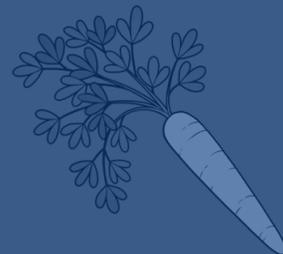
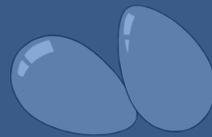
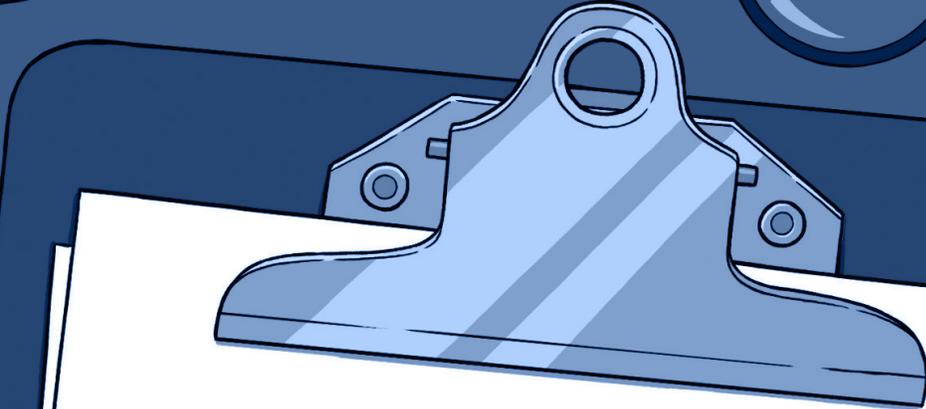


C.F.G. MISSION

STUDENT
ACTIVITY BOOK
GRADES 3 AND 4





Agents, your mission is to uncover all the C.F.G. (Canada's Food Guide) secrets and answer the 007 Roll puzzles. Have fun investigating!



Puzzle 1

According to C.F.G., half of your plate should consist of vegetables and fruit. That means the ingredients in the 007 Roll aren't enough! If you put a 007 Roll in your lunch box, what else could you add to complete this C.F.G. mission?

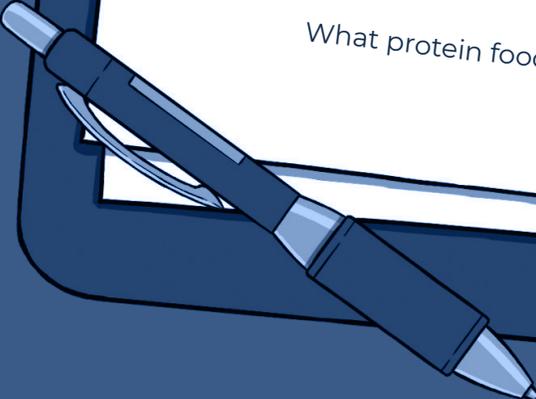
Puzzle 2

These two rolls are for you and your partner, Officer Eggplant. Two other agents would also like to have a roll for dinner.

- a. How many tortillas will you need to make 4 rolls?
- b. How many grams of Cheddar cheese will you need to grate to make 4 rolls?
- c. How many grams of tuna will you need to make 4 rolls?

Puzzle 3

What protein foods are hidden in this recipe?





Here's a
delicious tuna
wrap recipe
to share with
your family
(or other agents)!

007 ROLL

Preparation time: 15 minutes

Yield: 2 sandwiches

INGREDIENTS

100 g old Cheddar cheese, grated

1 red apple, diced

$\frac{1}{4}$ cup (60 mL) plain yogurt

1 can (170 g) crumbled tuna in water

$\frac{1}{2}$ cup (125 mL) baby spinach

2 large whole wheat tortillas

PREPARATION

1. Add cheese, apple, yogurt and tuna to a bowl and mix.
2. Spread half of the filling in the centre of one tortilla.
3. Use the rest of the filling on the second tortilla.
4. Add spinach leaves and roll up tortillas.

Search-a-word

Game
02

Your mission? Find the words
hidden in this grid!

B A E M C A R K L I M P Q
R L G U N P E A R Y A E U
O L G F E D B L A R A A I
C I S F C S M E F R P S N
C T E I I T U N A E P L O
O R S N R O C R A B L I A
L O E Y O G U R T O E T D
I T E S U O C S U O C N P
M E H P I N E A P P L E A
E A C H I C K E N G U L S
I H S I F P I T A U F O T
R E P P E P D T E E B E A

pineapple
fish
pita
lentils
pear
peanut
muffin

rice
cucumber
pasta
pepper
milk
couscous
apple

yogurt
cheese
chicken
beet
quinoa
tortilla
eggs

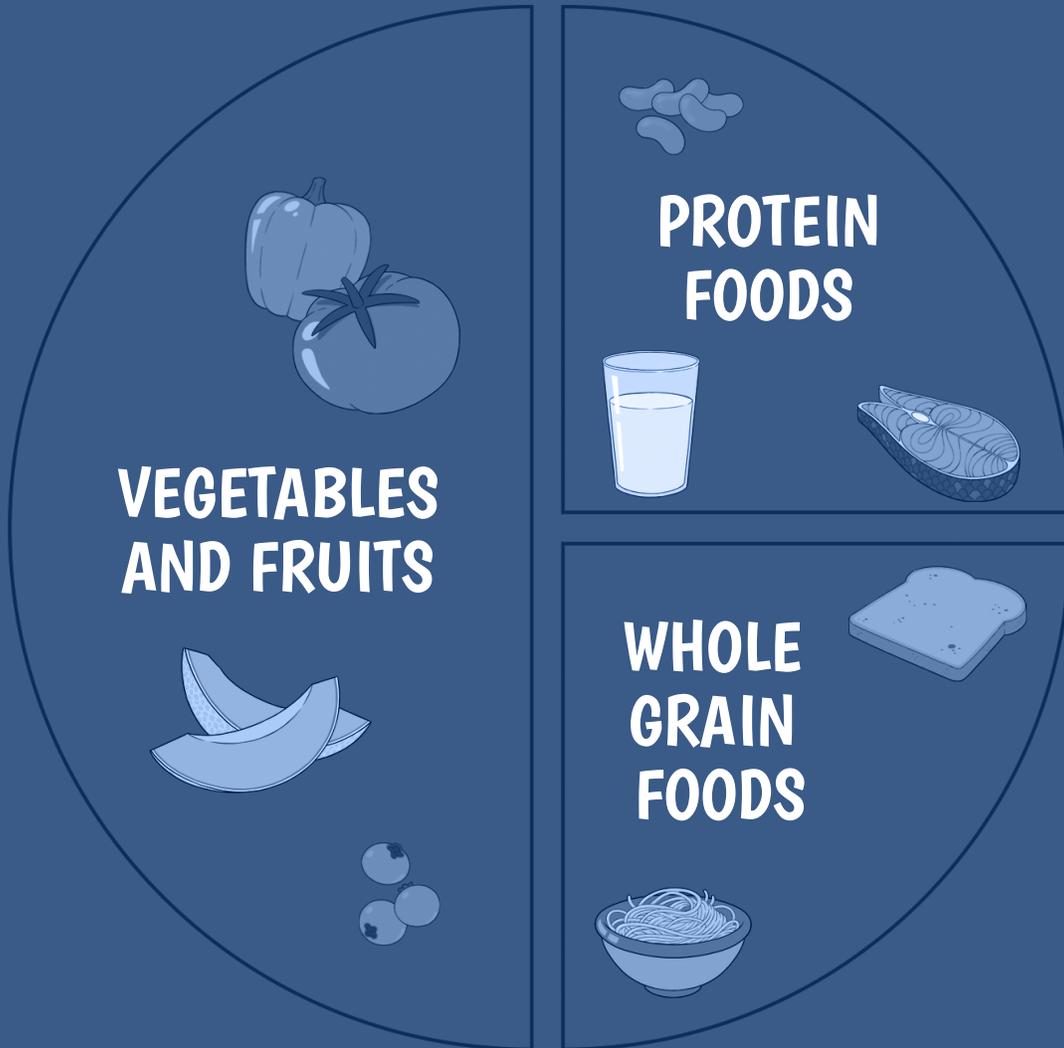
crab
broccoli
tea
peas
lime
berry
tofu
kale

Answer: _____



Wanted

Carefully examine the C.F.G.'s balanced plate.



Now balance each lunch box menu posted on the bulletin board.



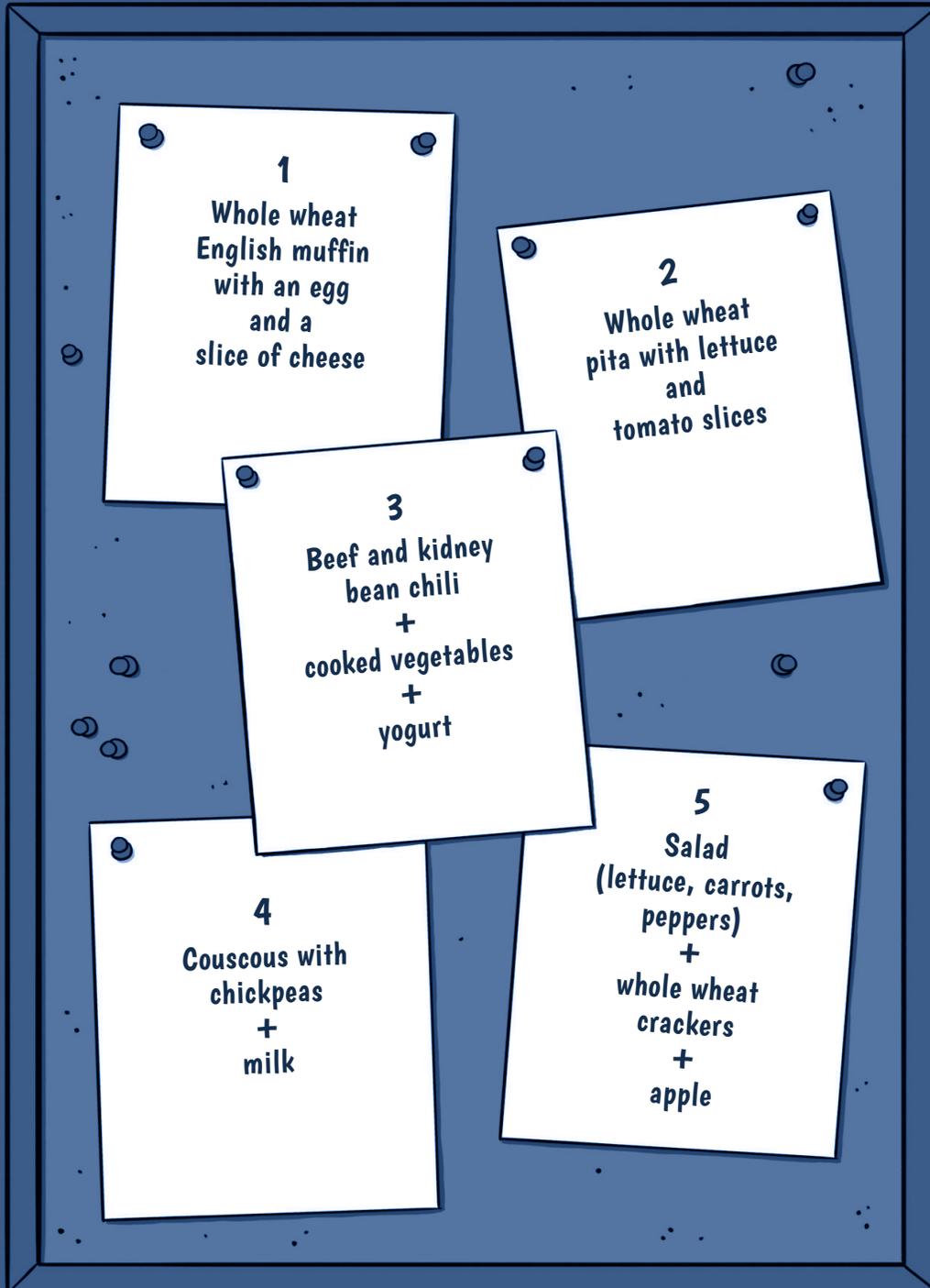
To complete this task, ask yourself the following questions:

Does the meal contain...

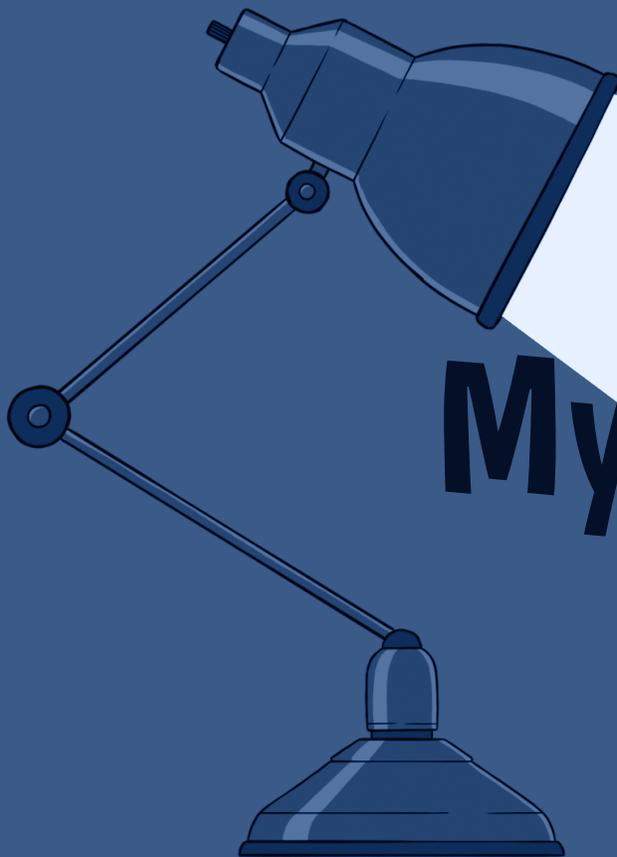
Vegetables and fruits?

Whole grain foods?

Protein foods?



Menu 1: Vegetables and fruits are missing (e.g., raw vegetables, apple) | Menu 2: Protein foods are missing (e.g., chicken, tuna, eggs, cheese) | Menu 3: Whole grain foods are missing (e.g., crackers, pita) | Menu 4: Vegetables and fruits are missing (e.g., cucumbers, pear) | Menu 5: Protein foods are missing (e.g., yogurt, cheese, lentils)



Mysterious Spheres

Mysterious Spheres

Preparation: 15 minutes | Yield: 8 spheres

Ingredients

- 1/2 cup (125 mL) quick-cooking oats, uncooked
- 2 tbsp (30 mL) unsweetened shredded coconut
- 4 tsp (20 mL) cocoa powder
- 4 tsp (20 mL) honey
- 4 tsp (20 mL) unsweetened applesauce
- 4 tsp (20 mL) vanilla yogurt



Preparation

1. Put oats in a large bowl.
2. Add the coconut, cocoa powder, honey and applesauce.
3. Mix together with your hands.
4. Shape the mixture into 8 balls about 1 inch (2.5 cm) in diameter.
5. Place the balls on a plate.
6. Place 1 tsp (5 mL) of yogurt on each sphere.

Are you packing your Mysterious Spheres to take with you for dessert? Place some yogurt in a small container and add it to the spheres just before you eat them.