



A MONS TER SIZED HUNGER



**STUDENT
ACTIVITY
BOOK**

GRADES
1 AND 2





GOBBLE!
GOBBLE!

What's gurgling? The tummies of playful **little monsters**, of course! Have fun outsmarting the monsters by finding the solution to the following games!



Let's go!

GAME 1

A MONSTER-MIX-UP

Darn! The **little monsters** have mixed up foods from Canada's Food Guide. Can you link each food to its correct category?

Yum!

Bagel
Chicken
Pear
Peanuts
Beef
Cauliflower
Yogurt
Pita
Brown rice
Carrot
Cheese

**VEGETABLES
AND FRUITS**

**PROTEIN
FOODS**

**WHOLE
GRAIN
FOODS**

RESULTS

Vegetables and fruits: pear, cauliflower, carrot | Whole grain foods: bagel, pita, brown rice
Protein foods: chicken, peanuts, beef, yogurt, cheese

GAME

2

DECIPHER THE CODE?

Oh dear! The little monsters have turned letters into numbers! Use the decoder to solve the code!

Decoder

a = 1	b = 2	c = 3	d = 4	e = 5	f = 6	g = 7
h = 8	i = 9	j = 10	k = 11	l = 12	m = 13	n = 14
o = 15	p = 16	q = 17	r = 18	s = 19	t = 20	u = 21
v = 22	w = 23	x = 24	y = 25	z = 26		

HINT: These foods should make up half of your meal.

Secret code:

22 5 7 5 20 1 2 12 5 19 1 14 4 6 18 21 9 20 19

GAME

3

HIDE-AND-SEEK

Dash it all! The little monsters had fun hiding the letters of an ingredient. Follow the steps to find them!

STEP 1

Circle the foods that are part of the whole grain food category.

Cherry

Oats

Cauliflower

Pasta

Broccoli

Pear

Banana

Muffin

Tomato

Apple

Cereal

Rice

STEP 2

Write the green letters in the words you have circled in the boxes below.

STEP 3

3

Unscramble the letters to find the hidden word.

HINT: This ingredient often used in baking is made from a variety of grains, such as wheat or rice.

Which word is correct?

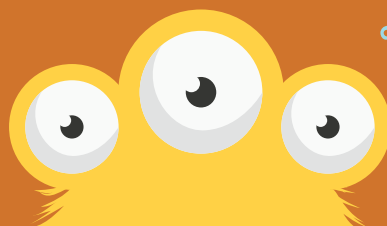
Meat

Flours

Cherry

Answer:

Oh oh!

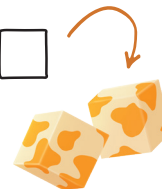
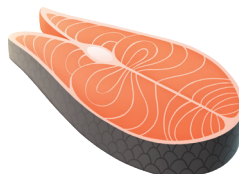
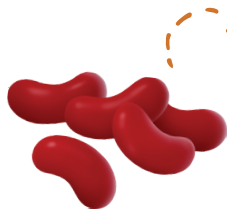


RESULTS



GAME 4 **PROTEIN FOODS**

Write the names of the foods in the boxes.



RESULTS

Game 4: yogurt - sunflower seeds - chicken - peanut - cheese - kidney beans - eggs - milk - salmon



Oh!

Yum!

PARFAITS FOR LITTLE MONSTERS



See on
the back

PARFAITS FOR LITTLE MONSTERS

Preparation
15 minutes

Yield
4 parfaits



INGREDIENTS

$\frac{1}{2}$ cup (125 mL) frozen strawberries, thawed

$\frac{1}{2}$ cup (125 mL) frozen blueberries, thawed

1 cup (250 mL) 2% M.F. vanilla yogurt

2 tbsp (30 mL) quick-cooking oats

Ground cinnamon, to taste

PREPARATION

1 Mash the strawberries using a fork.

2 Choose four small clear glasses.

Add ingredients to create layers:

- blueberries
- yogurt
- mashed strawberries
- oats

3 Sprinkle with cinnamon.

