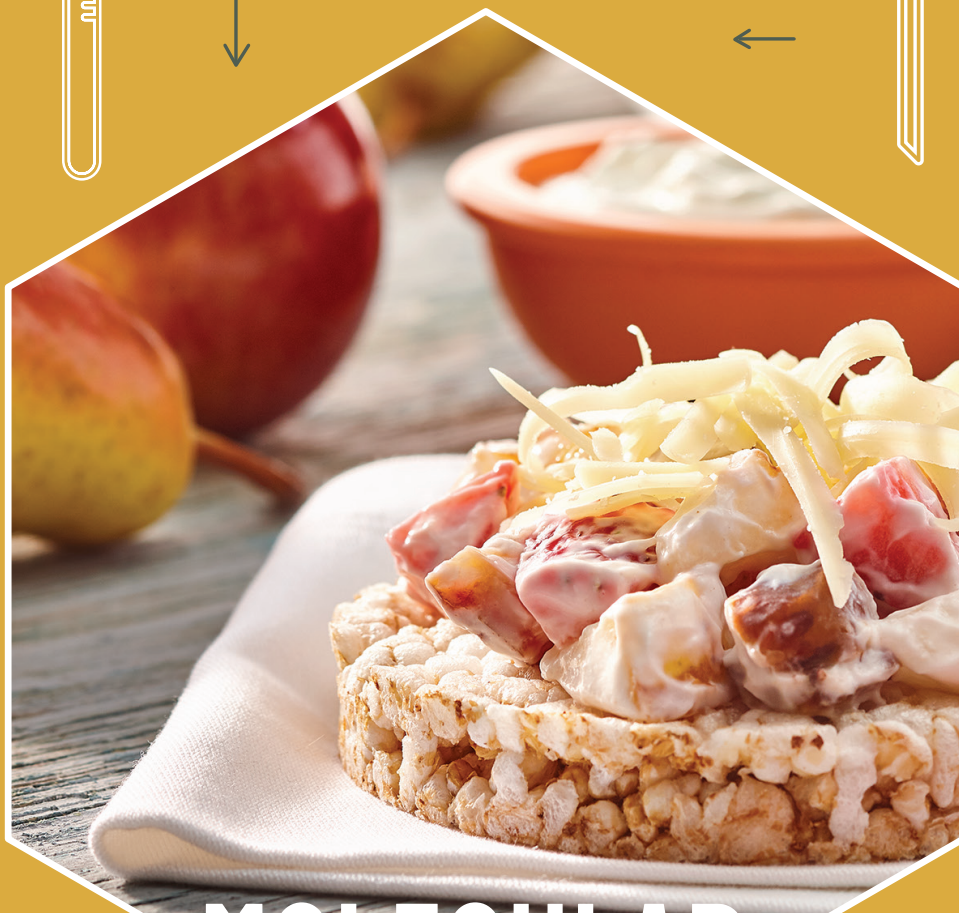
In the boxes, write the yellow letters of the six words you wrote above.

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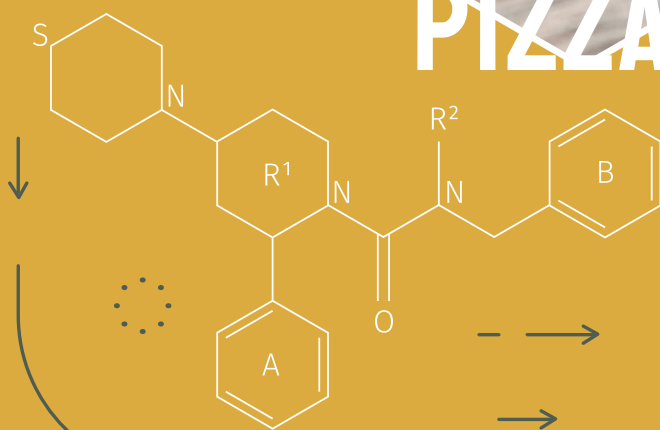
To find the code word, put the letters in the right order.

**Hint:** They help to satisfy hunger for longer.

**Code word:** \_\_\_\_\_



# MOLECULAR PIZZAS



## MOLECULAR PIZZAS

Spending a long day in the lab will make you hungry! Try this recipe and savour the result. Our hypothesis? You'll love it!

**PREPARATION  
TIME:**  
15 MINUTES

**YIELD:**  
4 PIZZAS

## INGREDIENTS

4 large strawberries

2 pitted dates

1/2 apple

1/4 cup (60 mL) plain Greek yogurt, 2% M.F.

4 whole grain brown rice cakes or plain rice cakes

50 g of hard cheese

(e.g., Cheddar, Gouda, Mozzarella)

## S PREPARATION

1. Dice the strawberries, dates and apple, then place them in a bowl.
2. Add the yogurt and mix.
3. Spread the mixture over the rice cakes. Set aside.
4. Grate the cheese.
5. Sprinkle grated cheese on the molecular pizzas.