

TEACHER'S GUIDE

WELCOME TO PLANET NUTRITIA!

Thank you for taking part in Level Up Health!

Included in this guide you will find answers to every level throughout the program. Please reference it to help guide your students through the program and to address any questions students or parents may have.

Each week the students will be turning in their end of the world pages that will show all of their points added up. You will then be passing out the Boss Battle quizzes, collect them, and grade them adding up the students points to their totals.

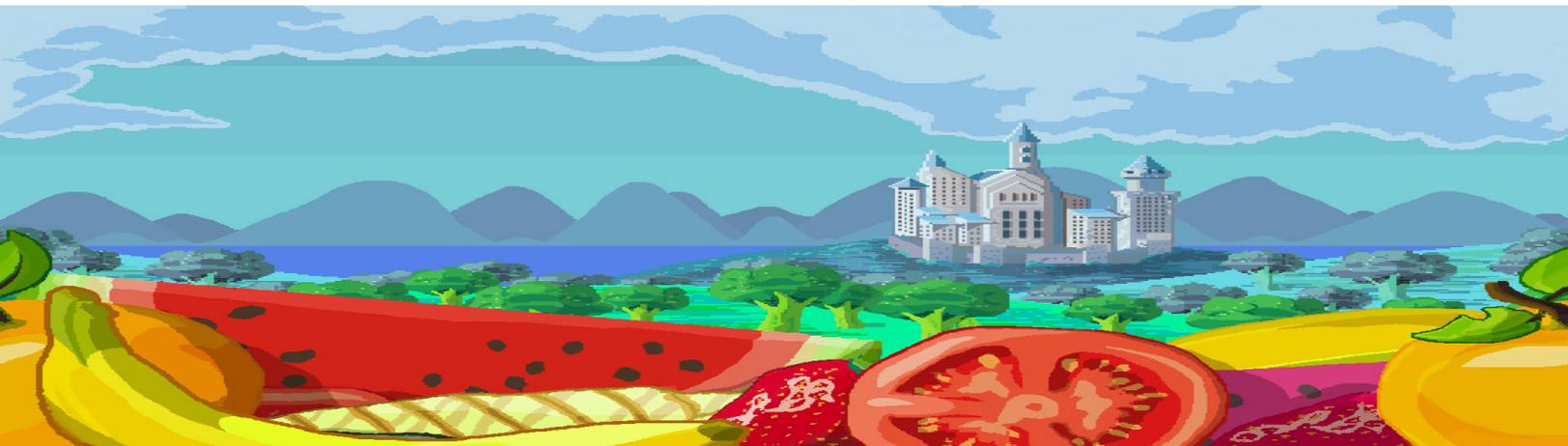
The Boss Battle answer keys can be found at the end of this guide.

For all of your resources and information, you can visit www.leveluphealth.org



**APPLE-FROOPER
"COREY"**

SARAH STRONG



INTRODUCTION

THE TERROR THAT LURKS

Deep in the dark depths of the Dietary Galaxy lurked an evil, unhealthy force that resided on Planet Artificia.

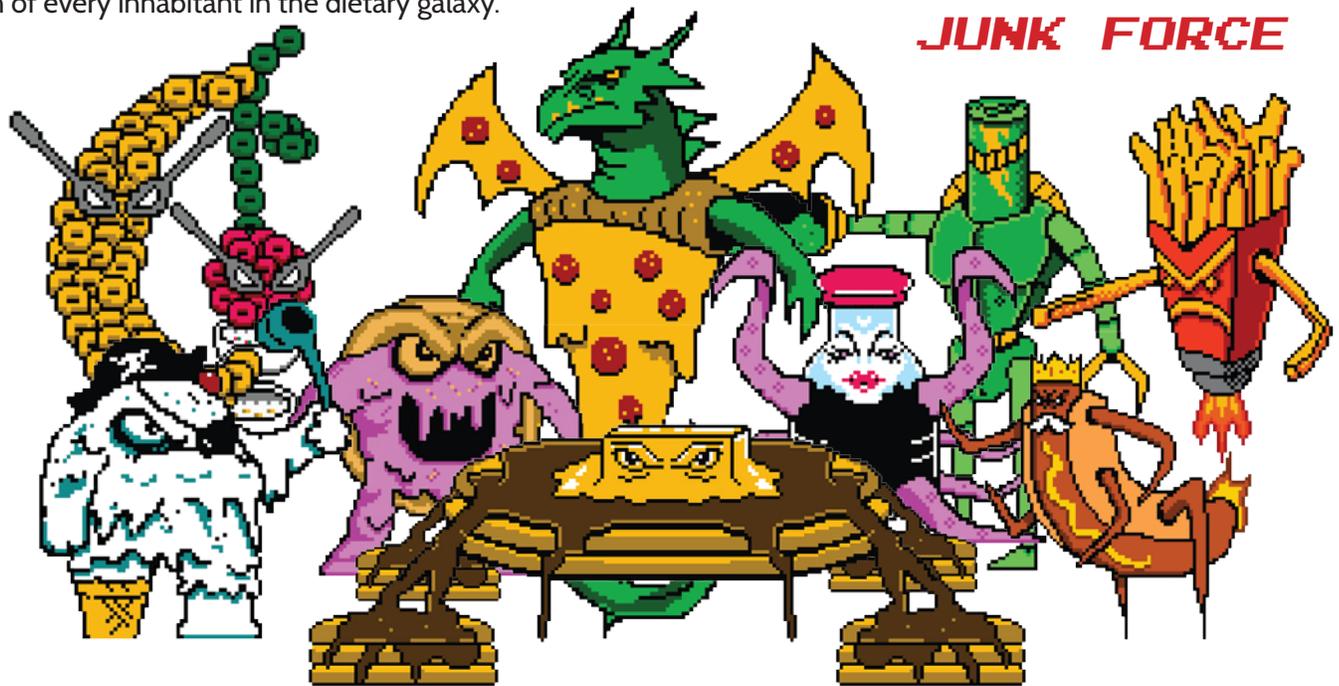
If Nutritia was the healthiest planet in the galaxy, then Artificia was the unhealthiest. Artificia was home to many factories and laboratories committed to creating unhealthy processed foods filled with frightening amounts of sugar, salt, unhealthy fats, and chemicals.

Sure, these foods produced by Artificia tasted good, but they were very harmful to a healthy diet. Tragically, the poor people of planet Artificia didn't have any options, as any and all healthy foods were prohibited by their evil dictator, Lord Processor.

Lord Processor was a tyrant bent on spreading all of his artificial and processed foods throughout the galaxy at any cost.

In years past, he had been kept at bay, but he was now ready to attempt a takeover of the Planet Nutritia and the rest of the Dietary Galaxy, thanks to his latest creation, the Junk Force.

The Junk Force consisted of Lord Processor's unhealthiest food minions, whose sole commitment was to ruin the health of every inhabitant in the dietary galaxy.



INTRODUCTION

SAVE THE PLANET

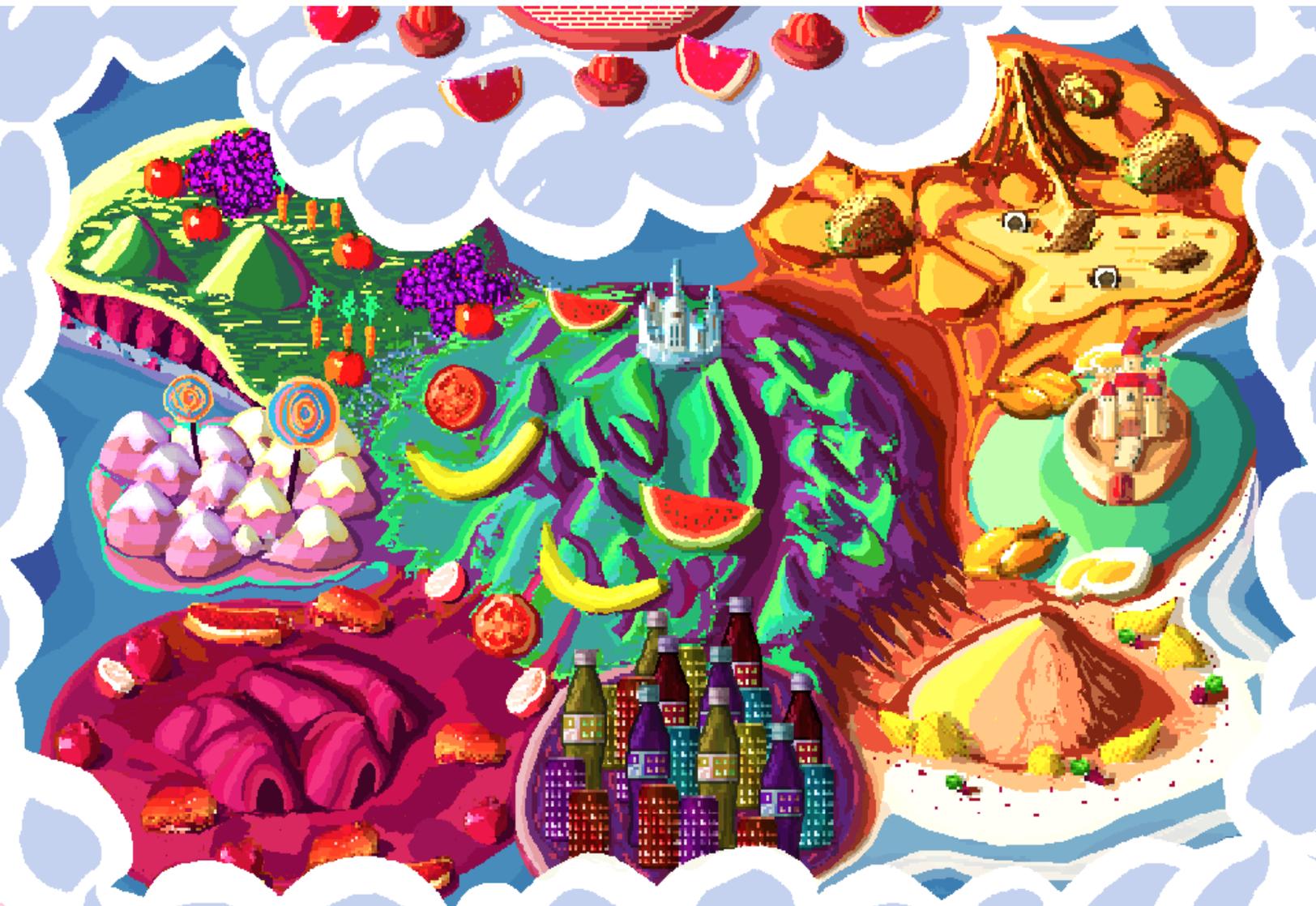
With his Junk Force by his side, Lord Processor made his way to Planet Nutritia to inflict upon it his reign of unhealthy terror.

In the middle of a peaceful night on Nutritia, Lord Processor crashed onto the surface and quickly stormed King Agriar's castle. In no time he, along with the Junk Force, captured the gentle king and took control of the land. Lord Processor took King Agriar, while each member of the Junk Force captured one of the vital Froopers. They then held them hostage in a remote region on the planet.

Princess Sarah was able to escape just in time, but now her home planet was in the clutches of Lord Processor and his Junk Force.

While Sarah was strong, she knew she wouldn't be able to save the planet by herself. With the help of the last remaining Frooper, Corey, she set out to find the fittest, healthiest Nutritians to aide her.

Together they promised each other that they would do all they could to save planet Nutritia, find King Agriar, and free him as well as the Froopers.



INTRODUCTION

LEVEL UP YOUR HEALTH

Greetings, students, and welcome to the wonderful world of Level Up Health! My name is Jordan, and together, along with Sarah Strong, we must learn as much as we can about nutrition and exercise so we can help save Planet Nutritia!

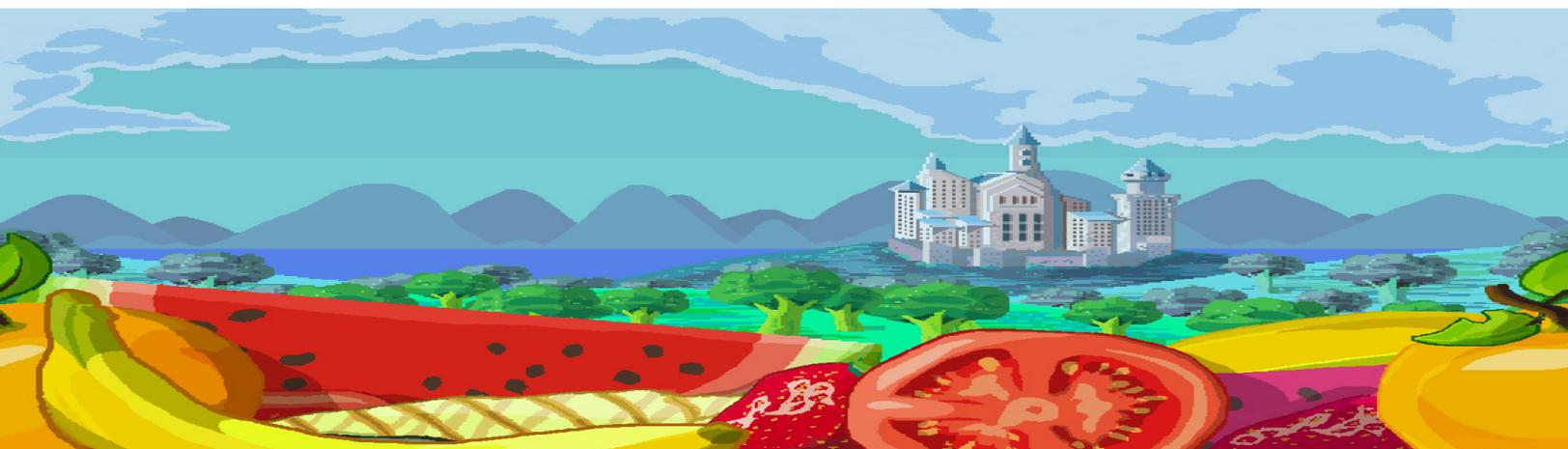
We will be taking on over 8 different worlds as we attempt to restore order on Planet Nutritia.

The question, though, is how do we beat a world? It's simple. In order to beat a world, all we have to do is complete the levels in each world.

Each level has its own name and is pretty quick and easy to finish. For example, at one level we will learn how create smoothies, at another level we will discover how to build salads, and at other levels we will learn about reading nutrition labels and doing exercises like sit-ups and push-ups!

Now here comes the best part: For every level you complete, you're going to get points. As you earn points, you can then "Level Up" and improve your rankings. You'll start at Level 1, and every time you reach a new level, you'll get a new Level Up wristband that shows how far you've advanced.

I should also mention that at as you reach the end of every world, you will engage in a Boss Battle! We have to free each world and its Frooper from the clutches of one of the Junk Force members. In these Boss Battles, you'll be tested on all the knowledge you learned during the month, so be ready!



INTRODUCTION

PRODUCE HUNTER CHARTS

In addition to earning points at each level, you will also have a chance to earn extra points every week thanks to our Produce Hunter Chart!

On the chart you'll see three columns featuring a variety of fruits and vegetables. Each week, whenever you try a fruit or vegetable, you get points for eating healthy. Imagine that!

On top of that, if you try any fruits or vegetables that are not on the chart, you can earn three points for each one that you eat. Keep in mind, though, you can only earn these points one time each week. For example, you can eat a banana every day during the week, but you can only count the points once. If you eat a banana the next week, though, you can count the points because it's a new week. We are encouraging you to try a variety of fruits and vegetables so you can maximize your Produce Hunter Chart points.

I realize I have just given you A LOT of information in a short amount of time, but don't worry, I'll be with you each step of the way, explaining what to do at every level and reminding you about using the Produce Hunter Chart in each of the worlds you visit.

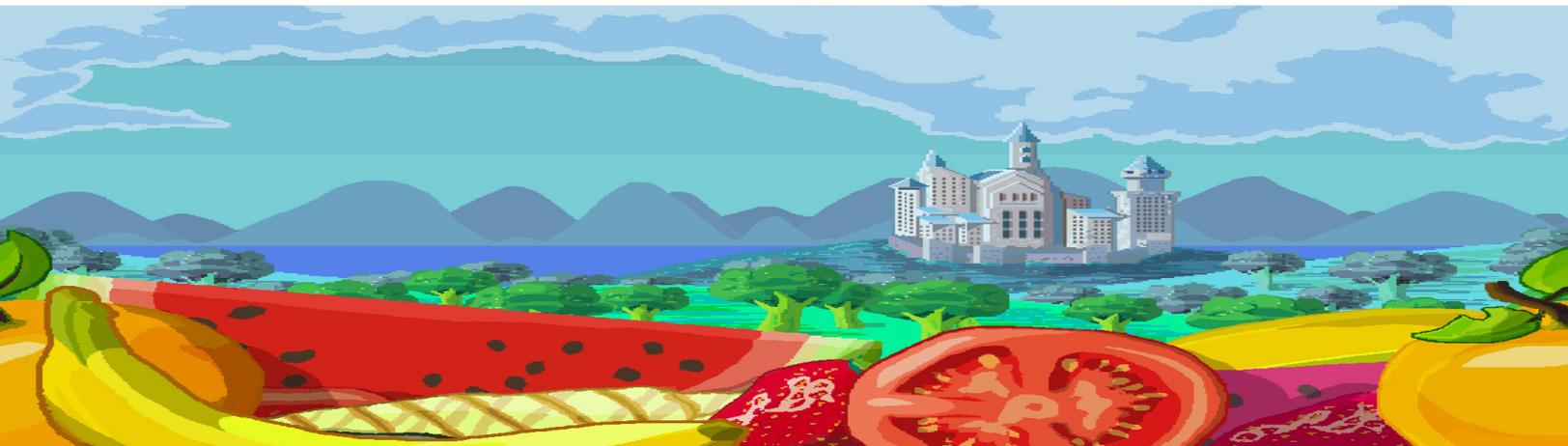
WORLD 1: CALORIE CAVES

PRODUCE HUNTER CHART

Earn additional points at each level by trying any of the fruits or vegetables listed below. For each item you try, write the the amount of points it is worth in the "PTS" column, then add up your total score. You can also earn 3 points for any new item you can find and try. Just fill in the name of what you tried in the green shaded area. Remember, you can only get points one time for each item, so try as many different as you can!

1 POINT			2 POINTS			3 POINTS		
ITEM	#	PTS	ITEM	#	PTS	ITEM	#	PTS
Apples	001		Bell Peppers	017		Artichoke	033	
Bananas	002		Blueberries	018		Asparagus	034	
Blackberries	003		Broccoli	019		Avocados	035	
Carrots	004		Cantaloupe	020		Brussels Sprouts	036	
Celery	005		Cauliflower	021		Cabbage	037	
Garlic	006		Cucumbers	022		Jicama	038	
Grapes	007		Grapefruit	023		Kale	039	
Lettuce	008		Green Beans	024		Spinach	040	
Onion	009		Honeydew	025		Squash	041	
Oranges	010		Kiwi	026		Zucchini	042	
Peaches	011		Mangos	027				
Pineapple	012		Nectarines	028				
Potatoes	013		Pears	029				
Strawberries	014		Peas	030				
Tomatoes	015		Plums	031				
Watermelon	016		Sweet Potatoes	032				
TOTAL			TOTAL			TOTAL		

TOTAL POINTS



INTRODUCTION

LEVEL PAGES

Each time you approach a world, you will have the opportunity to read an introductory page that gives you important information about how to conquer it.¹

In addition, you will also find some vocabulary terms that will come in handy as you complete your achievements and prepare to win the Boss Battle at the end of your time in that world.

You'll see the level labeled here on the top, and the amount of points it is worth at the bottom. You will also find instructions for what to do for this level as well, and plenty of room to put your answers.²

Don't worry about looking at these pages too much right now. As we move along, I'll explain them in more detail so you have a full understanding of what to do.

WORLD 1: CALORIE CAVES

THE ENERGY SOURCE

Welcome to Calorie Caves, the source of all food energy!

Calories are the fuel for your body, allowing you to do all kinds of things, such as playing, studying, thinking, sleeping, breathing and digesting food, just to name a few. Name something that your body does and you need calories!

Foods come in all types of shapes, sizes, and flavors, and the amount of calories they contain per serving is very different as well.

In this world, you will learn how to figure out your daily calorie intake, how to tell how many calories are in an entire package of food, and most importantly, learn how to choose healthier foods in place of junk foods in order to get the best calories for your body.

Using this knowledge, you will be able to understand how to balance the calories you need with the activity you participate in on a daily basis.



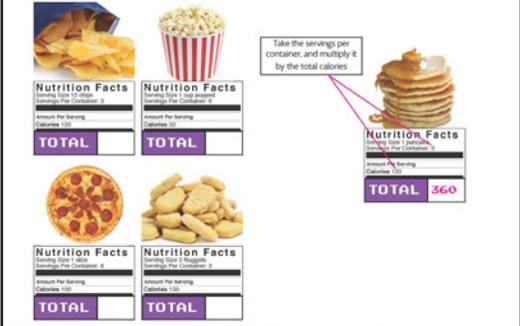
1

WORLD 1-3: CALORIE CAVES

CAREFUL COUNTER 30 POINTS

When it comes to making choices based on the Nutrition Fact label, it can be tricky to figure out how many servings are contained in a package of food. Often times, we eat more than the suggested serving size of a food because we don't realize that there may be several servings in one bag, box or container. For this exercise, you will estimate how much of a food you would normally eat and then calculate the amount of calories per serving.

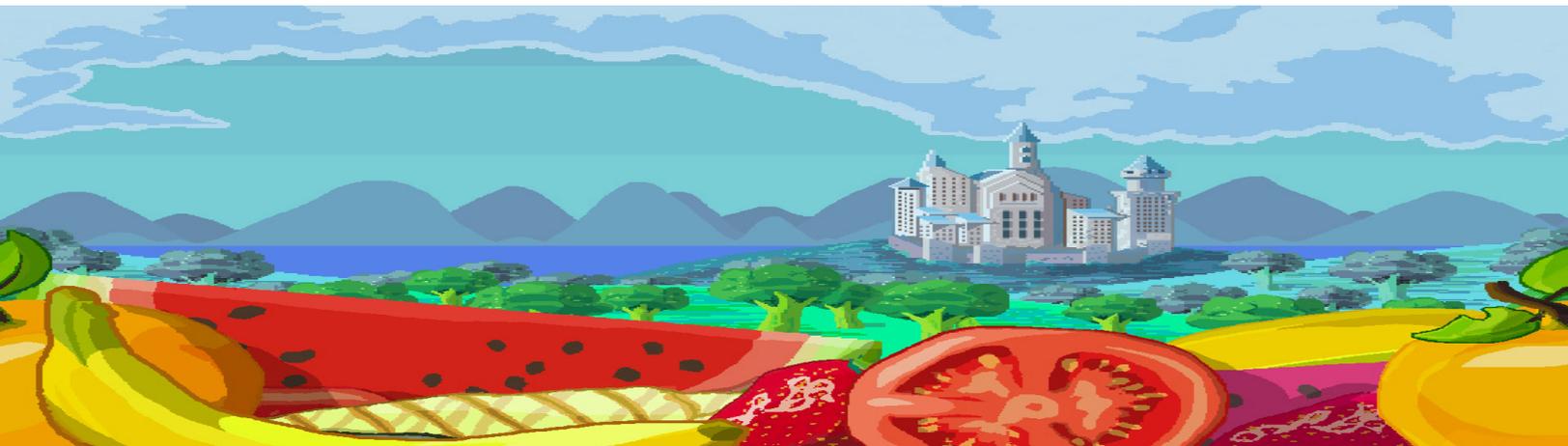
Figure out how many calories are in each serving, and then multiply that number by the amount of servings per food to figure out how many calories you truly eat when eating these foods.



Take the servings per container, and multiply it by the total calories.

Nutrition Facts Serving Size 1 Container Amount Per Serving Calories 120 TOTAL	Nutrition Facts Serving Size 1 Container Amount Per Serving Calories 30 TOTAL	Nutrition Facts Serving Size 1 Container Amount Per Serving Calories 300 TOTAL 360
Nutrition Facts Serving Size 1 Slice Amount Per Serving Calories 120 TOTAL	Nutrition Facts Serving Size 2 Packages Amount Per Serving Calories 120 TOTAL	

2



INTRODUCTION

PAGES TO TURN IN

This is the sheet you turn in to your teacher.¹ I'll repeat it again because it's important—this is the page you'll turn in to your teacher at the end of every week.

On this sheet, simply add up your points from the level, have an adult sign it, then turn it in to your teacher. Also, you'll turn in your Produce Hunter Sheet as well.

Your teacher will be keeping track of all of your points as you make your way through the program, so don't worry about tracking those!

At the end of each week, your teacher will pass out any new Level Up certificates you've earned.

Once you finish all the levels in a world, you'll then take the Boss Battle Quiz in class, which will be handed out by your teacher.

That should do it! Your teacher will answer any questions you may have, and you can always re-watch any videos on our website.

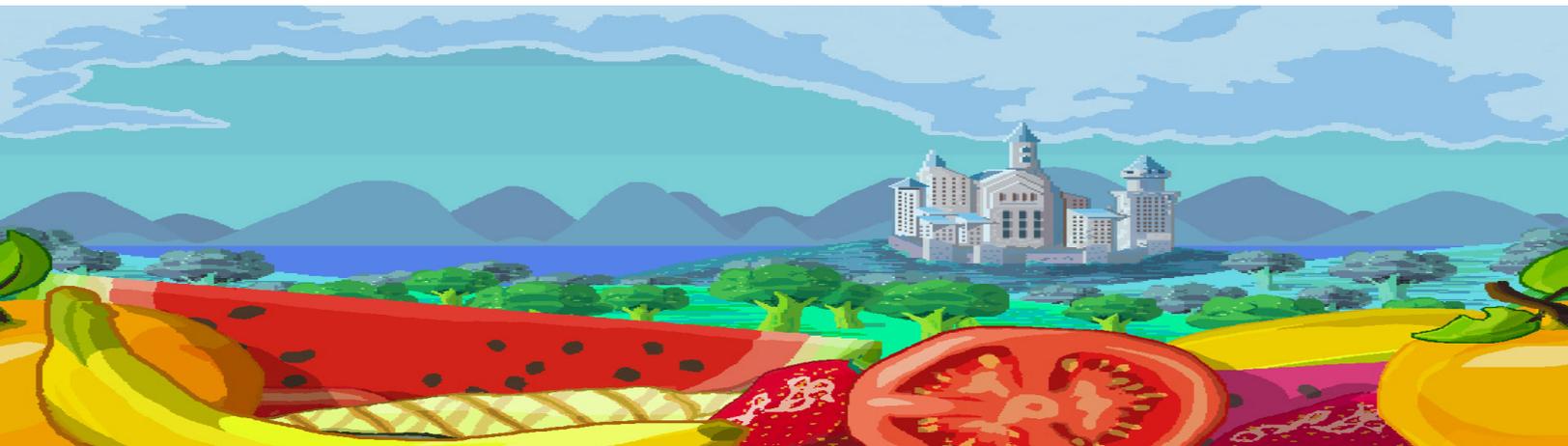
And now, make sure you're prepared, because it's time for you to join Sarah Strong for your very first level, Calorie Caves!

WORLD 1: CALORIE CAVES	
WORLD CLEAR!	
WORLD 1-1	
WORLD 1-2	
WORLD 1-3	
WORLD 1-4	
WORLD 1 BONUS	
WORLD 1 EXERCISE	
PRODUCE HUNTER	
TOTAL	

ADULT SIGNATURE _____



1



WORLD 1: CALORIE CAVES

THE ENERGY SOURCE

Welcome to Calorie Caves, the source of all food energy!

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In this world, you will learn how to figure out your daily calorie intake, how to tell how many calories are in an entire package of food, and most importantly, learn how to choose healthier foods in place of junk foods in order to get the best calories for your body.

Using this knowledge, you will be able to understand how to balance the calories you need with the activity you participate in on a daily basis.



WORLD 1: CALORIE CAVES

VOCABULARY

Calorie: A measure of energy from food. The number of calories that you need will depend on your gender, height, age, weight and level of activity. Carbohydrates, protein and fat all supply calories.

Calorie intake: The amount of calories that you eat during a day.

Calorie-Rich: Foods that have a lot of calories in a small or single serving.

Calorie need: The amount of calories required to supply fuel for your body's basic needs as well as your physical activity.

Serving size: The amount of food in one serving, as represented by the Nutrition Facts label.

Total Servings: The total amount of servings in one bag, bottle, or container.



WORLD 1: CALORIE CAVES

PRODUCE HUNTER CHART

Earn additional points at each level by trying any of the fruits or vegetables listed below. For each item you try, write the amount of points it is worth in the "PTS" column, then add up your total score. You can also earn 3 points for any new item you can find and try. Just fill in the name of what you tried in the green shaded area. Remember, you can only get points one time for each item, so try as many different items as you can!

1 POINT

ITEM	#	PTS
Apples	001	
Bananas	002	
Blackberries	003	
Carrots	004	
Celery	005	
Garlic	006	
Grapes	007	
Lettuce	008	
Onion	009	
Oranges	010	
Peaches	011	
Pineapple	012	
Potatoes	013	
Strawberries	014	
Tomatoes	015	
Watermelon	016	
TOTAL		

2 POINTS

ITEM	#	PTS
Bell Peppers	017	
Blueberries	018	
Broccoli	019	
Cantaloupe	020	
Cauliflower	021	
Cucumbers	022	
Grapefruit	023	
Green Beans	024	
Honeydew	025	
Kiwi	026	
Mangos	027	
Nectarines	028	
Pears	029	
Peas	030	
Plums	031	
Sweet Potatoes	032	
TOTAL		

3 POINTS

ITEM	#	PTS
Artichoke	033	
Asparagus	034	
Avocados	035	
Brussels Sprouts	036	
Cabbage	037	
Jicama	038	
Kale	039	
Spinach	040	
Squash	041	
Zucchini	042	
TOTAL		

TOTAL POINTS

WORLD 1-1: CALORIE CAVES

CALORIE COUNTER 30 POINTS

There are many foods to choose from that will supply the calories that you need during the day. It's up to you to make healthy choices when fueling your body. For this exercise, you will select different amounts of foods to reach your calorie needs for the day. Keep in mind that the number we provide is just an estimate since everyone's needs will be different. Make sure you notice how many fruits and vegetables that you can eat compared to other higher calorie foods on the list.

For example, when it asks for 10 grapes, you'll need to write down the total amount of calories for 10 grapes! To finish this exercise, add up your total calories at the bottom!



Grape
5
Calories



Egg
60
Calories



Slice of Bread
100
Calories



Carrot
25
Calories



Turkey Slice
50
Calories



Bag of Chips
180
Calories



Banana
60
Calories



Walnut
10
Calories



Bell Pepper
30
Calories

FOOD ITEM	CALORIES
10 Grapes	50
2 Eggs	120
2 Slices of Bread	200
3 Carrots	75
4 Slices of Turkey	50
1 Bag of Chips	180
1 Banana	60
10 Walnuts	100
1 Bell Pepper	30
TOTAL	865



WORLD 1-2: CALORIE CAVES

BALANCING ACT

20 POINTS

You have many foods to choose from when fueling your body with calories. Many junk foods contain a lot of calories and very few nutrients in a very small serving, thus making them very calorie dense. (And that's why we call them junk foods!)

Each example will list the amount of calories in one serving of a junk food. Your job will be to calculate how many servings of a healthy food that would equal the calories in one serving of a junk food item.

Use either long division, multiplication, or addition to figure out how many healthy items equal 1 serving of a junk food! For example, if 1 cookie equals 120 calories and 1 carrot equals 20 calories, then you could eat 6 carrots for every 1 cookie. Now it's your turn to figure out the rest.

1	Cookie =	120 Calories
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1	Carrot =	20 Calories
---	----------	-------------

6	Carrots =	120 Calories
---	-----------	--------------

1	Bag of Chips =	200 Calories
---	----------------	--------------

1	Banana =	50 Calories
---	----------	-------------

4	Bananas =	200 Calories
---	-----------	--------------

1	Doughnut =	240 Calories
---	------------	--------------

1	Egg =	60 Calories
---	-------	-------------

4	Eggs =	240 Calories
---	--------	--------------

1	Pizza Slice =	300 Calories
---	---------------	--------------

1	Turkey Slice =	30 Calories
---	----------------	-------------

10	Turkey Slices=	300 Calories
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WORLD 1-3: CALORIE CAVES

CAREFUL COUNTER 30 POINTS

When it comes to making choices based on the Nutrition Fact label, it can be tricky to figure out how many servings are contained in a package of food. Often times, we eat more than the suggested serving size of a food because we don't realize that there may be several servings in one bag, box or container. For this exercise, you will estimate how much of a food you would normally eat and then calculate the amount of calories per serving.

Figure out how many calories are in each serving, and then multiply that number by the amount of servings per food to figure out how many calories you truly eat when eating these foods.



Nutrition Facts	
Serving Size 12 chips	
Servings Per Container: 3	
Amount Per Serving	
Calories 120	
TOTAL	360



Nutrition Facts	
Serving Size 1 cup popped	
Servings Per Container: 6	
Amount Per Serving	
Calories 50	
TOTAL	300

Take the servings per container, and multiply it by the total calories



Nutrition Facts	
Serving Size 1 pancake	
Servings Per Container: 3	
Amount Per Serving	
Calories 120	
TOTAL	360



Nutrition Facts	
Serving Size 1 slice	
Servings Per Container: 8	
Amount Per Serving	
Calories 100	
TOTAL	800



Nutrition Facts	
Serving Size 3 Nuggets	
Servings Per Container: 3	
Amount Per Serving	
Calories 150	
TOTAL	450



WORLD 1-4: CALORIE CAVES

VOCAB BLAST 1

30 POINTS

It's time to revisit our vocabulary from earlier on!

For this level, you'll have to match up each term on the left with the correct definition on the right. Simply write the correct letter of each definition in the box next to the term.

CALORIE INTAKE	B
----------------	---

A A measure of energy from food. The number of calories that you need will depend on your gender, height, age, weight and level of activity. Carbohydrates, protein and fat all supply calories.

CALORIE	A
---------	---

B The amount of calories that you eat during a day.

CALORIE-RICH	C
--------------	---

C Foods that have a lot of calories in a small or single serving.

TOTAL SERVINGS	F
----------------	---

D The amount of calories required to supply fuel for your body's basic needs as well as your physical activity.

SERVING SIZE	E
--------------	---

E The amount of food in one serving, as represented by the Nutrition Facts label.

CALORIE NEED	D
--------------	---

F The total amount of servings in one bag, bottle, or container.



BONUS: CALORIE CAVES

REFUELER

25 POINTS

You can burn a lot of calories when you exercise. In order to refuel your body stores for continued activity, you need to make sure you refuel your body every time!

For this level, you will count the amount of calories that you burn while doing a particular activity. This will give you an idea of how many calories you need to eat in order to refuel.

For example, if you burn 200 calories per hour playing soccer, and you play for 2 hours, you will have burned a total of 400 calories!

HINT: Try to figure out how many segments of exercise you are doing. For example, if you burn 200 calories per 10 minutes of jumping rope, and you jump for 30 minutes, then you have 3 segments (30 minutes/10 minutes = 3).

START WITH 25 POINTS, DEDUCT 3 POINTS FOR ANY INCORRECT ANSWER

Activity	Amount	Calories	Total Calories
Soccer	120 minutes	200 calories/60 minutes	400
Jump Rope	30 minutes	50 calories/10 minutes	150
Walking	40 minutes	60 calories/20 minutes	120
Swimming	60 minutes	200 calories/60 minutes	200
Tennis	40 minutes	100 calories/20 minutes	200
Jogging	10 minutes	80 calories/10 minutes	80
Basketball	60 minutes	150 calories/30 minutes	300
Volleyball	40 minutes	50 calories/20 minutes	100
		TOTAL	1550



EXERCISE: CALORIE CAVES

TIME TO PLAY

50 POINTS

Time now to go out and burn some calories! You will need to play for at least 180 minutes (3 hours) this week!

Write down the name of the activity, and the amount of time you did it for, then add up your total time! Check out the example below:

Check to make sure students have completed exercises.

SUN
<p><i>Played soccer 30 minutes</i></p>

EXAMPLE

MON	TUE	WED	THUR	FRI	SAT	SUN

TOTAL TIME
POINTS

Add up your total amount of time, then give yourself 10 points for every 60 minutes you played.



BOSS: CALORIE CAVES

DONTNUT



It's time to face off against the boss of Calorie Caves, Dontnut!

Dontnut will try to pass hoards of calories into your system through the use of his sugary taste that never seems to fill you up.

In addition, Dontnut likes to hide his nutrition information from you so that you don't know what exactly you are eating. Luckily for you, we can tell you exactly what he's made of, and not much of it is healthy!

Use the nutrition information provided to answer the questions and defeat Dontnut, freeing Calorie Caves from the clutches of this pernicious pastry!

Nutrition Facts	
Serving Size 1 donut	
Servings Per Container: 12	
Amount Per Serving	
Calories 400	
	% Daily Value*
Total Fat 20g	0%
Saturated Fat 6g	0%
Trans Fat 0g	
Cholesterol 8mg	0%
Sodium 140mg	5%
Total Carbohydrate 55g	4%
Dietary Fiber 0g	
Sugars 33g	
Protein 2g	
Ingredients: ENRICHED UNBLEACHED WHEAT FLOUR SUGAR, MILK, SUCROSE, SODIUM	



WORLD 1: CALORIE CAVES

WORLD CLEAR!

WORLD 1-1	
WORLD 1-2	
WORLD 1-3	
WORLD 1-4	
WORLD 1 BONUS	
WORLD 1 EXERCISE	
PRODUCE HUNTER	
TOTAL	



WORLD 2: VITAMIN VALLEY

A HEALTHY START!

After emerging from Calorie Caves, you'll find yourself in Vitamin Valley, a lush plain filled with healthy foods packed with vitamins and minerals.

You have a great understanding of calories, but it's important to know that not all calories are created equal!

In Vitamin Valley, you will learn about the vitamins and minerals that are essential to your body and examples of foods that are packed with these important nutrients. Choosing these foods provides the proper fuel that helps make your body as strong and healthy as possible.

The healthiest way to get all of the vitamins and minerals that your body needs is to eat foods in their most natural state! In general, foods with fewer ingredients are the healthiest choices for your body.

Throughout this valley, the goal is to avoid eating extra baggage foods! These are foods that claim to give you a variety of vitamins and minerals, but are also packed with unhealthy amounts of sugar, unnecessary additives, and other processed ingredients!



WORLD 2: VITAMIN VALLEY

VOCABULARY

Extra Baggage Food: Foods that provide nutrients but they also contain a lot of processed ingredients, sugar, and unnecessary calories.

Vitamin A: Good for your eyes, skin, hair, bones, teeth and gums.

B Vitamins: A group of 8 vitamins that work together to help you convert food into fuel for the body. These vitamins also help build strong blood cells and support a healthy immune system.

Vitamin C: Helps hold cells together, heals cuts and broken bones, and helps fight infection.

Calcium: A mineral that gives bones and teeth structure and strength.

Iron: A mineral that is part of your red blood cells, iron helps deliver oxygen around your body.



WORLD 2: VITAMIN VALLEY

PRODUCE HUNTER CHART

Earn additional points at each level by trying any of the fruits or vegetables listed below. For each item you try, write the amount of points it is worth in the "PTS" column, then add up your total score. You can also earn 3 points for any new item you can find and try. Just fill in the name of what you tried in the green shaded area. Remember, you can only get points one time for each item, so try as many different items as you can!

1 POINT

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Apples	001	
Bananas	002	
Blackberries	003	
Carrots	004	
Celery	005	
Garlic	006	
Grapes	007	
Lettuce	008	
Onion	009	
Oranges	010	
Peaches	011	
Pineapple	012	
Potatoes	013	
Strawberries	014	
Tomatoes	015	
Watermelon	016	
TOTAL		

2 POINTS

ITEM	#	PTS
Bell Peppers	017	
Blueberries	018	
Broccoli	019	
Cantaloupe	020	
Cauliflower	021	
Cucumbers	022	
Grapefruit	023	
Green Beans	024	
Honeydew	025	
Kiwi	026	
Mangos	027	
Nectarines	028	
Pears	029	
Peas	030	
Plums	031	
Sweet Potatoes	032	
TOTAL		

3 POINTS

ITEM	#	PTS
Artichoke	033	
Asparagus	034	
Avocados	035	
Brussels Sprouts	036	
Cabbage	037	
Jicama	038	
Kale	039	
Spinach	040	
Squash	041	
Zucchini	042	
TOTAL		

TOTAL POINTS

WORLD 2-1: VITAMIN VALLEY

A, B'S, C

30 POINTS

Vitamins A, the B complex, and C are important vitamins essential to your health. For this level, you'll be sampling the alphabet of vitamins! Mark down two different foods for each vitamin that you will eat during the week. Make sure that you have different foods for each vitamin. For example, you can only count eating a carrot for one vitamin category. Variety is the spice of life, so enjoy!

Make sure students have listed at least two foods from each list.

VITAMIN A

- CARROTS
- SPINACH
- SWEET POTATO
- KALE
- CANTALOUPE
- BELL PEPPERS
- BROCCOLI
- TOMATOES
- BLACK-EYED PEAS
- BRUSSELS SPROUTS
- ROMAINE LETTUCE

VITAMIN B COMPLEX

- WHOLE-GRAIN BREAD
- AVOCADOS
- YOGURT
- TUNA
- CAULIFLOWER
- EGGS
- BEANS
- BELL PEPPERS
- ORANGES
- SPINACH
- ASPARAGUS

VITAMIN C

- ORANGES
- PINEAPPLES
- CANTALOUPE
- KIWI
- BELL PEPPERS
- BROCCOLI
- BRUSSELS SPROUTS
- TOMATOES
- STRAWBERRIES
- RASPBERRIES
- GRAPEFRUIT
- BLUEBERRIES

FOODS YOU ATE

FOODS YOU ATE

FOODS YOU ATE



WORLD 2-2: VITAMIN VALLEY

BODY BUILDER

40 POINTS

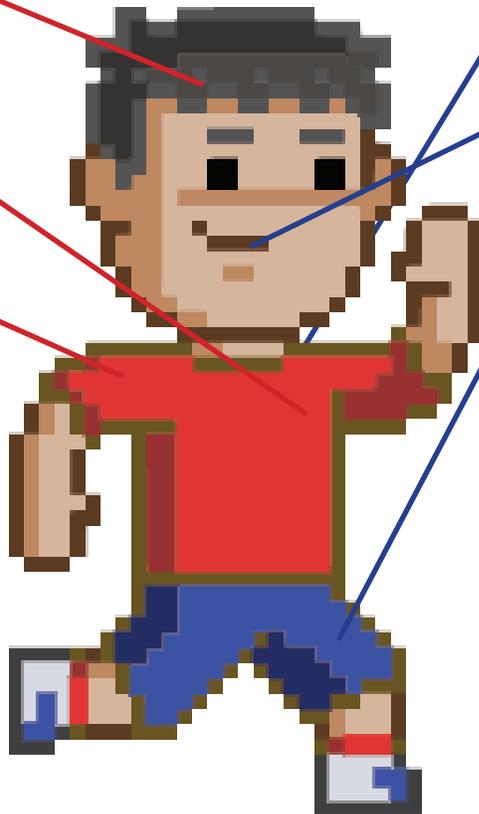
Iron and Calcium are two very important minerals your body needs for growth, strength and health. For this level, your mission is to name and eat a food for each part of the body that needs support! The red boxes will indicate that you need iron while the blue boxes will indicate that you need calcium, so use our little athletic guy as a guide!

Use the list of each food to write down a food you will eat. Have an adult initial next to each item you ate.

Make sure students have listed the Calcium foods in the blue boxes, and Iron foods in red boxes. Make sure an adult has initialed each box.

ENERGY
BLOOD
MUSCLES

SPINE
TEETH
LEG BONES



IRON-RICH FOODS

- RED MEAT
- DARK-MEAT CHICKEN
- SPINACH
- POTATOES
- BLACK BEANS
- KIDNEY BEANS
- CASHEWS
- GREEN PEAS

CALCIUM FOODS

- CHEESE
- MILK
- YOGURT
- BROCCOLI
- KALE
- TOFU
- SOY OR ALMOND MILK
- CANNED SALMON



WORLD 2-3: VITAMIN VALLEY

BAG CHECK

30 POINTS

We talked earlier about “Extra Baggage Foods” and you will recall that these are foods that provide nutrients but they also contain a lot of processed ingredients, sugar, and unnecessary calories. These are most commonly found in sweetened cereals, beverages and packaged foods. There is an extra baggage food listed for each vitamin and mineral we have talked about. Circle the statement that indicates why the food is unhealthy and then write down a healthy food substitute for the “Extra Baggage Food”.

Students should have one substitute food written in replace of the Extra Baggage food.

VITAMIN A

PRE-SWEETENED CEREAL



PUFFED CORN AND RICE
LOTS OF ADDED SUGAR
 11 VITAMINS AND MINERALS

VITAMIN B COMPLEX

WHITE BREAD ROLLS



HIGH CALORIES PER ROLL
 ENRICHED FLOUR
 BAKED ROLLS

VITAMIN C

FRUIT SNACKS



CONTAINS FRUIT JUICE
 HIGH VITAMIN C
CONTAINS HIGH SUGAR

CALCIUM

ICE CREAM



LOW FAT MILK
HIGH CALORIES PER SCOOP
 ADDED FRUIT

IRON

CEREAL BARS



COATED IN SUGAR
 WHOLE GRAINS
 HEALTHY FATS



WORLD 2-4: VITAMIN VALLEY

VOCAB BLAST 2

30 POINTS

It's time to revisit our vocabulary from earlier on!

For this level, you'll have to match up each term on the left, with the correct definition on the right! Simply write the correct letter of each definition in the box next to the term!

EXTRA BAGGAGE

A mineral that gives bones and teeth structure and strength.

VITAMIN A

Helps hold cells together, heals cuts and broken bones, and helps fight infection.

B VITAMINS

A mineral that is part of your red blood cells, it helps deliver oxygen around your body.

VITAMIN C

Good for your eyes, skin, hair, bones, teeth, and gums.

CALCIUM

Foods that provide nutrients but they also contain a lot of processed ingredients, sugar, and unnecessary calories.

IRON

A group of 8 vitamins that work together to help you convert food into fuel for the body. These vitamins also help build strong blood cells and support a healthy immune system.



BONUS: VITAMIN VALLEY

MY FRUIT

30 POINTS

It's time to get creative! For this level, you will create your own fruit, and along with a name, give it 3 essential vitamins or minerals from our list. Write down which part of the body or function is associated with that vitamin or mineral.

FRUIT NAME

Students should have a drawing of their fruit and have listed the vitamins and minerals, along with what part of the body it helps.

VITAMIN/MINERAL

BODY PART/FUNCTION



EXERCISE: VITAMIN VALLEY

JUMPING JACKED UP 50 POINTS

You're going to be filling your body with all sorts of healthy and important vitamins and minerals! For this world, we're going to put all of those vitamins and minerals to work, by doing some jumping jacks! Earn 10 points for every 50 jumping jacks that you do this week. You can earn a maximum of 50 points this week, so hop on it and start jumping around!

Check to make sure students have listed their number of jumping jacks throughout the week.

SUN
35 Jumping Jacks

EXAMPLE

MON	TUE	WED	THUR	FRI	SAT	SUN

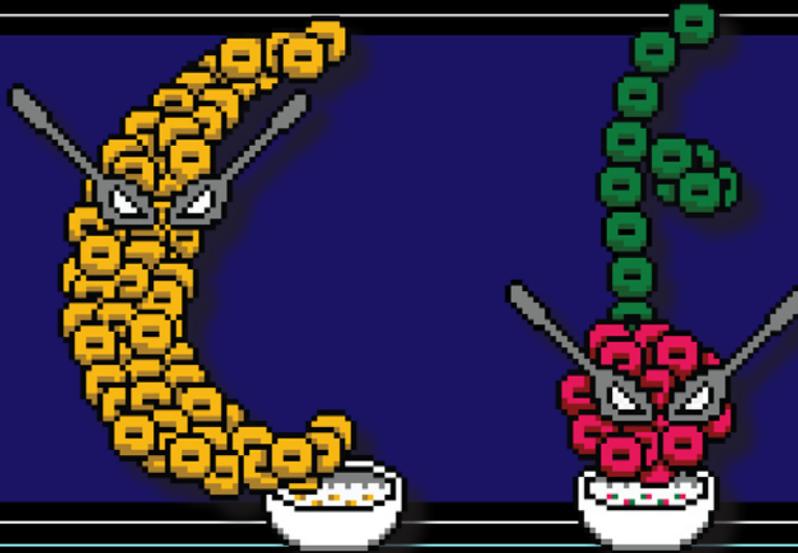
TOTAL AMOUNT
POINTS

Add up your total amount of jumping jacks, then give yourself 10 points for every 50 that you do.



BOSS: VITAMIN VALLEY

FRUIT OOPS



Fruit Oops have been running amuck in Vitamin Valley and its your job to stop them!

While claiming to have plenty of healthy vitamins and minerals, Fruit Oops are actually one big group of extra baggage cereal bites that pack an enormous amount of sugar, and unnecessary calories into every bite!

Show these dudes that you won't be fooled, and send them down the drain by reading their nutrition label and getting past their lie of a "healthy and balanced meal".

If you can defeat Fruit Oops, you will clear Vitamin Valley. Show me what you got, and good luck!

Nutrition Facts	
Serving Size 2 cups	
Servings Per Container: 8	
Amount Per Serving	
Calories 300	
	% Daily Value*
Total Fat 2g	0%
Saturated Fat 1g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	5%
Total Carbohydrate 50g	20%
Dietary Fiber 6g	
Sugars 44g	
Protein 2g	
Ingredients: SUGAR, CORN FLOUR BLEND, MODIFIED FOOD STARCH, HYDROGENATED VEGETABLE OIL, YELLOW 6, RED 40, BLUE 1	



WORLD 2: VITAMIN VALLEY

WORLD CLEAR!

WORLD 2-1	
WORLD 2-2	
WORLD 2-3	
WORLD 2-4	
WORLD 2 BONUS	
WORLD 2 EXERCISE	
PRODUCE HUNTER	
TOTAL	

ADULT SIGNATURE



WORLD 3: CARB CLOUDSCAPE

FUEL UP THE RIGHT WAY

After clearing Vitamin Valley, you'll find yourself floating upwards into Carb Cloudscape! It is here that you will find carbohydrates, a vital energy source for your body and brain.

Carbohydrates come in two forms, simple carbohydrates and complex carbohydrates. Simple carbohydrates include sugars, fruit, and milk typically. These are called simple because they are made of a few units of sugar making up a simple chain.

Complex carbohydrates are longer chains of sugars that take longer to digest and convert into energy, but your body will be able to draw power from complex carbs much longer than simple carbs. These include foods like rice, pasta, potatoes, beans and other vegetables and grains.

Be on the lookout for healthy and unhealthy carbohydrates though! Lurking in the skies you will run into sugar, refined grains, and many other less healthy carbohydrates that won't give your body the proper nutrition it needs.

Sort out all of the Carb confusion in the skies, and you'll continue to make Nutritia a healthier place for all!



WORLD 3: CARB CLOUDSCAPE

VOCABULARY

Complex Carbohydrates: Sometimes also called starches, complex carbs are found in grain products such as bread, cereal, crackers, and rice.

Simple Carbohydrates: Also called simple sugars, these are found in sugar and all the sugar imposters. But simple carbs are also found in healthier foods like fruit and milk.

Fiber: Complex carbohydrates take longer to be broken down by the human body for energy and are found in fruits, vegetables, beans, and grains. Fiber helps keep your heart healthy, helps you feel full longer after eating, and keeps your digestive tract working well.

Whole Grains: Foods that keep all three parts of the grain are “whole grain”. By keeping all three parts, whole-grain foods are higher in fiber, vitamins, and minerals than refined grains (white flour).

White/Refined Flour: Flours made from grains such as wheat, oats, and rice that have removed most of the bran and some of the germ from the grain. This takes away much of the fiber and many important vitamins and minerals.



WORLD 3: CARB CLOUDSCAPE

PRODUCE HUNTER CHART

Earn additional points at each level by trying any of the fruits or vegetables listed below. For each item you try, write the amount of points it is worth in the "PTS" column, then add up your total score. You can also earn 3 points for any new item you can find and try. Just fill in the name of what you tried in the green shaded area. Remember, you can only get points one time for each item, so try as many different items as you can!

1 POINT

ITEM	#	PTS
Apples	001	
Bananas	002	
Blackberries	003	
Carrots	004	
Celery	005	
Garlic	006	
Grapes	007	
Lettuce	008	
Onion	009	
Oranges	010	
Peaches	011	
Pineapple	012	
Potatoes	013	
Strawberries	014	
Tomatoes	015	
Watermelon	016	
TOTAL		

2 POINTS

ITEM	#	PTS
Bell Peppers	017	
Blueberries	018	
Broccoli	019	
Cantaloupe	020	
Cauliflower	021	
Cucumbers	022	
Grapefruit	023	
Green Beans	024	
Honeydew	025	
Kiwi	026	
Mangos	027	
Nectarines	028	
Pears	029	
Peas	030	
Plums	031	
Sweet Potatoes	032	
TOTAL		

3 POINTS

ITEM	#	PTS
Artichoke	033	
Asparagus	034	
Avocados	035	
Brussels Sprouts	036	
Cabbage	037	
Jicama	038	
Kale	039	
Spinach	040	
Squash	041	
Zucchini	042	
TOTAL		

TOTAL POINTS

WORLD 3-1: CARB CLOUDSCAPE

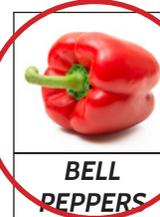
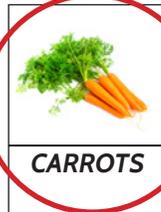
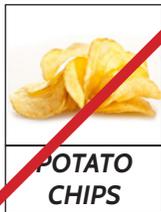
MEAL MAKER

30 POINTS

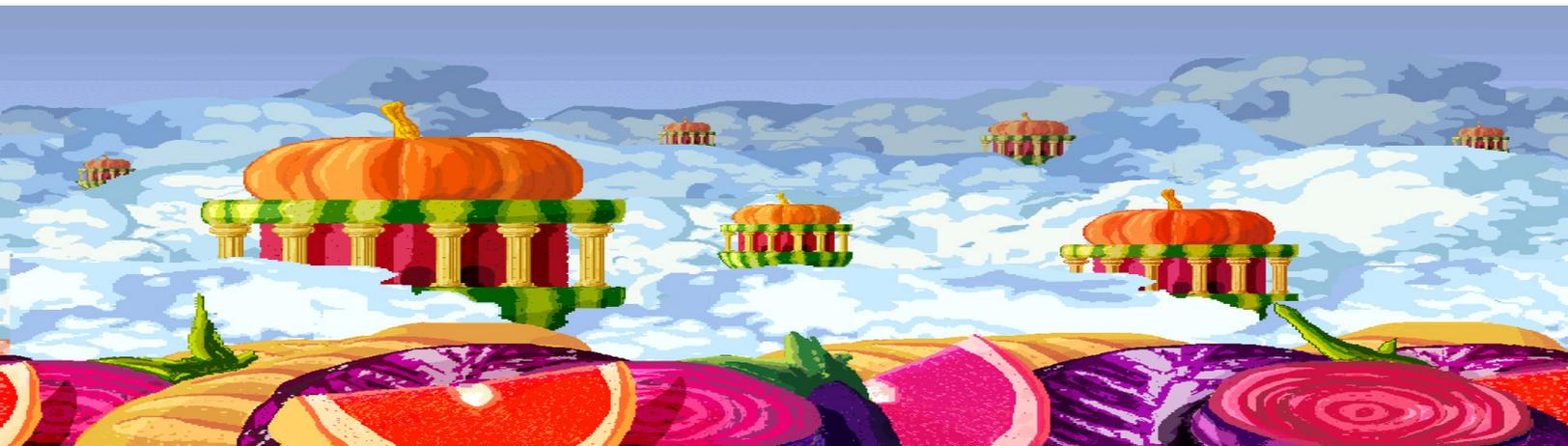
Carbohydrates are a vital part of any meal you eat during the day. In fact, you should have them with every meal! For this level, you have to build the healthiest meal possible by choosing healthy simple and complex carbohydrates. Remember that your healthy carbohydrates include milk, fruits, vegetables, beans, and whole grains! It is especially important to limit items with a lot of added sugar or white flour (refined grains).

Circle the healthy complex and simple carbohydrates, and cross out the less-healthy options.

COMPLEX CARBS



SIMPLE CARBS



WORLD 3-2: CARB CLOUDSCAPE

SELECTOR

35 POINTS

You have learned about the difference between a simple and complex carbohydrate. Simple carbohydrates provide quick energy (think 1 hour or less!) and complex carbohydrates provide longer sustained energy (think 1-3 hours!). For this level, you are given an exercise and a list of carbohydrate choices. Select the one carbohydrate that would provide the best fit for your energy. For example, an exercise lasting less than an hour would require a simple carbohydrate while an exercise lasting longer than an hour requires a complex carbohydrate!



Students can select any one of these choices for Lacrosse.



SOCCER
30 MINUTES
WHEAT BREAD OATMEAL BANANA SPINACH

VOLLEYBALL
2 HOURS
APPLE PEACH WHOLE-WHEAT PASTA CANDY

LACROSSE
1.5 HOURS
WHEAT BREAD OATMEAL BANANA SPINACH



HOCKEY
35 MINUTES
WATERMELON WHITE BREAD WHOLE GRAIN CEREAL CARROTS

SWIMMING
25 MINUTES
PIZZA CUCUMBER GRAPES WHEAT LASAGNA

BASKETBALL
1.75 HOURS
BROCCOLI OATMEAL RASPBERRIES MILK



WORLD 3-3: CARB CLOUDSCAPE

CEREAL CODER

40 POINTS

Cereal is one of the most popular choices for breakfast, and when chosen correctly, it can be very healthy! But let's be real - the majority of cereals that you see in the store have loads of sugar and refined grains in them. For this level, you will be given a list of cereals and a list of descriptions. Match the correct cereal with the correct definition by drawing a line connecting the two, then circle the healthy cereal choices! Grab a bowl and don't forget to put the milk away!

MULTIGRAIN HAPPY-OH'S 

MARSHMALLOW NOM NOMS 

FRUITY DINO BITES 

WHOLE-GRAIN PANDA FLAKES 

FROSTED SUGAR BLASTS 

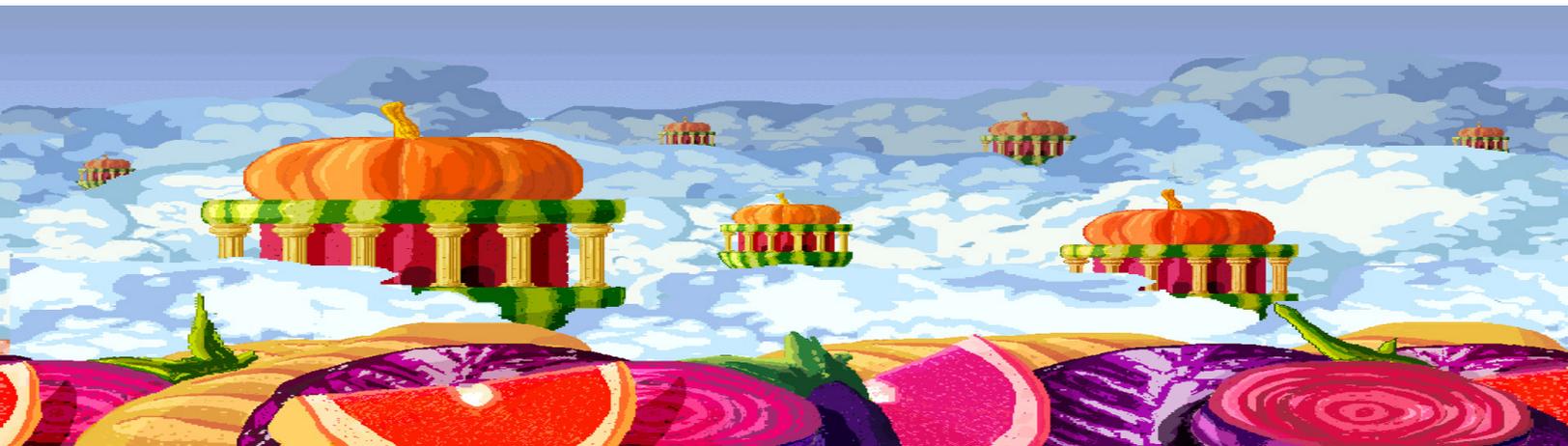
A This prehistoric fruity cereal contains high-fructose corn syrup and uses the word *fruit* to fake being healthy.

B These round multigrain bites are low in sugar and contain many grains for a serving of complex carbs.

C These explosive bites taste sweet, but are coated in sugar.

D These healthy flakes are made from whole grains, providing long-sustained energy and fiber.

E Usually coupled with puffed corn, this marshmallow cereal can't hide the fact that it's not very healthy.



WORLD 3-4: CARB CLOUDSCAPE

VOCAB BLAST 3

25 POINTS

It's time to revisit our vocabulary from earlier on!

For this level, you'll have to match up each term on the left, with the correct definition on the right! Simply write the correct letter of each definition in the box next to the term!

COMPLEX
CARBOHYDRATES

B

A

Foods that keep all three parts of the grain. These foods are typically higher in vitamins, fiber, and minerals than refined grains.

SIMPLE
CARBOHYDRATES

D

B

Found in grain products such as bread, cereal, crackers, and rice. Your body takes longer to turn these into energy.

FIBER

E

C

Made from grains such as wheat, oats, and rice that have had most of the bran and some of the germ removed from the grain, making it less healthy.

WHOLE GRAINS

A

D

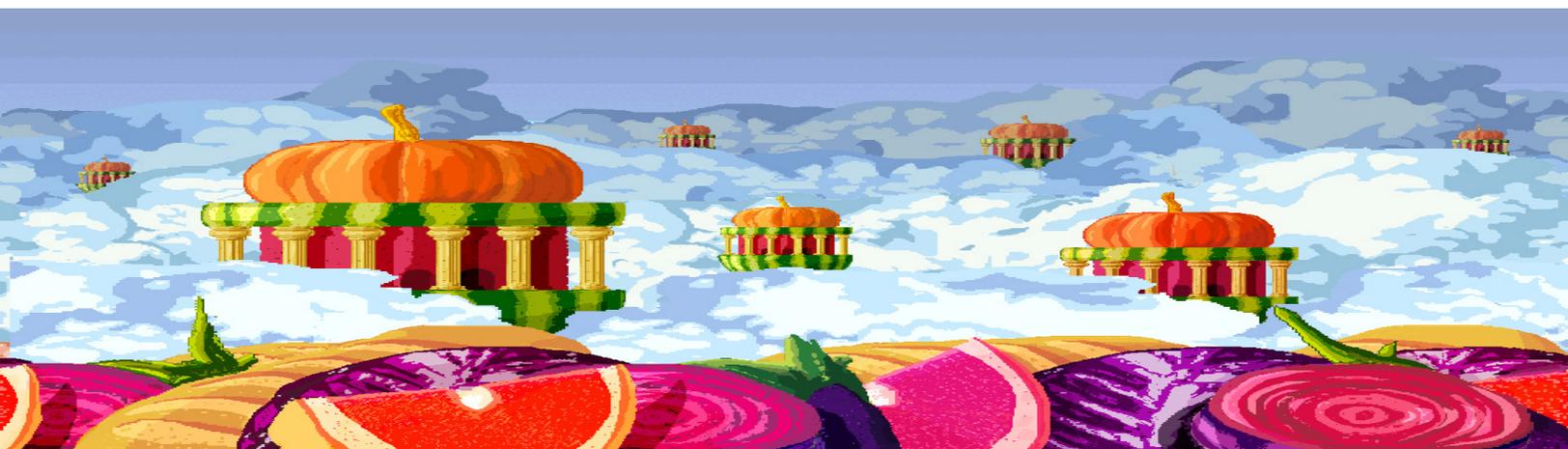
Found in sugar and all the sugar imposters, but also found in healthier foods like fruit and milk. Your body can turn these into energy rather quickly.

WHITE/REFINED
FLOUR

C

E

A complex carbohydrate that can't be broken down by the human body for energy and is found in fruits, vegetables, beans, and grains.



BONUS: CARB CLOUDSCAPE

CARB TRIBUTION

25 POINTS

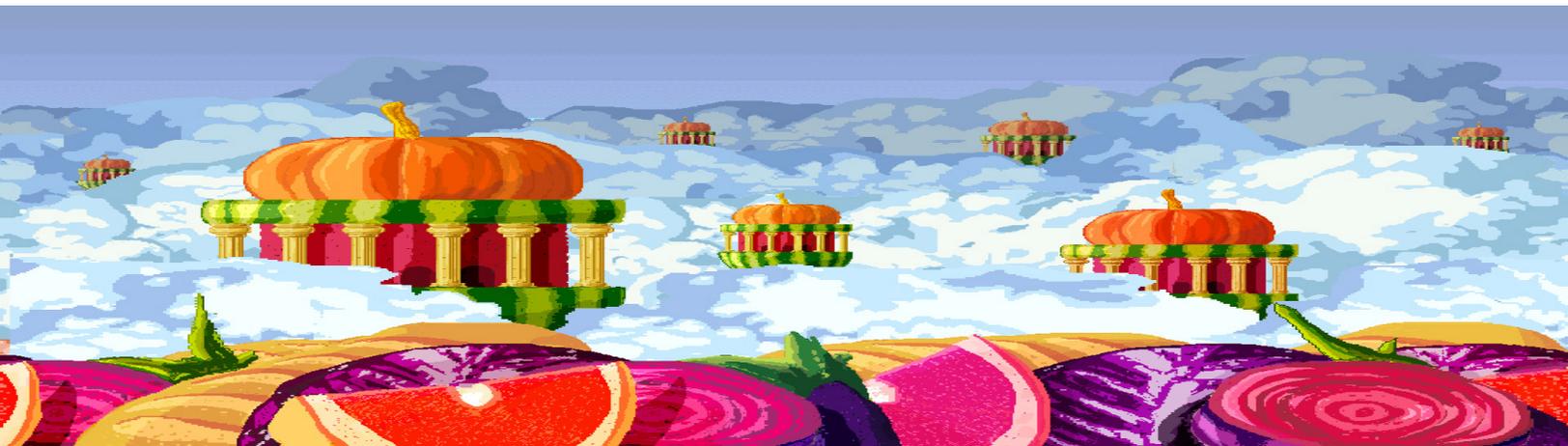
For this bonus level, you'll have to put all of that knowledge of carbs to the test, and eat healthy simple and complex carbohydrates during the week! During a day, eat at least two servings of a healthy simple carbohydrate, and two servings of a healthy complex carbohydrate. Do this for three days, and mark down the foods you ate each day. This is a great way to score some bonus points up in the sky of Carb Cloudscape!

Do a quick check to make sure students have listed a complex or simple carb for each item.



	SUN
COMPLEX	<i>WHEAT BREAD</i>
COMPLEX	<i>BROCCOLI</i>
SIMPLE	<i>PEACHES</i>
SIMPLE	<i>CANTALOUPE</i>

	MON	TUE	WED	THUR	FRI	SAT	SUN
COMPLEX							
COMPLEX							
SIMPLE							
SIMPLE							



EXERCISE: CARB CLOUDSCAPE

SIT UP, GET UP 50 POINTS

To fight off those unhealthy carbohydrates that threaten your health, it's your mission to do some sit ups! Earn 10 points for every 30 sit ups you do throughout the week. You can earn a maximum of 50 points, so see if you can "sit up" to the challenge!

Check to make sure students have listed their number of sit ups throughout the week.

SUN
25 <i>Sit Ups</i>

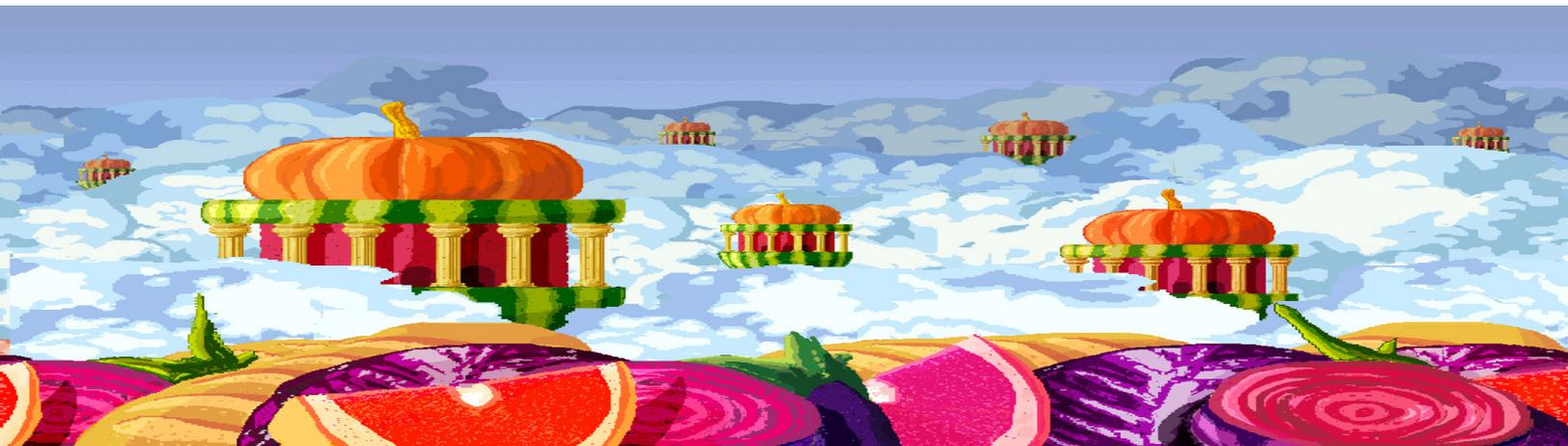
EXAMPLE

MON	TUE	WED	THUR	FRI	SAT	SUN

TOTAL AMOUNT

POINTS

Add up your total amount of sit ups, then give yourself 10 points for every 30 that you do.



BOSS: CARB CLOUDSCAPE

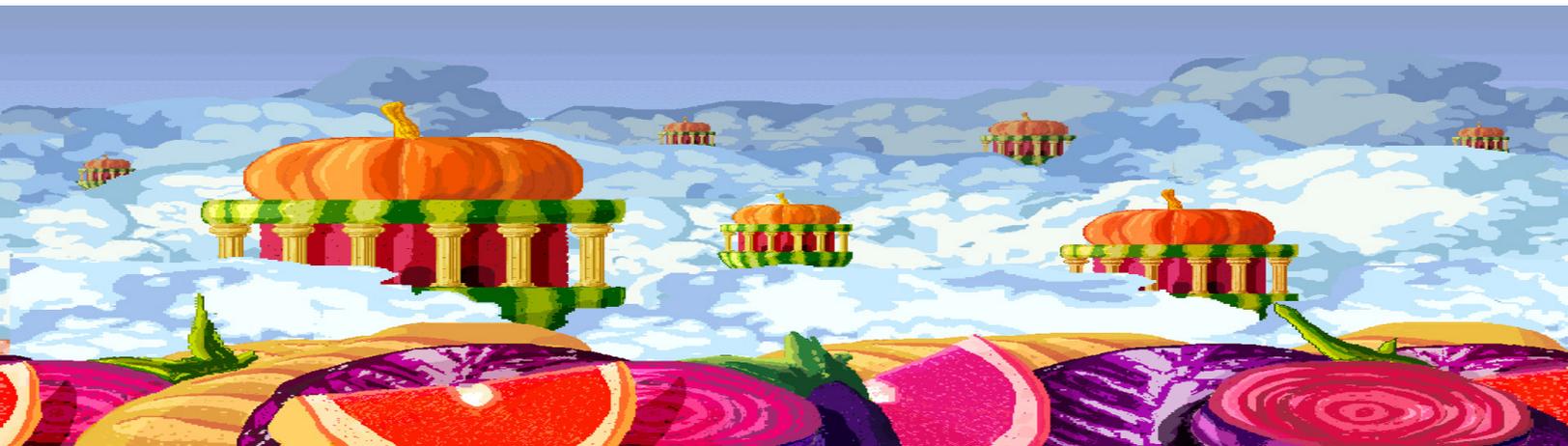
PANQUAKES



Sure, Panquakes may look light and fluffy, but this breakfast bully will sneak in a huge amount of unhealthy carbohydrates when made with refined flour, along with boat loads of sugar in the variety of syrups and sauces it drowns itself in!

Flatten this terror of the clouds once and for all by using your knowledge about carbohydrates and ridding Carb Cloudscape of this stack of pure unhealthiness once and for all!

Nutrition Facts	
Serving Size 3 pancakes	
Servings Per Container: 11	
Amount Per Serving	
Calories 750	
	% Daily Value*
Total Fat 22g	0%
Saturated Fat 7g	0%
Trans Fat 0g	
Cholesterol 30mg	0%
Sodium 70mg	5%
Total Carbohydrate 115g	65%
Dietary Fiber 4g	
Sugars 42g	
Protein 7g	
Ingredients: WHITE FLOUR, SUGAR, WATER, YEAST, HIGH FRUCTOSE CORN SYRUP	



WORLD 3: CARB CLOUDSCAPE

WORLD CLEAR!

WORLD 3-1	
WORLD 3-2	
WORLD 3-3	
WORLD 3-4	
WORLD 3 BONUS	
WORLD 3 EXERCISE	
PRODUCE HUNTER	
TOTAL	

ADULT SIGNATURE



WORLD 4: SUGAR SLOPES

SWEET DOESN'T MEAN NICE!

After floating down from the clouds of Carb Cloudscape, you'll find yourself in the sweet and satisfying world of Sugar Slopes!

While your taste buds will enjoy the many treats offered here, be careful because sugar is full of unnecessary calories and empty carbohydrates. The most malicious form of sugar comes in the form of added sugar, most commonly found in a variety of processed foods like breakfast cereals, drinks, sweets, and baked items like cakes and cookies. Sugar has many hidden identities!

Be on the lookout for added sugar in the form of “sugar imposters”, such as high-fructose corn sweetener, sucrose, fruit juice concentrate, honey, and agave. These ingredients will sweeten plenty of items, but it's something your body won't like at all as they are full of unhealthy carbohydrates and will not fuel your body.

It is your mission in this world to seek out foods that will satisfy your sweet tooth, but aren't packed with added sugar (white sugar) or any of the sugar imposters. This means choosing fruits most often to satisfy your sweet tooth. Fruits are filled with natural sugars but also have vitamins and fiber to keep you healthy and strong. Stay focused through this world and you will successfully navigate Sugar Slopes without getting trapped by the vast amount of tasty and deceiving goodies thrown your way!



WORLD 4: SUGAR SLOPES

VOCABULARY

Added sugar: White sugar that is added to a variety of foods to sweeten them, adding empty calories.

Empty carbohydrates: Foods that have carbohydrates in them but are lacking any fiber, minerals, or vitamins.

High-fructose Corn Sweetener: A common sweetener found in many foods, including soda, bread, and crackers. It's not a natural sugar and is processed (made) from corn.

Sucrose: Another word for sugar, you may see this listed under the ingredients on some of your favorite foods.

Fruit juice concentrate: Made by removing the fiber and almost all water from fruit, to keep only the sugar. Often used in processed foods. This allows a food label to say the food has "real fruit juice," but really it has only the sugar from the juice, with the healthy fiber and water removed.



WORLD 4: SUGAR SLOPES

PRODUCE HUNTER CHART

Earn additional points at each level by trying any of the fruits or vegetables listed below. For each item you try, write the amount of points it is worth in the "PTS" column, then add up your total score. You can also earn 3 points for any new item you can find and try. Just fill in the name of what you tried in the green shaded area. Remember, you can only get points one time for each item, so try as many different items as you can!

1 POINT

ITEM	#	PTS
Apples	001	
Bananas	002	
Blackberries	003	
Carrots	004	
Celery	005	
Garlic	006	
Grapes	007	
Lettuce	008	
Onion	009	
Oranges	010	
Peaches	011	
Pineapple	012	
Potatoes	013	
Strawberries	014	
Tomatoes	015	
Watermelon	016	
TOTAL		

2 POINTS

ITEM	#	PTS
Bell Peppers	017	
Blueberries	018	
Broccoli	019	
Cantaloupe	020	
Cauliflower	021	
Cucumbers	022	
Grapefruit	023	
Green Beans	024	
Honeydew	025	
Kiwi	026	
Mangos	027	
Nectarines	028	
Pears	029	
Peas	030	
Plums	031	
Sweet Potatoes	032	
TOTAL		

3 POINTS

ITEM	#	PTS
Artichoke	033	
Asparagus	034	
Avocados	035	
Brussels Sprouts	036	
Cabbage	037	
Jicama	038	
Kale	039	
Spinach	040	
Squash	041	
Zucchini	042	
TOTAL		

TOTAL POINTS

WORLD 4-1: SUGAR SLOPES**CATCH 'EM 30 POINTS**

High-fructose corn syrup is an especially sneaky added sugar and it is found in a lot of popular food items! For this level, you can go to the grocery store, look in your cupboard or pantry at home, or look at products online and find at least 6 items that have high-fructose corn syrup in them. Write down the description of the food in each box!

**Make sure students have written down
an example in each box.**

ITEM #1

--

ITEM #2

--

ITEM #3

--

ITEM #4

--

ITEM #5

--

ITEM #6

--



WORLD 4-2: SUGAR SLOPES

FRUIT SNEAKS

30 POINTS

We all love fruit snacks. Whether it's after school or during halftime of a soccer game, fruit snacks are one of the most popular snack items for kiddos like yourselves. However, many of these fruit snacks sneak in lots of added sugar by putting in fruit juice concentrate or corn syrup, and are also filled with empty calories. Don't be fooled by the term fruit though! Look at the ingredients of each fruit snack, draw a line through each sugar imposter, then circle the fruit snacks that are the healthiest to eat!



1

Ingredients: ~~high fructose corn syrup~~, fruit juice, ~~sugar~~, modified corn starch



2

Ingredients: fruit juice, citric acid, natural flavors



3

Ingredients: ~~sucrose~~, ~~fruit juice concentrate~~, fruit puree, artificial flavors



4

Ingredients: apricots



5

Ingredients: Fruit juice, fruit puree, gelatin, coconut oil



6

Ingredients: ~~sugar~~, fruit puree, ~~high fructose corn syrup~~, modified corn starch, artificial flavors



7

Ingredients: ~~honey~~, ~~agave~~, citric acid, sugar, sodium citrate



8

Ingredients: fruit juice, citric acid, ~~sugar~~, natural flavors



WORLD 4-3: SUGAR SLOPES

PARTY FAVORS

20 POINTS

Party Time! Parties are a lot of fun, but what do you always seem to find at a party? Cake and Ice Cream! Now since we are in Sugar Slopes, we know better than to just load up on a bunch of that cake and ice cream. Instead, you can also make some healthy choices! Look at the table and circle the items that are the healthiest to eat! Mark an "X" on top of the less healthy items as well to clear this level!



WORLD 4-4: SUGAR SLOPES

VOCAB BLAST 4

25 POINTS

It's time to revisit our vocabulary from earlier on!

For this level, you'll have to match up each term on the left, with the correct definition on the right! Simply write the correct letter of each definition in the box next to the term!

ADDED SUGAR

B

A

Often used in processed foods. It allows a food label to say the food has "real fruit juice," even though all the fiber and water has been removed.

EMPTY
CARBOHYDRATES

D

B

White sugar that is added to a variety of foods to sweeten them, adding empty calories.

HIGH-FRUCTOSE
CORN SWEETENER

E

C

Another word for sugar, you may see this listed under the ingredients in some of your favorite foods.

SUCROSE

C

D

Foods that have carbohydrates in them, but are lacking any fiber, minerals, or vitamins.

FRUIT JUICE
CONCENTRATE

A

E

A common sweetener found in many foods including soda, bread, and crackers. It's not a natural sugar and is processed (made) from corn.



BONUS: SUGAR SLOPES

SEASON'S GREETINGS 25 POINTS

Cinnamon and spices are a great way to add flavor to a lot of foods instead of dumping a bunch of sugar on them! Get creative this week, and at least four times, add cinnamon to a food to bring out some extra flavor and avoid all of that rotten sugar! You can try putting some on an apple, sprinkling some on your toast, or even mixing it in with some whole wheat pancakes! Show me what you got, and you'll clear this bonus level!



SUN
<i>Put into oatmeal</i>

EXAMPLE

MON	TUE	WED	THUR	FRI	SAT	SUN

Do a quick check to make sure students have listed an item for the days they are counting for trying cinnamon.



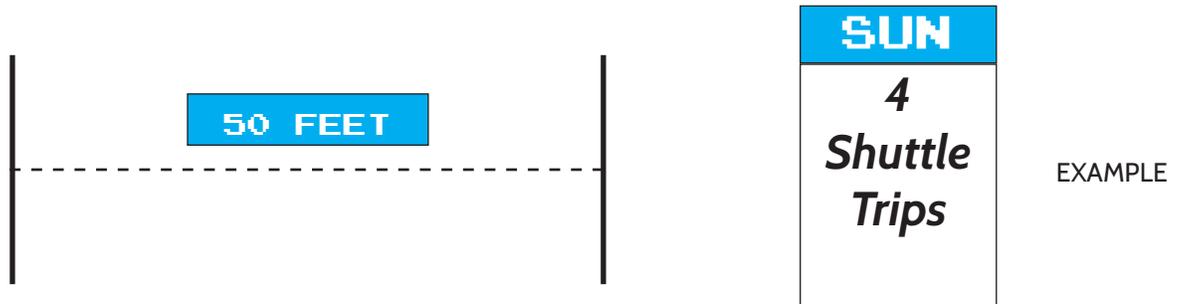
EXERCISE: SUGAR SLOPES

SHUTTLE

50 POINTS

In order to fend off all of the sugar surrounding us on these slopes, we'll have to burn some calories and in this world we're going to be doing some shuttle runs! Mark off a 50 foot shuttle and get ready to run down, touch the line, and run back touching the line each time with your hand!

You'll get 10 points for every 5 round trips you make, and can **earn a maximum of 50 points!** We recommend doing one set of these a day during the week! Get your shuttle run on and you'll be scoring some serious points in this world!



MON	TUE	WED	THUR	FRI	SAT	SUN

Make sure students have listed the amount of shuttle runs they did for the days they are counting.

TOTAL AMOUNT

POINTS

Add up your total amount of shuttle trips, then give yourself 10 points for every 5 that you do.



BOSS: SUGAR SLOPES

SUNDANGEROUS



Sundangerous may look sweet, but it packs a frightening amount of sugar, empty carbohydrates, and artificial sweeteners in every bite!

Watch out for the added sugar that comes in the many toppings that Sundangerous will fling at you, as these can quickly ramp up your sugar totals!

Identify all of the hazards of this dastardly dessert and clear out all of the unhealthy sugar plaguing sugar slopes once and for all!

Nutrition Facts

Serving Size 1 sundae
Servings Per Container: 1

Amount Per Serving
Calories 340

	% Daily Value*
Total Fat 12g	0%
Saturated Fat 9g	0%
Trans Fat 0g	
Cholesterol 30mg	0%
Sodium 170mg	5%
Total Carbohydrate 64g	65%
Dietary Fiber 1g	
Sugars 67g	
Protein 8g	

Ingredients: HIGH FRUCTOSE CORN SYRUP, SUGAR, SUCROSE, MILK, MILK POWDER COCOA, AGAVE



WORLD 4: SUGAR SLOPES

WORLD CLEAR!

WORLD 4-1	
WORLD 4-2	
WORLD 4-3	
WORLD 4-4	
WORLD 4 BONUS	
WORLD 4 EXERCISE	
PRODUCE HUNTER	
TOTAL	

ADULT SIGNATURE



WORLD 5: FAT FLAMESA

KNOW THE FACTS ABOUT FAT!

After cooling off all of the sugar in Sugar Slopes, it's time to heat things up as we head into Fat Flamesa!

Fat gets a bad rap, but it's critical to understand that there are actually some fats that are very good for you, and others that are extremely unhealthy!

To begin with, make sure to limit Saturated fat and avoid Trans fat as these fats will raise your blood cholesterol. Cholesterol comes in two forms, dietary cholesterol and blood cholesterol. Scientists who study fats have learned that it's OK to eat high cholesterol foods like eggs and shrimp. It's more important to avoid foods high in saturated fats. Trans fat is the worst fat of all and is commonly found in processed foods. It has a sneaky name which is "partially hydrogenated oil." If you see that food on a label, avoid it at all costs.

The fats that we should eat help our hearts and important organs. These fats are called Polyunsaturated, and Monounsaturated. The names can be confusing, but keep an eye on the prefix (first part of each word) and always look for Poly- and Mono- when eating foods with fat. It's also OK to eat smaller amounts of some foods with saturated fat such as lean red meat and cheese. These foods also provide important nutrients such as iron and calcium.

Fat is an important part of a healthy diet, but being able to choose healthy fats while limiting the amount you eat will help you achieve optimum health! Your mission is to choose those healthy foods that are moderate in fat and high in protein, so you can give your body the best chance to grow and be strong. Do this, and you will snuff out all of the unhealthy fats in Fat Flamesa!



WORLD 5: FAT FLAMESA

VOCABULARY

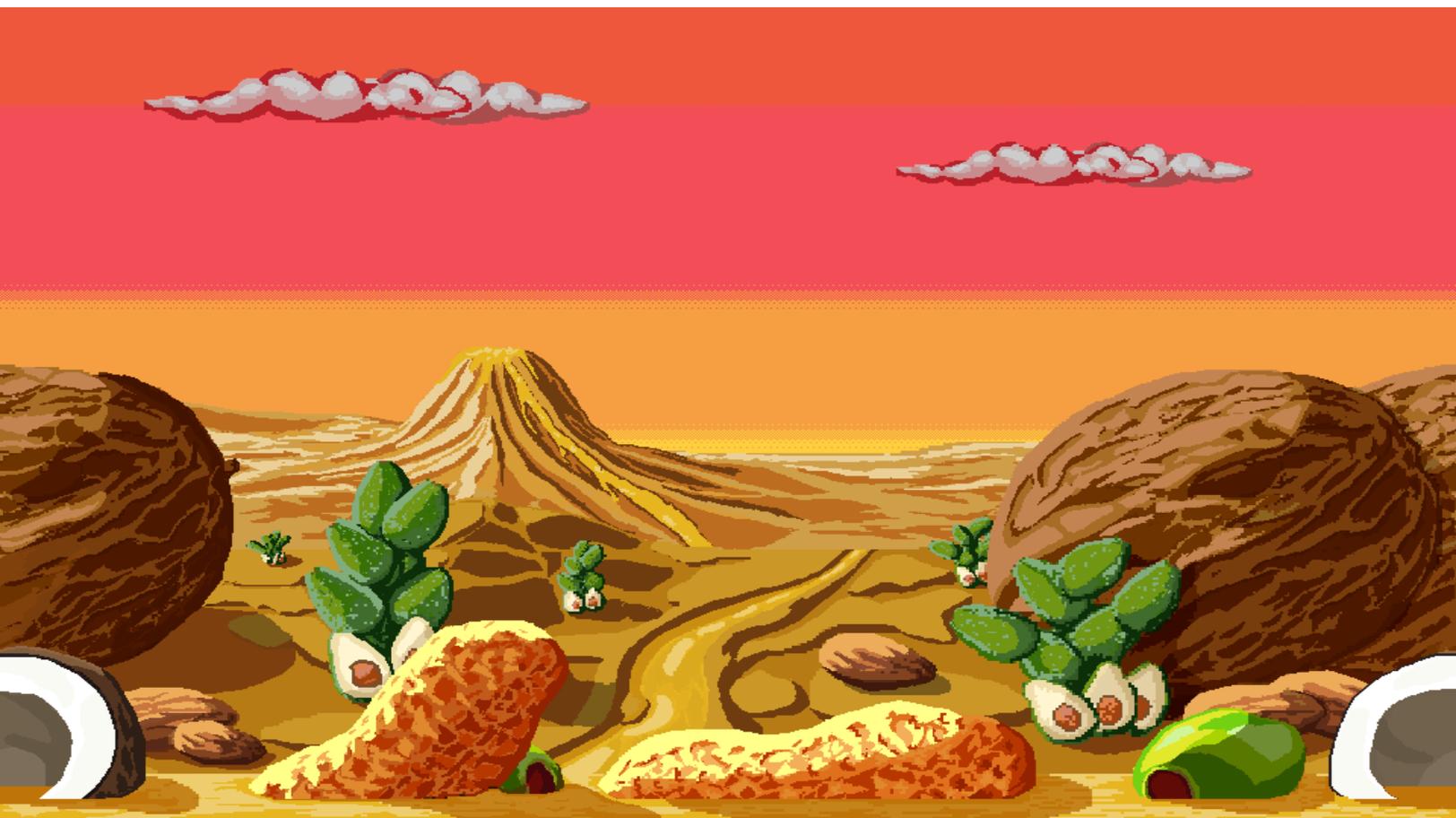
Dietary cholesterol: A waxy fatlike material found in foods of animal origin and every cell wall in your body. It helps your body produce vitamin D and digest fat.

Saturated fat: A fat that is solid at room temperature, and will increase your bad cholesterol (LDL).

Trans fat: Another fat that is solid at room temperature, this one is a double whammy, as it will lower your good cholesterol (HDL), while raising your bad cholesterol (LDL).

Polyunsaturated fat: Liquid at room temperature, it also lowers cholesterol levels, while providing Omega-6 and Omega-3 fats that help your brain and body function.

Monounsaturated fat: A fat that is liquid at room temperature but gets solid when chilled, it lowers cholesterol levels when eaten instead of saturated or trans fat.



WORLD 5: FAT FLAMESA

PRODUCE HUNTER CHART

Earn additional points at each level by trying any of the fruits or vegetables listed below. For each item you try, write the amount of points it is worth in the "PTS" column, then add up your total score. You can also earn 3 points for any new item you can find and try. Just fill in the name of what you tried in the green shaded area. Remember, you can only get points one time for each item, so try as many different items as you can!

1 POINT

ITEM	#	PTS
Apples	001	
Bananas	002	
Blackberries	003	
Carrots	004	
Celery	005	
Garlic	006	
Grapes	007	
Lettuce	008	
Onion	009	
Oranges	010	
Peaches	011	
Pineapple	012	
Potatoes	013	
Strawberries	014	
Tomatoes	015	
Watermelon	016	
TOTAL		

2 POINTS

ITEM	#	PTS
Bell Peppers	017	
Blueberries	018	
Broccoli	019	
Cantaloupe	020	
Cauliflower	021	
Cucumbers	022	
Grapefruit	023	
Green Beans	024	
Honeydew	025	
Kiwi	026	
Mangos	027	
Nectarines	028	
Pears	029	
Peas	030	
Plums	031	
Sweet Potatoes	032	
TOTAL		

3 POINTS

ITEM	#	PTS
Artichoke	033	
Asparagus	034	
Avocados	035	
Brussels Sprouts	036	
Cabbage	037	
Jicama	038	
Kale	039	
Spinach	040	
Squash	041	
Zucchini	042	
TOTAL		

TOTAL POINTS

WORLD 5-1: FAT FLAMESA

GOOD VS. BAD

30 POINTS

There are a few different types of fats, and it's important to know which fats are healthy, and which ones are unhealthy. For this level, you will see different types of fats listed for different foods. Label each fat with an "H" if its healthy, and a "U" if it's unhealthy. Look at your vocab if you need a reminder of which fats are healthy, and which aren't!

SATURATED	U
TRANS	U
POLYUNSATURATED	H
MONOUNSATURATED	H

TRANS	U
POLYUNSATURATED	H
MONOUNSATURATED	H
SATURATED	U

MONOUNSATURATED	H
SATURATED	U
POLYUNSATURATED	H
TRANS	U

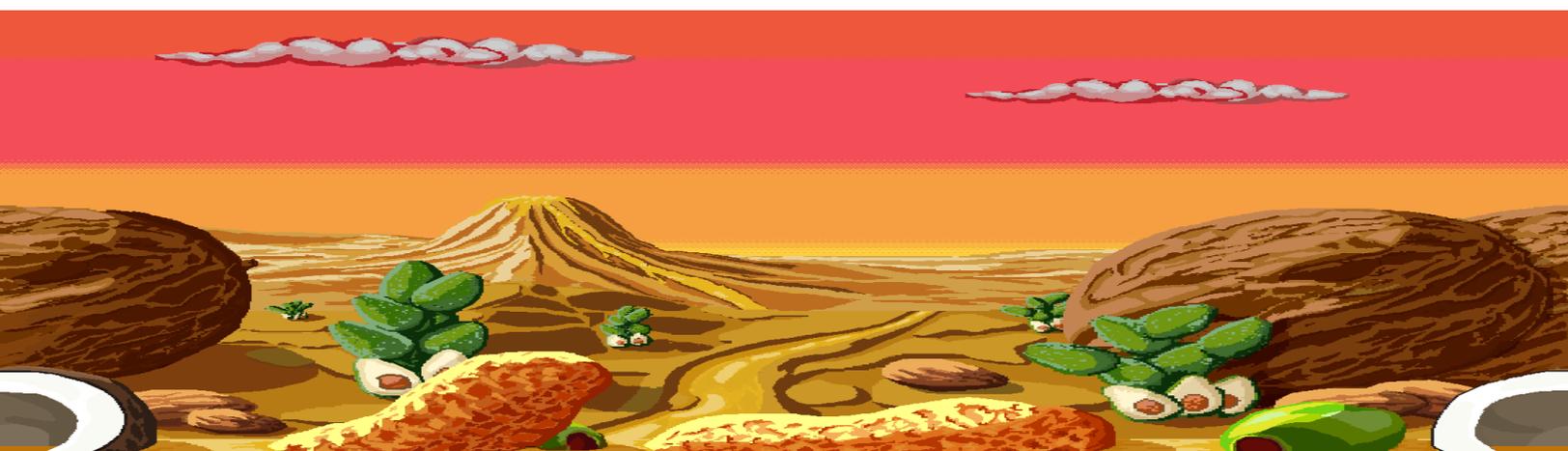
POLYUNSATURATED	H
SATURATED	U
TRANS	U
MONOUNSATURATED	H

TRANS	U
SATURATED	U
MONOUNSATURATED	H
POLYUNSATURATED	H

POLYUNSATURATED	H
MONOUNSATURATED	H
SATURATED	U
TRANS	U

MONOUNSATURATED	H
POLYUNSATURATED	H
TRANS	U
SATURATED	U

SATURATED	U
POLYUNSATURATED	H
MONOUNSATURATED	H
TRANS	U



WORLD 5-2: FAT FLAMESA

FAT FACTS

30 POINTS

When trying to determine the healthiest option when eating fats, remember that it's not always the total amount of fat you eat, but the type of fat found in each food. For this level, you will have the choice between two items. Choose the healthier item between the two based upon their nutrition labels. (Hint: usually the healthier option is the food that has fewer bad fats!)

Students will probably circle their choice

1	
<p>WHEAT BREAD</p> 	<p>CAKE</p> 
<p>Total Fat 5g Saturated Fat 1g Polyunsaturated Fat 1g Monounsaturated Fat 3g</p>	<p>Total Fat 14g Saturated Fat 5g Polyunsaturated Fat 2.6g Monounsaturated Fat 6g</p>

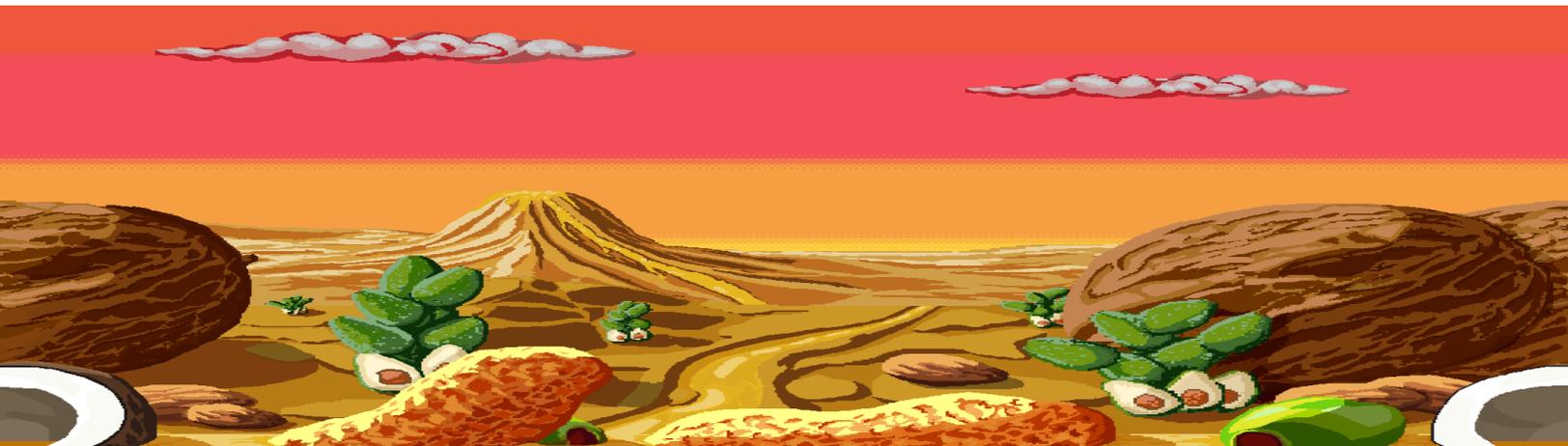
2	
<p>PIZZA</p> 	<p>TURKEY</p> 
<p>Total Fat 10g Saturated Fat 5g Polyunsaturated Fat 2g Monounsaturated Fat 3g</p>	<p>Total Fat 1g Saturated Fat .5g Polyunsaturated Fat .2g Monounsaturated Fat .3g</p>

3	
<p>NACHOS</p> 	<p>AVOCADO</p> 
<p>Total Fat 19g Saturated Fat 8g Polyunsaturated Fat 2.2g Monounsaturated Fat 8g</p>	<p>Total Fat 21g Saturated Fat 3g Polyunsaturated Fat 4g Monounsaturated Fat 14g</p>

4	
<p>SALMON</p> 	<p>HAMBURGER</p> 
<p>Total Fat 27g Saturated Fat 6g Polyunsaturated Fat 8g Monounsaturated Fat 7g</p>	<p>Total Fat 24g Saturated Fat 9g Polyunsaturated Fat 3g Monounsaturated Fat 12g</p>

5	
<p>ALMONDS</p> 	<p>BACON</p> 
<p>Total Fat 18g Saturated Fat 2g Polyunsaturated Fat 4g Monounsaturated Fat 12g</p>	<p>Total Fat 9g Saturated Fat 5g Polyunsaturated Fat 1g Monounsaturated Fat 3g</p>

6	
<p>HOT DOG</p> 	<p>WALNUTS</p> 
<p>Total Fat 13g Saturated Fat 4g Polyunsaturated Fat 2g Monounsaturated Fat 7g</p>	<p>Total Fat 13g Saturated Fat 2g Polyunsaturated Fat 10g Monounsaturated Fat 1g</p>



WORLD 5-3: FAT FLAMESA

PREP RALLY

30 POINTS

There can often be a lot of fat added to foods based upon the way they are prepared. For example, chicken is very healthy, but when it's fried, a ton of fat gets added to it! There are four examples of foods listed here, and two possible ways to prepare them. Circle the healthiest way to prepare them so that they have the least amount of bad fats in them! Think about the way foods are cooked and the toppings/items added to them!

CHICKEN	
GRILLED	FRIED
	

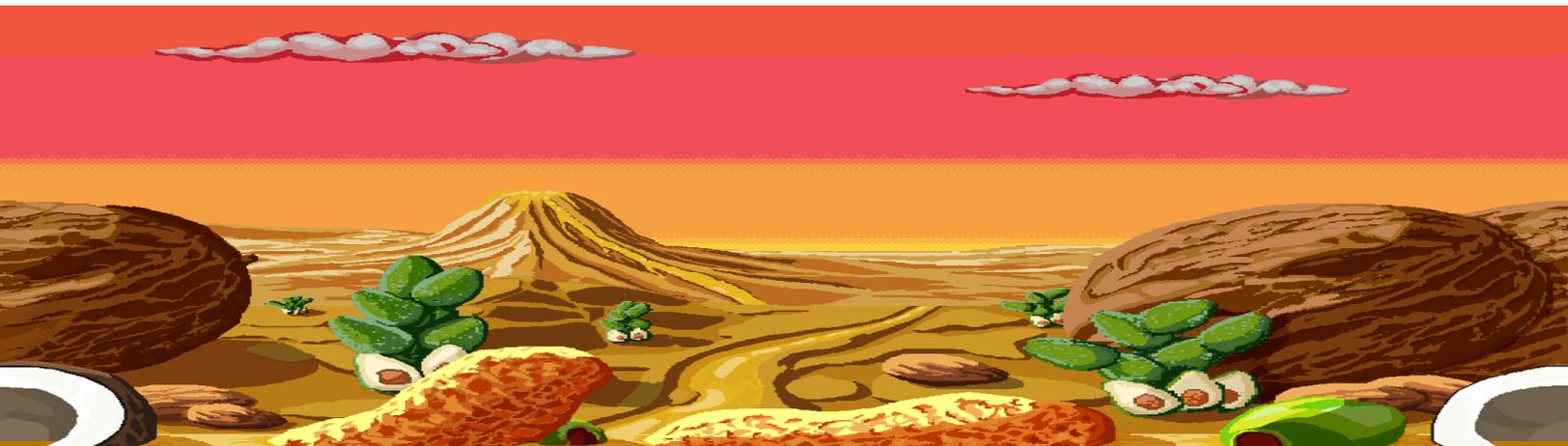
YOGURT	
SIMPLE	CANDY TOPPING
	

FISH	
FRIED	GRILLED
	

SALAD	
RANCH DRESSING	LIGHT DRESSING
	

HAMBURGER	
SIMPLE	ADD BACON/ONION RINGS
	

SHRIMP	
GRILLED	DEEP FRIED
	



WORLD 5-4: FAT FLAMESA

VOCAB BLAST 5

30 POINTS

It's time to revisit our vocabulary from earlier on!

For this level, you'll have to match up each term on the left, with the correct definition on the right! Simply write the correct letter of each definition in the box next to the term!

DIETARY
CHOLESTEROL

E

A

A fat that is solid at room temperature, and will increase your bad cholesterol (LDL).

SATURATED FAT

A

B

A fat that is liquid at room temperature but gets solid when chilled, it lowers cholesterol levels when eaten instead of saturated or trans fat.

TRANS FAT

D

C

Liquid at room temperature, it also lowers cholesterol levels, while providing Omega-6 and Omega-3 fats that help your brain and body.

POLYUNSATURATED
FAT

C

D

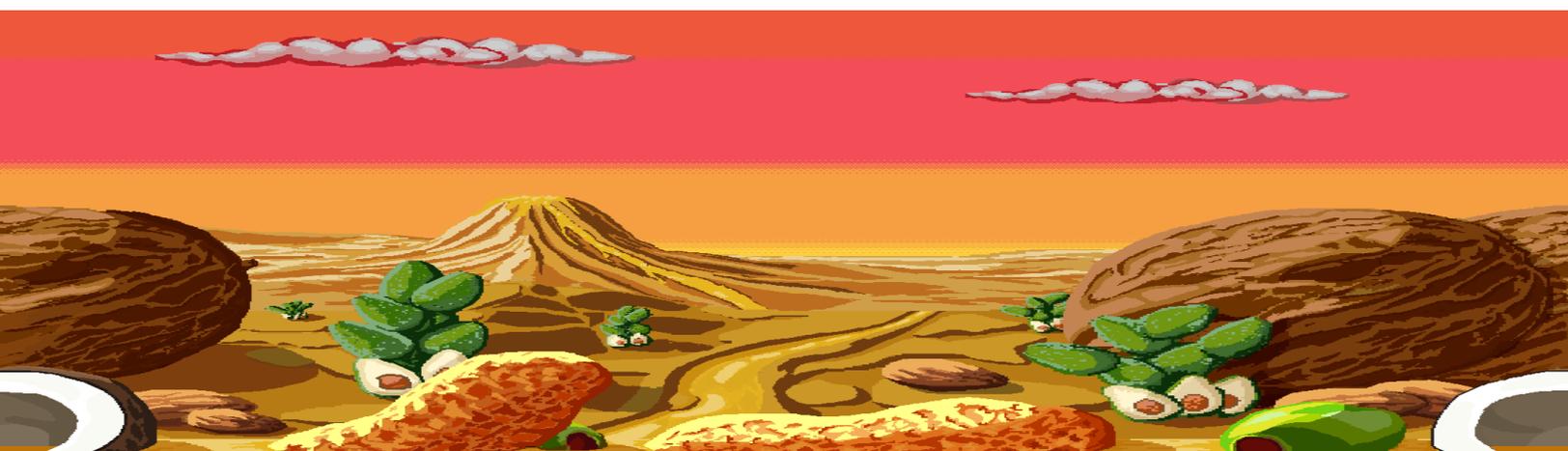
Another fat that is solid at room temperature, this one is a double whammy, as it will lower your good cholesterol (HDL), while raising your bad.

MONOUNSATURATED
FAT

B

E

A waxy fatlike material found in foods of animal origin and every cell wall in your body. It helps your body produce vitamin D and digest fat.



BONUS: FAT FLAMESA

FAT-TASTIC

35 POINTS

As you know by now, not all fat is bad for you! You need healthy fats to help you be your best, and for this bonus level, you'll need to be eating them throughout the week!

You can earn points for eating at least one healthy fat each day. Write down the healthy fat you ate for each day, and earn 5 points for each day that you eat it. Remember, your list of healthy fats include nuts, seeds, nut and seed butters, olives, olive oil, avocados, eggs, and etc. Check the lists on our website for more healthy fat foods.

Make sure students have listed a healthy fat for each day they are counting.

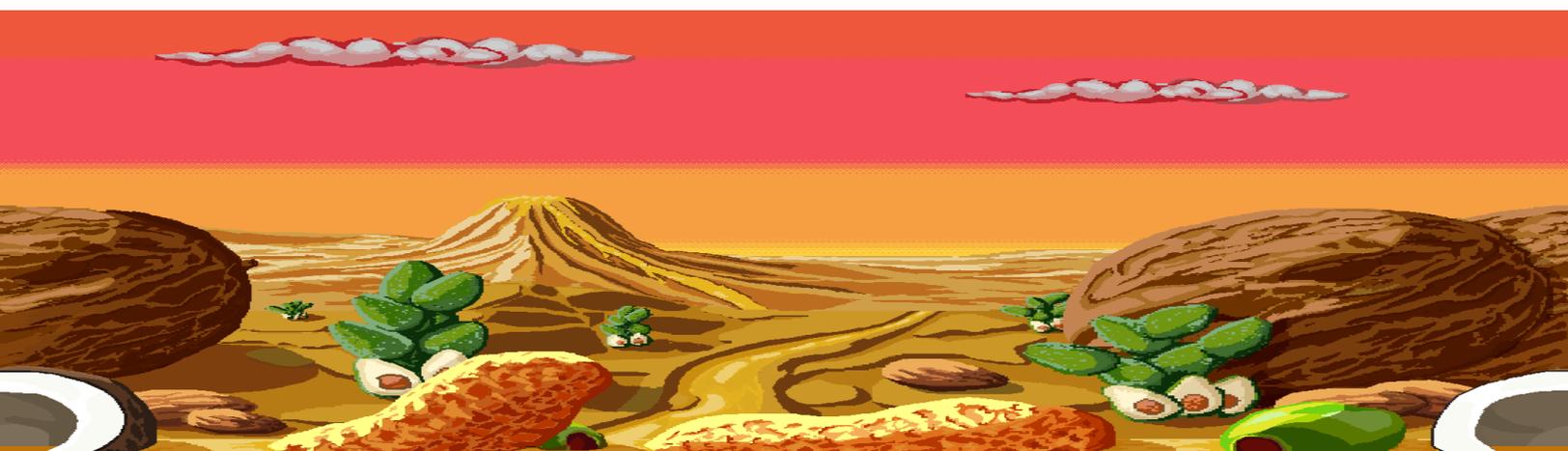


SUN
PECANS

EXAMPLE

MON	TUE	WED	THUR	FRI	SAT	SUN

POINTS



EXERCISE: FAT FLAMESA

SQUATTER!

50 POINTS

To fend off all of the unhealthy fats in this world, we're going to be working our legs out! For this world's exercise, you'll have to do sets of 30 squats to earn your points and battle those unhealthy fats!

You'll earn 10 points for every 30 squats you do, and can earn a maximum of 50 points. Like many of our other exercises, we recommend doing one set per day! Knock out those squats to knock out the fat!

Make sure students have listed the amount of squats they did for the days they are counting.

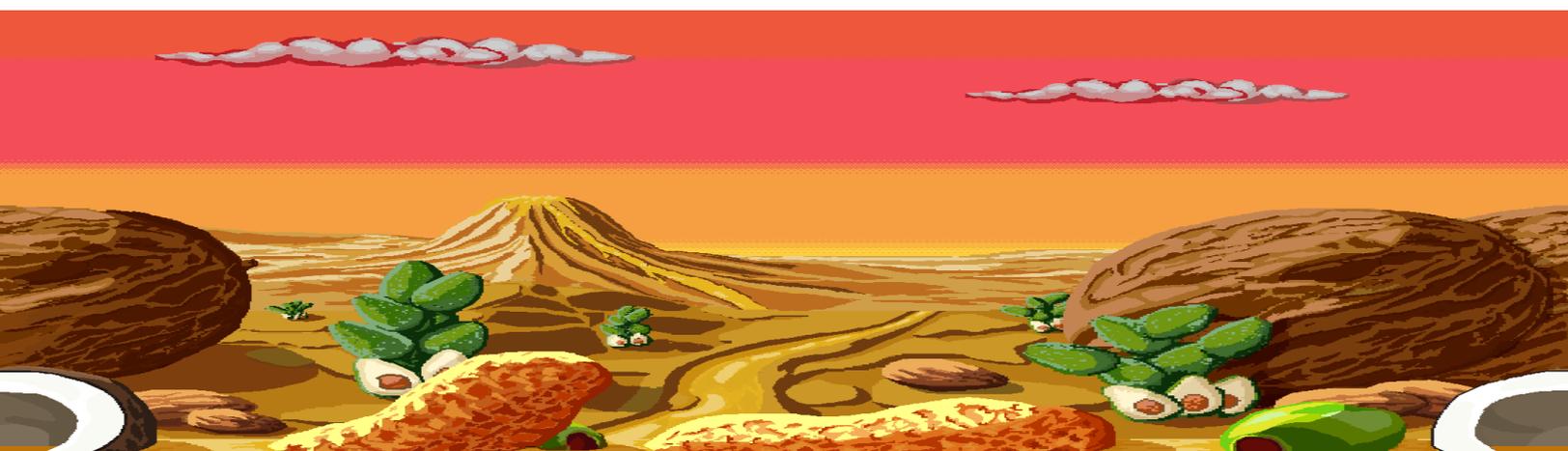
SUN
25 Squats

EXAMPLE

MON	TUE	WED	THUR	FRI	SAT	SUN

TOTAL AMOUNT
POINTS

Add up your total amount of squats, then give yourself 10 points for every 30 that you do.



BOSS: FAT FLAMESA

FIRE FRIES



French fries are unhealthy enough as they are, but Fire Fries kicks up the fat to whole new level by topping itself with all sorts of bad fatty toppings!

Not all fats are bad, but foods like Fire Fries are what give fat a bad rap! You've been well trained in the ability to tell a healthy fat from an unhealthy fat, so it's time to put those skills to the test!

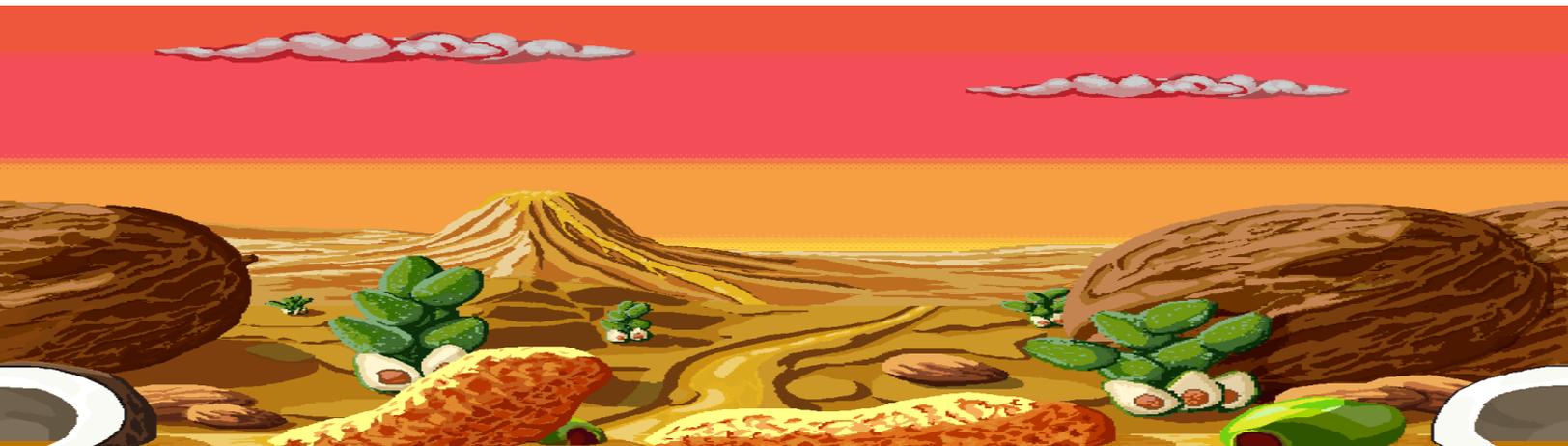
Use the information provided to extinguish Fire Fries once and for all so you and your health can ride off into the sunset!

Nutrition Facts

Serving Size 1 box
Servings Per Container: 1

Amount Per Serving	
Calories 629	
	% Daily Value*
Total Fat 33g	0%
Saturated Fat 11g	0%
Trans Fat 1g	
Cholesterol 30mg	0%
Sodium 1370mg	5%
Total Carbohydrate 45g	65%
Dietary Fiber 8g	
Sugars 1g	
Protein 12g	

Ingredients: POTATOES, CHILI, CHEDDAR CHEESE, MAYONNAISE

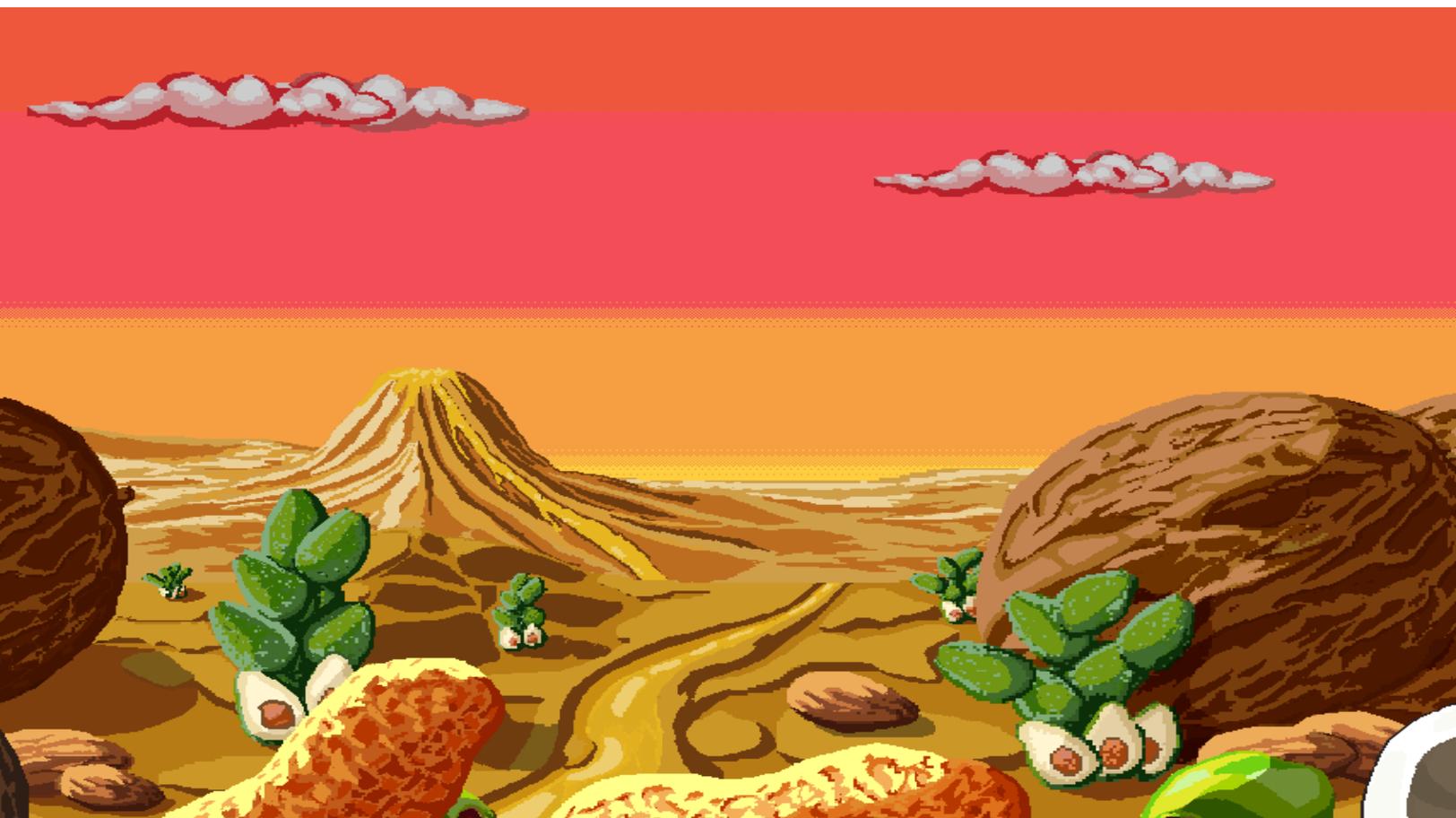


WORLD 5: FAT FLAMESA

WORLD CLEAR!

WORLD 5-1	
WORLD 5-2	
WORLD 5-3	
WORLD 5-4	
WORLD 5 BONUS	
WORLD 5 EXERCISE	
PRODUCE HUNTER	
TOTAL	

ADULT SIGNATURE



WORLD 6: PROTEIN PALACE

LEAN AND LIGHT ALL KNIGHT

After blazing through Fat Flamesa, it's time to storm the gates of Protein Palace! Protein is a vital nutrient that your body uses for building, growth, maintenance and repair. Protein is an essential building block of body tissues, organs, bones, muscles, skin, and blood. Enzymes, hormones and other body chemicals are also proteins. You wouldn't be you without proteins!

Protein is one of three macronutrients (the other two are carbohydrates and fats). Macronutrients are needed in larger amounts while micronutrients (vitamins and minerals) are needed in tiny amounts. This means that you need to eat enough protein-rich foods every day to keep your body going and growing at its best.

When navigating your way through the sprawling palace, make sure to look around every corner and choose lean proteins, which are foods that are relatively low in saturated fat. Be on the lookout for "Plump Proteins" though, as these sources of protein come packed with large amounts of unhealthy fats, sodium, and other processed ingredients.

If you can make wise choices and trust your knowledge, you'll have the chance to dethrone the unhealthy ruler of Protein Palace!



WORLD 6: PROTEIN PALACE

VOCABULARY

Protein: A macronutrient that provides building blocks to build, maintain, and replace the cells in your body. Protein is a component of tissues, organs, bones, muscle, skin, and blood.

Lean Protein: Foods that have a low amount of saturated fat compared to the amount of protein. Examples include fish, chicken, turkey and lean meats (less than 2 grams of saturated fat per serving).

Plump Protein: Proteins that have 6 or more grams of saturated fat per serving. Examples include, bacon, sausage, ribs, and protein fried in unhealthy fats.

Macronutrient: Includes carbohydrates, protein and fats and are needed in larger amounts in the body. All three macronutrients supply energy to the body.

Micronutrients: Needed by the body in tiny amounts, the micronutrients are the vitamins and minerals that play many different roles in your body's health.



WORLD 6: PROTEIN PALACE

PRODUCE HUNTER CHART

Earn additional points at each level by trying any of the fruits or vegetables listed below. For each item you try, write the the amount of points it is worth in the "PTS" column, then add up your total score. You can also earn 3 points for any new item you can find and try. Just fill in the name of what you tried in the green shaded area. Remember, you can only get points one time for each item, so try as many different items as you can!

1 POINT

ITEM	#	PTS
Apples	001	
Bananas	002	
Blackberries	003	
Carrots	004	
Celery	005	
Garlic	006	
Grapes	007	
Lettuce	008	
Onion	009	
Oranges	010	
Peaches	011	
Pineapple	012	
Potatoes	013	
Strawberries	014	
Tomatoes	015	
Watermelon	016	
TOTAL		

2 POINTS

ITEM	#	PTS
Bell Peppers	017	
Blueberries	018	
Broccoli	019	
Cantaloupe	020	
Cauliflower	021	
Cucumbers	022	
Grapefruit	023	
Green Beans	024	
Honeydew	025	
Kiwi	026	
Mangos	027	
Nectarines	028	
Pears	029	
Peas	030	
Plums	031	
Sweet Potatoes	032	
TOTAL		

3 POINTS

ITEM	#	PTS
Artichoke	033	
Asparagus	034	
Avocados	035	
Brussels Sprouts	036	
Cabbage	037	
Jicama	038	
Kale	039	
Spinach	040	
Squash	041	
Zucchini	042	
TOTAL		

TOTAL POINTS

WORLD 6-1: PROTEIN PALACE

POWER UP! 30 POINTS

While the amount of protein varies between individuals, for this exercise, we are going to focus on getting at least 60 grams of protein for a day. You will see a list of foods with their protein content. Your mission is to insert any one or two different foods into various meals during the day. Add up your total for each meal, then add up your grand total on the bottom. Aim for between 60 and 75 grams of protein for the day!



EGG

6 g



TOFU

8 g



SALMON

11 g



TURKEY

6 g



LOW FAT CHEESE

8 g



GREEK YOGURT

9 g



LEAN BEEF

12 g

BREAKFAST	PROTEIN
TOTAL	

SNACK 1	PROTEIN
TOTAL	

LUNCH	PROTEIN
TOTAL	

SNACK 2	PROTEIN
TOTAL	

Check to make sure the daily total for the students is between 60 and 75 grams of protein.

DINNER	PROTEIN
TOTAL	

DAILY TOTAL	
--------------------	--



WORLD 6-2: PROTEIN PALACE

MICRO OR MACRO 30 POINTS

Learning the difference between macronutrients and micronutrients can be tricky because they sound the same! For this level, you will be given a food and a list of the macronutrients and micronutrients in them. You must identify the macronutrients with a capital “MA” and the micronutrients with a lower case “mi”. Refer to your vocabulary to help you tell the difference!



EGG	
Protein	MA
Polyunsaturated Fat	MA
Vitamin D	mi
Vitamin B-6	mi



CHICKEN SALAD	
Carbohydrates	MA
Vitamin A	mi
Protein	MA
Vitamin B-12	mi



NONFAT MILK	
Vitamin B-12	mi
Calcium	mi
Monounsaturated Fat	MA
Protein	MA



GREEK YOGURT	
Calcium	mi
Protein	MA
Vitamin C	mi
Carbohydrates	MA



TURKEY SANDWICH	
Vitamin B-6	mi
Carbohydrates	MA
Fiber	MA
Protein	MA

mi



LEAN BEEF	
Protein	MA
Monounsaturated Fat	MA
Vitamin D	mi
Iron	mi



WORLD 6-3: PROTEIN PALACE

MIX IT UP! 40 POINTS

For this exercise, you have a friend that only wants to eat one type of protein, and that is deep fried fish. Write 3 sentences that address why your friend may want to eat fried fish less often and the advantages of choosing baked fish and other lean proteins. In addition, list three benefits of eating protein and include three lean sources of protein they could choose instead.

WRITE YOUR PARAGRAPH BELOW

Check to make sure students have written a paragraph and have listed 3 ways your body uses protein, and 3 examples of lean protein.

Your body uses protein for:

1. _____
2. _____
3. _____

3 examples of lean proteins are:

1. _____
2. _____
3. _____



WORLD 6-4: PROTEIN PALACE

VOCAB BLAST 6

30 POINTS

It's time to revisit our vocabulary from earlier on!

For this level, you'll have to match up each term on the left, with the correct definition on the right! Simply write the correct letter of each definition in the box next to the term!

PROTEIN B

A Proteins that have 6 or more grams of saturated fat per serving. Examples include bacon, sausage, ribs, and protein fried in unhealthy fats.

LEAN PROTEIN E

B A macronutrient provides building blocks to build, maintain, and replace the cells in your body. Protein is a component of tissues, organs, bones, muscle, skin, and blood.

PLUMP PROTEIN A

C Includes carbohydrates, protein, and fats and are needed in larger amounts in the body. All three macronutrients supply energy to the body.

MACRONUTRIENT C

D Needed by the body in tiny amounts, the micronutrients are the vitamins and minerals that play many different roles in your body's health.

MICRONUTRIENT D

E Foods that have a low amount of saturated fat compared to the amount of protein. Examples include fish, chicken, turkey, and lean meats (less than 2 grams of saturated fat per serving).



BONUS: PROTEIN PALACE

PROTEIN MACHINE 35 POINTS

For this bonus level, eat at least 2 servings of lean protein for each day during the week, making sure that you keep the saturated fat to 2 grams or less in each serving. Receive 5 points for every day that you succeed at this goal!



		MON
SERVING 1		Grilled Chicken
SERVING 2		Egg

	MON	TUE	WED	THUR	FRI	SAT	SUN
SERVING 1							
SERVING 2							

Make sure students have listed two lean proteins for each day they are wanting to count.



EXERCISE: PROTEIN PALACE

PUSH IT TO THE MAX! 50 PTS.

Protein Palace is a great place to build some serious muscle, so doing some pushups will certainly help. For this level, you will earn 10 points for every 20 pushups that you do. You can do them from either the standard plank position, or you can adjust and do them from your knees. You can score a maximum of 50 points for this level.

Make sure students have listed the amount of push ups they did for the days they are counting.

SUN
<p>15 <i>Push Ups</i></p>

EXAMPLE

MON	TUE	WED	THUR	FRI	SAT	SUN

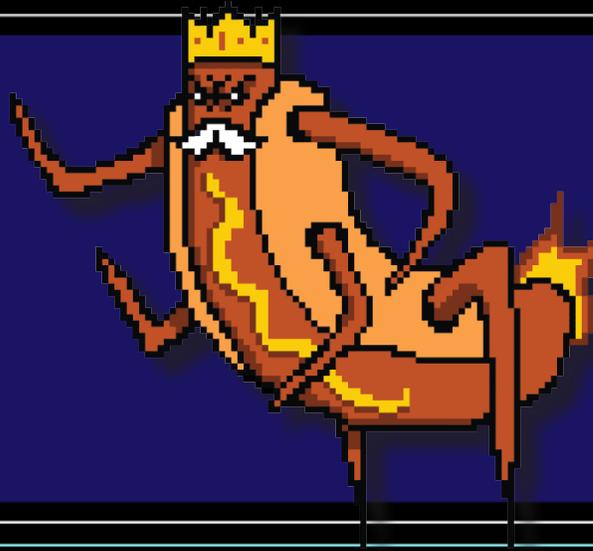
TOTAL AMOUNT
POINTS

Add up your total amount of push-ups, then give yourself 10 points for every 20 that you do.



BOSS: PROTEIN PALACE

KING DOGGER



Protein Palace has been under attack by one of Lord Processor's trickiest enemies, King Dogger!

King Dogger will launch all types of unhealthy, plump proteins at you, including sausage, hot dogs, and bacon.

King Dogger can pose to be a royal pain to your healthy lifestyle. Outsmart him with your knowledge about proteins and how they should build healthy bodies, not plump you up, and you will free Protein Palace from his reign of terror!

Nutrition Facts

Serving Size 1 hot dog and bun
Servings Per Container: 1

Amount Per Serving		% Daily Value*
Calories 517		
Total Fat 26g		0%
Saturated Fat 13g		0%
Trans Fat 0g		
Cholesterol 77mg		0%
Sodium 819mg		45%
Total Carbohydrate 22g		65%
Dietary Fiber 4g		
Sugars 42g		
Protein 12g		

Ingredients: BEEF, PORK, WATER, 2% OR LESS OF: SORBITOL, CORN STARCH, SALT, CORN SYRUP, SODIUM PHOSPHATE



WORLD 6: PROTEIN PALACE

WORLD CLEAR!

WORLD 6-1	
WORLD 6-2	
WORLD 6-3	
WORLD 6-4	
WORLD 6 BONUS	
WORLD 6 EXERCISE	
PRODUCE HUNTER	
TOTAL	

ADULT SIGNATURE



WORLD 7: SALTY SHORES

HOLD THE SALT!

After emerging from Protein Palace, it's time now to swim on over to Salty Shores. The sodium shoreline of Planet Nutritia has been invaded by some of the saltiest foods imaginable and it's your mission to comb the beach and sift through all the unnecessary salt.

Sodium is an important mineral that controls your blood pressure. It's also needed for proper nerve functioning and muscle contractions. When you exercise, you lose sodium in your sweat, so it's important to refill your body with sodium after working out.

When the sodium level in your blood falls too low, it can lead to fatigue, confusion, and muscle spasms. This can happen by sweating too much, drinking too much plain water and not taking in enough sodium during and after a hard workout, especially when the weather is hot.

Be careful though, as many of the processed foods which we eat tack on enormous amounts of sodium. This can lead to sodium overload, which can result in high blood pressure. Examples of foods high in sodium include salty and smoked meats, canned soups, fast food, barbeque, teriyaki and other sauces, ketchup, mustard, cheeses, and salad dressings.

Navigate Salty Shores by sticking to natural foods that are healthy and provide moderate amounts of sodium such as vegetables, whole grains and low-fat dairy foods. If you can do this, you'll really start to champion your health by avoiding all of these sneaky forms of high sodium!



WORLD 7: SALTY SHORES

VOCABULARY

Sodium: A mineral that controls blood pressure and helps your muscles and nerves work properly.

Sodium drain: When your blood sodium falls too low you can experience dangerous symptoms such as fatigue, confusion, and muscle spasms. It is most common when someone exercises in the heat and drinks too much water without replacing sodium.

Sodium excess: Too much sodium in the diet can raise blood pressure, which makes your heart work harder.

Muscle contractions: The many muscles in the body are able to contract (get shorter), which makes all of our body movement possible.



WORLD 7: SALTY SHORES

PRODUCE HUNTER CHART

Earn additional points at each level by trying any of the fruits or vegetables listed below. For each item you try, write the amount of points it is worth in the "PTS" column, then add up your total score. You can also earn 3 points for any new item you can find and try. Just fill in the name of what you tried in the green shaded area. Remember, you can only get points one time for each item, so try as many different items as you can!

1 POINT

ITEM	#	PTS
Apples	001	
Bananas	002	
Blackberries	003	
Carrots	004	
Celery	005	
Garlic	006	
Grapes	007	
Lettuce	008	
Onion	009	
Oranges	010	
Peaches	011	
Pineapple	012	
Potatoes	013	
Strawberries	014	
Tomatoes	015	
Watermelon	016	
TOTAL		

2 POINTS

ITEM	#	PTS
Bell Peppers	017	
Blueberries	018	
Broccoli	019	
Cantaloupe	020	
Cauliflower	021	
Cucumbers	022	
Grapefruit	023	
Green Beans	024	
Honeydew	025	
Kiwi	026	
Mangos	027	
Nectarines	028	
Pears	029	
Peas	030	
Plums	031	
Sweet Potatoes	032	
TOTAL		

3 POINTS

ITEM	#	PTS
Artichoke	033	
Asparagus	034	
Avocados	035	
Brussels Sprouts	036	
Cabbage	037	
Jicama	038	
Kale	039	
Spinach	040	
Squash	041	
Zucchini	042	
TOTAL		

TOTAL POINTS

WORLD 7-1: SALTY SHORES

NOT-SO-FAST FOOD 30 POINTS

We mentioned earlier that the majority of sodium in your diet comes from processed foods and there are few foods more processed than fast food. For this level, you will need to research the amount of sodium in each of these popular fast food items, then record how much each one contains. You may choose any traditional fast food restaurant for each item listed. You may be shocked by how much sodium these foods pack!

Check to make sure students have listed an item for each box.



HAMBURGER

Sodium (mg)	1230
Location	Wendy's



BURRITO

Sodium (mg)	
Location	



CHICKEN NUGGETS

Sodium (mg)	
Location	



NACHOS

Sodium (mg)	
Location	



PEPPERONI PIZZA

Sodium (mg)	
Location	



BUFFALO WINGS

Sodium (mg)	
Location	



WORLD 7-2: SALTY SHORES

PORTION-PRO

40 POINTS

Sauces can add a lot of flavor to foods and often times, they are low in calories. The problem is, we not only put a drop on our foods, we sometimes drown them in sauce. However, that sauce that you love may contain loads of sodium. For each meal, you are given an amount of sodium to aim for and a sauce you are thinking of adding. Determine how much sauce you can truly add to each meal in order to stay below your sodium goal by multiplying the amount of servings, by the sodium in each serving!



KETCHUP
160 mg



BBQ SAUCE
180 mg



HOT CHILI SAUCE
150 mg



SOY SAUCE
300 mg



RANCH DRESSING
320 mg

SAMPLE			600 mg
SAUCE	AMOUNT	SODIUM	TOTAL
BBQ Sauce	3	160	480 mg

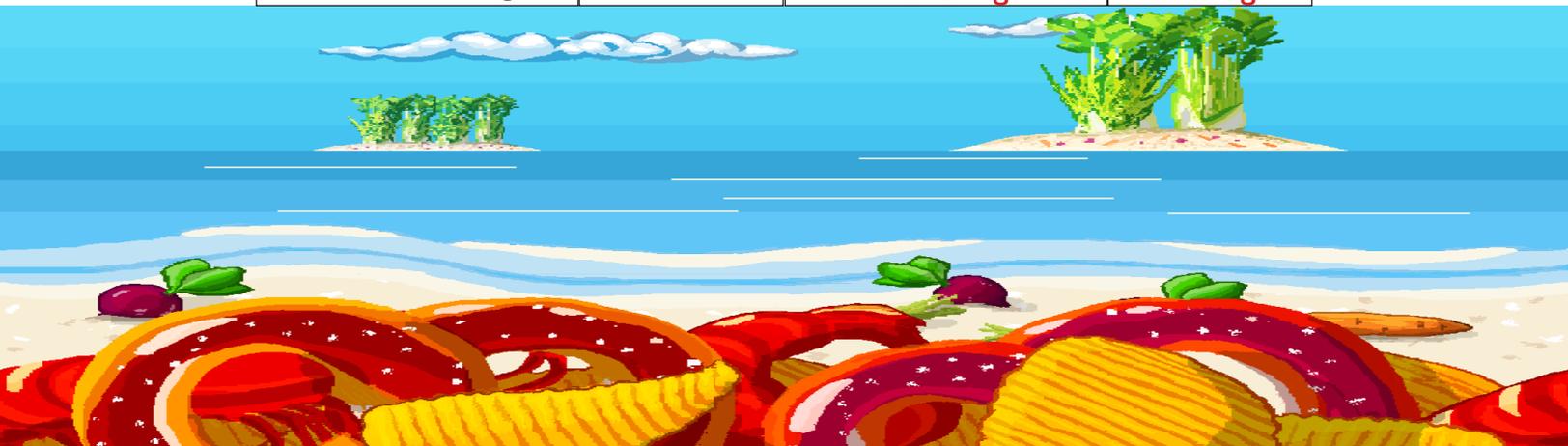
BREAKFAST			500 mg
SAUCE	AMOUNT	SODIUM	TOTAL
Ketchup	3	160 mg	480 mg

LUNCH			600 mg
SAUCE	AMOUNT	SODIUM	TOTAL
Hot Chili Sauce	4	150 mg	600 mg

SNACK			400 mg
SAUCE	AMOUNT	SODIUM	TOTAL
Soy Sauce	1	300 mg	300 mg

DINNER			600 mg
SAUCE	AMOUNT	SODIUM	TOTAL
Ranch Dressing	1	320 mg	320 mg

The total number on the bottom should be less than or equal to the number on top.



WORLD 7-3: SALTY SHORES

DO ME A FLAVOR

30 POINTS

There are a few ingredients that add a ton of flavor to foods without adding much sodium. For this level, you are given a variety of spices to choose from. You have ten foods listed that are usually topped with a salty sauce or ingredient. Swap out each sauce or ingredient with your choice of a low sodium substitute.

Check to make sure students have listed an item from the top into each box.

LOW-SODIUM INGREDIENTS



GARLIC



OLIVE OIL



LEMON JUICE



BALSAMIC VINEGAR



BLACK PEPPER



CILANTRO



BASIL



JALAPENO PEPPER



SCRAMBLED EGGS

SALT

Black Pepper



SALAD

RANCH DRESSING



GROUND BEEF

BBQ SAUCE



BROWN RICE

SOY SAUCE



CHICKEN

TERIYAKI SAUCE



TACO

HOT SAUCE



WORLD 7-4: SALTY SHORES

VOCAB BLAST 7

20 POINTS

It's time to revisit our vocabulary from earlier on!

For this level, you'll have to match up each term on the left, with the correct definition on the right! Simply write the correct letter of each definition in the box next to the term!

SODIUM

D

A

The many muscles in the body are able to contract (get shorter), which makes all of our body movement possible.

SODIUM DRAIN

C

B

Too much sodium in the diet can raise blood pressure, which makes your heart work harder.

SODIUM EXCESS

B

C

When your blood sodium falls too low you can experience dangerous symptoms such as fatigue, confusion, and muscle spasms.

MUSCLE
CONTRACTIONS

A

D

A mineral which controls blood pressure and helps your muscles and nerves work properly.



BONUS: SALTY SHORES

SALAD NINJA

For this bonus level, it's time to show how you can apply your knowledge of low sodium dressings and flavorings to a salad.

Make a salad that has a low sodium dressing on it (less than 100 mg of sodium per serving) and has at least 3 veggies added to the greens. Remember, start with a base of green (spinach, lettuce, kale, or any mixed green), then throw in your veggies and dressing to top it all off. Earn 5 points for every green and vegetable you add to the salad.

Check to make sure students have listed an item into each box and have a point total.

GREENS

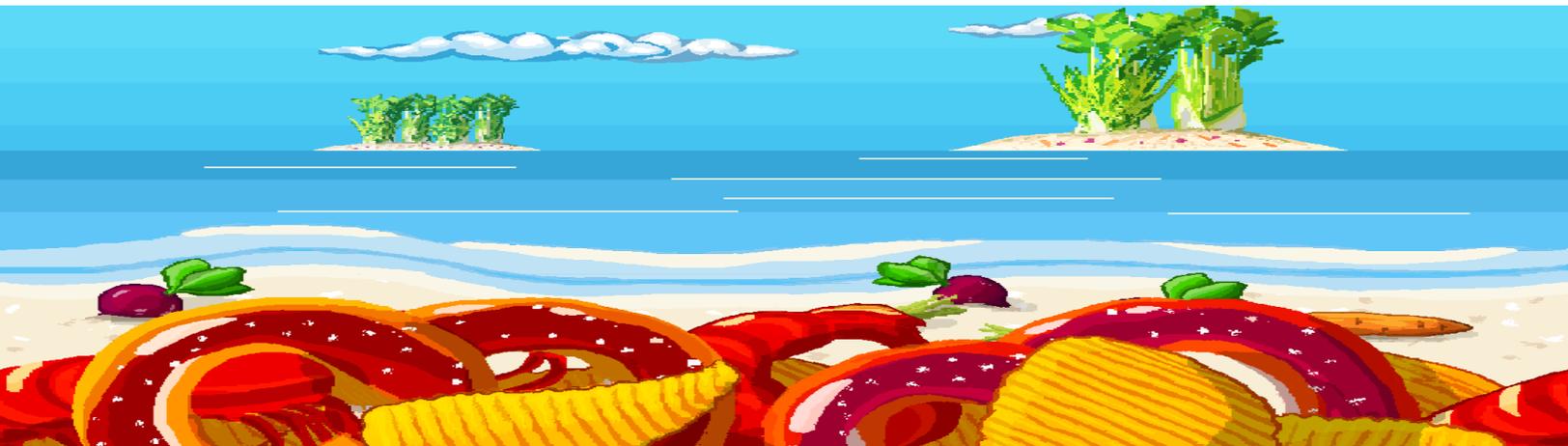
VEGETABLES

DRESSING

POINTS



Count the number of greens and vegetables you ate, and multiply that by 5 to get your total. For example, 1 green and 3 vegetables would be 4 items, $4 \times 5 = 20$ points.



EXERCISE: SALTY SHORES

GOING THE DISTANCE 50 POINTS

While sodium is important, it can be very easy to get too much of it on a daily basis. To fight off this threat, you will need to jog for this world. For every 5 minutes you jog non-stop, you'll get ten points. Remember that it's best to start slow and keep a steady pace because the goal is to jog for several minutes at a time. A good way to pace yourself is to go at a speed where you can talk to your friend while jogging. Go for a run and sweat out some excess sodium!

Make sure students have listed the amount of time they ran for the days they are counting.

SUN
10 minutes

EXAMPLE

MON	TUE	WED	THUR	FRI	SAT	SUN

TOTAL AMOUNT
POINTS

Add up your total minutes jogging, then give yourself 10 points for every 5 minutes you jogged.



BOSS: SALTY SHORES

SAUCERESS



This is no ordinary day at the beach! Just when you thought you could enjoy some of your favorite, healthy foods, Saucerness enters and pours all sorts of excess sodium on your food in the forms of her many sauces and dressings!

Saucerness will attack you with salad dressings, flavored sauces, salt, and other flavorful, but sodium packed ingredients in an effort to drive your sodium levels through the roof!

Defend the shoreline from this salty siren and you'll help clear Planet Nutritia from its sodium overload!

Nutrition Facts

Serving Size 1 Tbsp
Servings Per Container: 20

Amount Per Serving	
Calories 32	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 690mg	5%
Total Carbohydrate 3g	65%
Dietary Fiber 0g	
Sugars 3g	
Protein 1g	

Ingredients: WATER, SOY SAUCE, CORNSTARCH, HONEY, GINGER



WORLD 7: SALTY SHORES

WORLD CLEAR!

WORLD 7-1	
WORLD 7-2	
WORLD 7-3	
WORLD 7-4	
WORLD 7 BONUS	
WORLD 7 EXERCISE	
PRODUCE HUNTER	
TOTAL	

ADULT SIGNATURE



WORLD 8: BEVERAGE BUSTOPOLIS

HEALTHY HYDRATION

After vacating Salty Shores, you now find yourself in the middle of Nutritia's busiest city, Beverage Bustopolis!

The central hub for everything liquid, the challenge for your healthy lifestyle increases as we face some tricky beverages that can ruin one's diet. Our mission is to hydrate in the healthiest way possible. Many of today's beverages are filled with caffeine, caffeine tricksters, sugars in their many forms, high fructose corn syrup, and artificial sweeteners (sucralose, aspartame, saccharin), while lacking nutrients such as vitamins and minerals. In addition, many beverages hide a scary amount of calories and unhealthy carbohydrates in them.

In order to succeed in this city, you will have to apply your knowledge of carbohydrates and sugar, and learn how to avoid some of the tasty drink options that are readily available everywhere you go. Learn how to tell a healthy beverage from an unhealthy one, and you'll be able to escape the city with your health intact!



WORLD 8: BEVERAGE BUSTOPOLIS

VOCABULARY

Hydrate: Putting healthy fluids into your body to help maintain proper body function.

Dehydration: When your body does not have enough fluids and you begin to lose energy and have trouble concentrating.

Caffeine: A stimulant and drug that can disrupt sleep, raise blood pressure, and affect your mood. Drinks that contain caffeine don't hydrate your body very well.

Caffeine tricksters: Items such as taurine and yerba maté are commonly found in energy drinks that claim to be natural, but have high amounts of caffeine.

Artificial Sweeteners: Lab-made sweeteners that do not contain calories, but are sugar imposters that are commonly found in "diet" drinks. These include ingredients like sucralose, aspartame, and saccharin.



WORLD 8: BEVERAGE BUSTOPOLIS

PRODUCE HUNTER CHART

Earn additional points at each level by trying any of the fruits or vegetables listed below. For each item you try, write the amount of points it is worth in the "PTS" column, then add up your total score. You can also earn 3 points for any new item you can find and try. Just fill in the name of what you tried in the green shaded area. Remember, you can only get points one time for each item, so try as many different items as you can!

1 POINT

ITEM	#	PTS
Apples	001	
Bananas	002	
Blackberries	003	
Carrots	004	
Celery	005	
Garlic	006	
Grapes	007	
Lettuce	008	
Onion	009	
Oranges	010	
Peaches	011	
Pineapple	012	
Potatoes	013	
Strawberries	014	
Tomatoes	015	
Watermelon	016	
TOTAL		

2 POINTS

ITEM	#	PTS
Bell Peppers	017	
Blueberries	018	
Broccoli	019	
Cantaloupe	020	
Cauliflower	021	
Cucumbers	022	
Grapefruit	023	
Green Beans	024	
Honeydew	025	
Kiwi	026	
Mangos	027	
Nectarines	028	
Pears	029	
Peas	030	
Plums	031	
Sweet Potatoes	032	
TOTAL		

3 POINTS

ITEM	#	PTS
Artichoke	033	
Asparagus	034	
Avocados	035	
Brussels Sprouts	036	
Cabbage	037	
Jicama	038	
Kale	039	
Spinach	040	
Squash	041	
Zucchini	042	
TOTAL		

TOTAL POINTS

WORLD 8-1: BEVERAGE BUSTOPOLIS

HYDRATION NATION 25 POINTS

It's important that you are getting enough to drink during the day so you can stay hydrated. You will typically need 6 cups of liquid to stay hydrated during the day, and even more during days that you exercise. For this level, you will write the name of a healthy beverage underneath each glass, and cross out the unhealthy beverage listed. You may use each healthy beverage more than once.

HEALTHY BEVERAGES



WATER



MILK



100% JUICE

Students should swap one item from the top underneath one of the examples below.



COLA



ENERGY DRINK



SPORTS DRINK



COFFEE



PROCESSED JUICE



CHOCOLATE MILK



WORLD 8-2: BEVERAGE BUSTOPOLIS

LIQUIDATOR

30 POINTS

Sometimes a beverage can sneak one unhealthy ingredient past you and make for an unhealthy drink. Fortunately you've been well trained to keep an eye out for those nutrition labels so you know a healthy drink from an unhealthy one. For this level, look carefully at the ingredients for each drink, and draw a line through all of the unhealthy options.



DIET COLA

Carbonated water
~~Aspartame~~
~~Caffeine~~
 Food coloring



ENERGY DRINK

Water
~~Sugar~~
~~Caffeine~~
~~Guarana~~



JUICE POUCH

Filtered water
~~High-fructose corn syrup~~
~~Sugar~~
 Fruit juice



SPORTS DRINK

Water
~~Sucrose~~
 Fruit flavors
 Food coloring



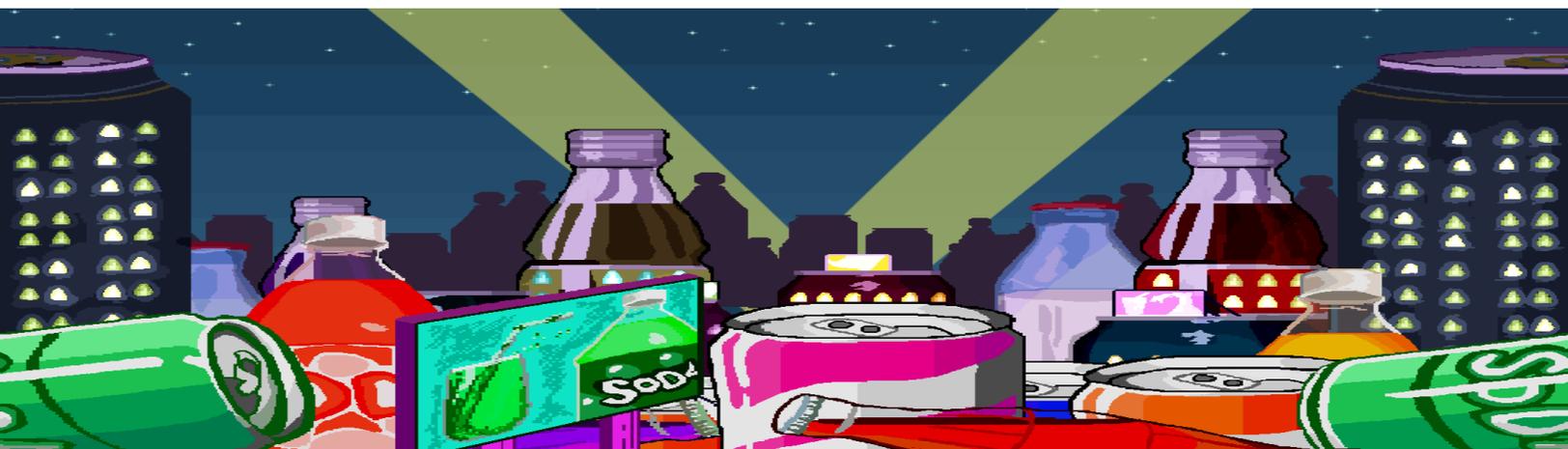
ICED MOCHA

Milk
~~Caffeine~~
~~Sugar~~
 Chocolate



CHOCOLATE MILK

Chocolate
 Milk
~~Sugar~~
~~High-fructose corn syrup~~

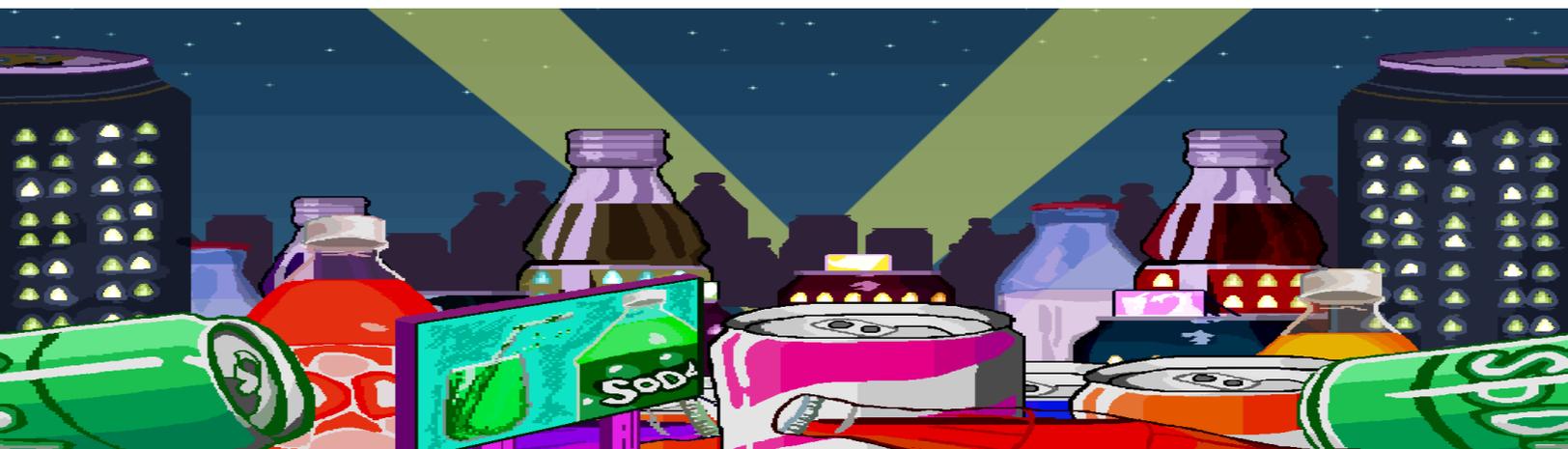


WORLD 8-3: BEVERAGE BUSTOPOLIS

THINK FOR YOURSELF 40 POINTS

Beverages will often times list “buzz” words on their labels to grab your attention to their benefits. Sometimes these beverages are perfectly healthy, but other times they aren’t. For this level, you’ll be given the buzz words for various drinks, along with their ingredients. Next to each option, write a short sentence that explains if the beverage is a healthy choice. Hint: Keep an eye out for sugar imposters, and whether or not beverages have 100% fruit juice!

	<p>ZERO CALORIES, ZERO CARBS, ALL TASTE!</p>	<p>Students should point out that there is aspartame in this drink.</p>
	<p>MADE WITH REAL FRUIT JUICE!</p>	<p>Students should point out that there is fruit juice concentrate in this drink.</p>
	<p>FUEL AND ENERGY TO HELP YOU RECOVER!</p>	<p>Students should point out that there is high fructose corn syrup in this drink.</p>
	<p>100% FRUIT JUICE</p>	<p>Students should point out that this is a healthy drink made from 100% fruit juice.</p>



WORLD 3-4: BEVERAGE BUSTOPOLIS

VOCAB BLAST & 25 POINTS

It's time to revisit our vocabulary from earlier on!

For this level, you'll have to match up each term on the left with the correct definition on the right. Simply write the correct letter of each definition in the box next to the term.

HYDRATE

C

A

When your body does not have enough fluids and you begin to lose energy and have trouble concentrating.

DEHYDRATION

A

B

A stimulant and drug that can disrupt sleep, raise blood pressure, and affect your mood. Drinks that contain caffeine don't hydrate your body very well.

CAFFEINE

B

C

Putting healthy fluids into your body to help maintain proper body function.

CAFFEINE
TRICKSTERS

E

D

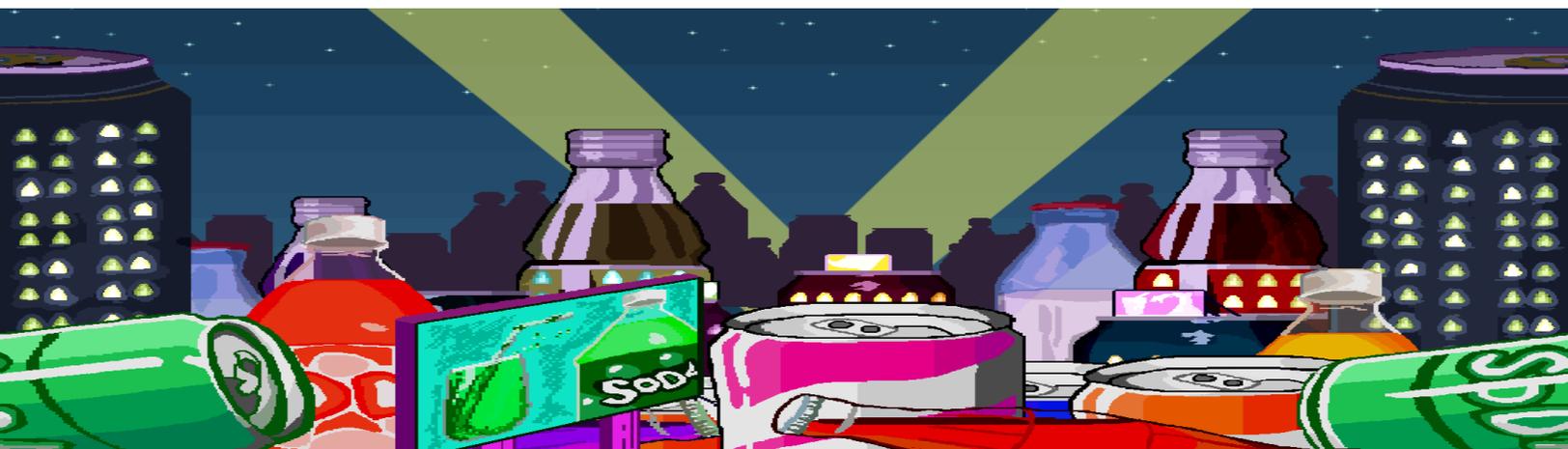
Lab-made sweeteners that do not contain calories, but are sugar imposters that are commonly found in "diet" drinks.

ARTIFICIAL
SWEETENERS

D

E

Items such as taurine and yerba maté are commonly found in energy drinks that claim to be natural, but have high amounts of caffeine.



BONUS: BEVERAGE BUSTOPOLIS

BLEND IT LIKE BECKHAM 60 PTS

When it comes to enjoying healthy beverages, you would be wise to stick with water, calcium-fortified drinks (think regular milk and almond milk), and 100% fruit juice. For this level, we are going to combine all of these wonderfully healthy ingredients together and make a smoothie! Start with calcium fortified beverage as a base (such as milk, almond milk, yogurt, etc.) and then add ice and at least 2 fruits to make a healthy and delicious smoothie!

Check to make sure students have listed an item into each box and have a point total.

CALCIUM-FORTIFIED BEVERAGE

FRUITS



POINTS



Count the number of fruits along with the calcium-fortified beverage, then multiply the amount by 10 to give you your points. For example, 3 fruits and 1 beverage would be 4 items:
 $4 \times 10 = 40$ points.



EXERCISE: BEVERAGE BUSTOPOLIS

BURPEE BLASTER 50 POINTS

In order to fight off all of these unhealthy beverages, we're going to need to crank out some burpees! For this exercise, make sure you stand up, then drop down to the ground on your chest, then get back up and jump while clapping your hands above your head. Score 5 points for every 10 burpees you do this week (Maximum 50 points).

Make sure students have listed their amount of burpees for the days they are counting.

SUN
10 burpees

EXAMPLE

MON	TUE	WED	THUR	FRI	SAT	SUN

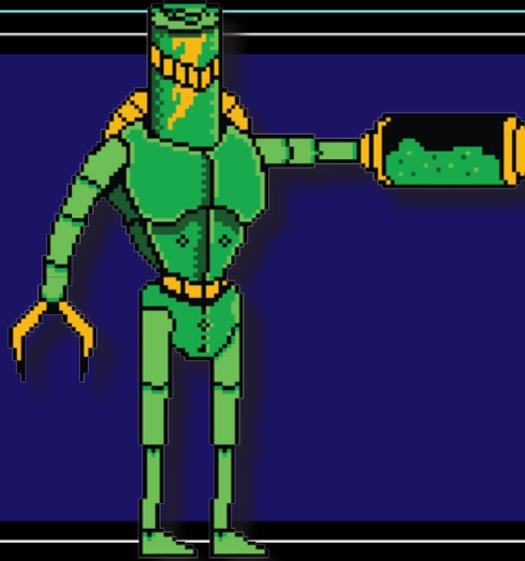
TOTAL AMOUNT
POINTS

Add up your total burpees, then give yourself 5 points for every 10 burpees you did.



BOSS: BEVERAGE BUSTOPOLIS

SYNERGY DRINK



Wait! Did you think that you were just going to stroll through the streets of Beverage Bustopolis and not have a boss to take on? This bustling city has been suppressed by one of Lord Processtor's mightiest minion's known as Synergy Drink!

Synergy Drink is a fearsome robot composed of a variety of unhealthy beverage options, all aiming to take down your health! Use your quick wits and sharp label reading skills to avoid the overflow of unhealthy beverages poised to invade your health. Succeed and you will free Beverage Bustopolis once and for all!

Nutrition Facts

Serving Size 1 Can (12 oz)
Servings Per Container: 1

Amount Per Serving	
Calories 0	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	5%
Total Carbohydrate 0g	65%
Dietary Fiber 0g	
Sugars 0g	
Protein 0g	

Ingredients: WATER, CAMEL COLOR, TAURINE, ASPARTAME, CAFFEINE



WORLD 8: BEVERAGE BUSTOPOLIS

WORLD CLEAR!

WORLD 8-1	
WORLD 8-2	
WORLD 8-3	
WORLD 8-4	
WORLD 8 BONUS	
WORLD 8 EXERCISE	
PRODUCE HUNTER	
TOTAL	

ADULT SIGNATURE



WORLD 9: DEEP-FRIED SPACE

LOCKED AND LOADED

After purging Planet Nutritia from all of Lord Procestor's evil minions, it's time to blast off and take the battle into the stratosphere!

Welcome to Deep-Fried Space, the area of the Dietary Galaxy that separates Planet Nutritia from Planet Artificia. In order to make it through this area, you'll need to learn how to protect both yourself and your healthy foods!

You'll understand how to tell if foods are safe to eat based upon whether they are past their expiration date, appear or smell spoiled, or if they have developed mold. In addition, you will learn how to safely store leftover food in the refrigerator or freezer and what types of packaging you can use to protect it.

Next, you'll learn how to safely prepare foods to eat, and also how to clean up your cooking area after preparing these foods.

But beware, lurking in deep fried space are loads of fried and processed foods boasting a long shelf life, along with Lord Procestor's most notorious minion!

It's your mission to develop your food storage and preparation skills so you can make the journey through Deep Fried Space as you prepare to put an end to the Galaxies' threat of unhealthy foods.



WORLD 9: DEEP-FRIED SPACE

VOCABULARY

Preservatives: Ingredients added to foods that allow it to stay edible for a longer period of time.

Expiration date: The date listed on packaged foods that informs you of how much longer it's safe to eat it. Once the date has passed, you should discard the food.

Salmonella: A bacteria that can grow in meat, poultry, and eggs if they are not cooked thoroughly. Salmonella can also develop in milk, cheese, and other proteins that are not refrigerated.

Mold: A natural growth that occurs on foods as they age. In general, throw away any moldy food to ensure food safety.

Pasteurized: The process of heating milk to a certain temperature to kill most of the harmful bacteria. Milk bought in the store is typically pasteurized.



WORLD 9: DEEP-FRIED SPACE

PRODUCE HUNTER CHART

Earn additional points at each level by trying any of the fruits or vegetables listed below. For each item you try, write the amount of points it is worth in the "PTS" column, then add up your total score. You can also earn 3 points for any new item you can find and try. Just fill in the name of what you tried in the green shaded area. Remember, you can only get points one time for each item, so try as many different items as you can!

1 POINT

ITEM	#	PTS
Apples	001	
Bananas	002	
Blackberries	003	
Carrots	004	
Celery	005	
Garlic	006	
Grapes	007	
Lettuce	008	
Onion	009	
Oranges	010	
Peaches	011	
Pineapple	012	
Potatoes	013	
Strawberries	014	
Tomatoes	015	
Watermelon	016	
TOTAL		

2 POINTS

ITEM	#	PTS
Bell Peppers	017	
Blueberries	018	
Broccoli	019	
Cantaloupe	020	
Cauliflower	021	
Cucumbers	022	
Grapefruit	023	
Green Beans	024	
Honeydew	025	
Kiwi	026	
Mangos	027	
Nectarines	028	
Pears	029	
Peas	030	
Plums	031	
Sweet Potatoes	032	
TOTAL		

3 POINTS

ITEM	#	PTS
Artichoke	033	
Asparagus	034	
Avocados	035	
Brussels Sprouts	036	
Cabbage	037	
Jicama	038	
Kale	039	
Spinach	040	
Squash	041	
Zucchini	042	
TOTAL		

TOTAL POINTS

WORLD 9-1: DEEP-FRIED SPACE

SAVE THE DATE 25 POINTS

Many packaged foods contain a label (expiration date) that says “best if used by” and will give a date. It is best to eat these foods within a week past this date to ensure tasty, safe and healthy food. Some foods do not have such a date (fresh fruits and vegetables for example). Look at the date, hint, or picture of each item and then write whether it is healthy or unhealthy to eat based upon the date, appearance (e.g. is it moldy or spoiled looking?), and smell.

TODAY'S DATE:
5/23/16

PEANUT BUTTER

3/14/16
Unhealthy

MILK

6/2/16
HEALTHY

BREAD

No date
UNHEALTHY

BANANAS

HEALTHY

CHICKEN

Smells bad
UNHEALTHY

ORANGE

UNHEALTHY

GROUND BEEF

5/25/16
HEALTHY

TURKEY

Smells fresh
HEALTHY



WORLD 9-2: DEEP-FRIED SPACE

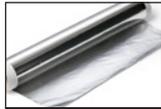
SAFE STORAGE

40 POINTS

It's very common to save leftover food to eat another day and there are steps you can take to make sure foods stay safe and fresh for as long as possible. You can use plastic food storage bags, containers, and aluminum foil to help store your leftovers in either the refrigerator or freezer. For this level, you will need to list four foods you preserved and how you preserved them. If possible, try to freeze at least one item to use later.

Students should list a food and have selected one of the food storage items from the top to store it in.

FOOD STORAGE ITEMS



ALUMINUM FOIL



PLASTIC BAG



JAR



STORAGE CONTAINER

FOOD

Chicken

STORAGE

Aluminum foil

FOOD

STORAGE

FOOD

STORAGE

FOOD

STORAGE

FOOD

STORAGE



WORLD 9-3: DEEP-FRIED SPACE

RINSE AND REPEAT 35 POINTS

You can help keep the foods that you eat safe and healthy by the way you prepare them and how you clean your kitchen (or any area you prepare food). Follow the steps in the order listed below in order to prepare a salad with at least two vegetables. Place the correct number of the step under the correct image. You can earn 10 bonus points if you actually make the salad as well!

1. Create a clean surface or cutting board (or plate).
2. Wash hands with soap and water, dry hands.
3. Rinse off vegetables and greens with water.
4. Place salad and vegetables in a bowl or plate.
5. Place leftovers in a plastic food storage bag or container and place in refrigerator.
6. Clean off surfaces and put away any utensils in the sink.
7. Wash hands again and you are done!



6



5



2 or 7



1



3



2 or 7



4

DID YOU MAKE THE SALAD?



WORLD 9-4: DEEP-FRIED SPACE

WELL DONE

35 POINTS

It's important to remember that certain foods should only be eaten when cooked. Fruits, vegetables, and nuts can be eaten raw (uncooked) or cooked, but beef, chicken, pork, grains, most seafood, and eggs should always be cooked thoroughly. You will see a picture of different food items. Write down an "R" if they can be eaten raw, and write down a "C" if they must be cooked first. Remember, all meats should be cooked first in order to prevent the growth and spread of salmonella!

APPLE

R

CABBAGE

R

ALMONDS

R

CHICKEN

C

MANGO

R

WHEAT PASTA

C

BEEF

C

BROWN RICE

C

EGGS

C

PORK

C

BROCCOLI

R

TURKEY




WORLD 9-5: DEEP-FRIED SPACE

VOCAB BLAST 9

25 POINTS

It's time to revisit our vocabulary from earlier on!

For this level, you'll have to match up each term on the left with the correct definition on the right. Simply write the correct letter of each definition in the box next to the term.

PRESERVATIVES

B

A

A natural growth that occurs on foods as they age. In general, throw away any moldy food to ensure food safety.

EXPIRATION DATE

E

B

Ingredients added to foods that allow it to stay edible for a longer period of time.

SALMONELLA

D

C

The process of heating milk to a certain temperature to kill most of the harmful bacteria. Milk bought in the store is typically pasteurized.

MOLD

A

D

A bacteria that can grow in meat, poultry, and eggs if they are not cooked thoroughly. Salmonella can also develop in milk, cheese, and other proteins that are not refrigerated.

PASTEURIZED

C

E

The date listed on packaged foods that informs you of how much longer it's safe to eat it. Once the date has passed, you should discard the food.



BONUS: DEEP-FRIED SPACE

CLEAN IT OUT! 40 POINTS

For this bonus level, you will need to do 2 things! First, go through your refrigerator at home and look for any moldy, spoiled or expired foods. List the number of unsafe foods that you found, and ask your parent for permission to discard them. (If you found zero, then good for your refrigerator!) Next, you will need to make sure the sink and countertop are clean before you prepare your next meal. Ask a parent to help you wipe off the counter and sink with warm water and soap and then dry it off with a clean towel.

NUMBER OF EXPIRED ITEMS



Check to see if students have listed a number of expired items they removed, and if they marked “yes” or “no” in the “Did you clean up?” box.

DID YOU CLEAN UP?



EXERCISE: DEEP-FRIED SPACE

PLANKER

50 POINTS

Even though we are in deep fried space, we still need to exercise to keep our bodies strong and healthy! For this world, you will need to hold a plank! Place your arms straight out in front of you and put your feet on the ground (Like the top of a push up). Hold this position for at least 20 seconds. You'll score 5 points for every 20 second hold that you do. You can earn a maximum of 50 points, so get your plank on!

Make sure students have listed the amount of time they held a plank for the days they are counting.

SUN
20 seconds

EXAMPLE

MON	TUE	WED	THUR	FRI	SAT	SUN

TOTAL AMOUNT

POINTS

Add up your total seconds, then give yourself 5 points for every 20 seconds of plank holds you did.



BOSS: DEEP-FRIED SPACE

SNACK DRAGON



We've almost made it to the edge of Deep Fried Space, but lurking ahead of us is Lord Processor's most dangerous minion, Snack Dragon!

Snack Dragon is made up of a variety of unhealthy and processed ingredients that use preservatives to give him an extra long expiration date. You won't settle for artificial processed junk though because you now know how to prepare and safely store healthy food. Nothing can stop you now!

Use the following information about snack dragon and apply your skills to finally expire the dangerous dragon from the depths of the Dietary Galaxy!

Nutrition Facts

Serving Size 1 Slice
Servings Per Container: 4

Amount Per Serving		% Daily Value*
Calories 480		
Total Fat 15g		0%
Saturated Fat 9g		0%
Trans Fat 0g		
Cholesterol 25mg		0%
Sodium 700mg		5%
Total Carbohydrate 45g		65%
Dietary Fiber 1g		
Sugars 3g		
Protein 10g		

Ingredients: Flour, Modified Corn Starch, Tomato Paste, Partially Hydrogenated Soy Bean Oil, Maltodextrin, Sodium Nitrate



WORLD 9: DEEP-FRIED SPACE

WORLD CLEAR!

WORLD 9-1	
WORLD 9-2	
WORLD 9-3	
WORLD 9-4	
WORLD 9-5	
WORLD 9 BONUS	
WORLD 9 EXERCISE	
PRODUCE HUNTER	
TOTAL	

ADULT SIGNATURE



WORLD 10: PLANET ARTIFICIA

FIGHT FOR YOUR HEALTH

It's been a long journey, but you've finally made it to the doorstep of all things unhealthy in the Dietary Galaxy, Planet Artificialia! You are the galaxy's only hope at stopping Lord Processor. Before you get to him, you must notify and alert the Planet's people of all of the harm from the unhealthy food created by the planet.

For this world, you will notify those around you about the benefits of eating healthy and why we should avoid the processed junk created by Lord Processor. Once you've alerted the planet of Lord Processor's true evil, you will then have to eliminate him yourself! Make your last mission count, and help bring complete health to the Dietary Galaxy once and for all!



WORLD 10: PLANET ARTIFICIA

PRODUCE HUNTER CHART

Earn additional points at each level by trying any of the fruits or vegetables listed below. For each item you try, write the amount of points it is worth in the "PTS" column, then add up your total score. You can also earn 3 points for any new item you can find and try. Just fill in the name of what you tried in the green shaded area. Remember, you can only get points one time for each item, so try as many different items as you can!

1 POINT

ITEM	#	PTS
Apples	001	
Bananas	002	
Blackberries	003	
Carrots	004	
Celery	005	
Garlic	006	
Grapes	007	
Lettuce	008	
Onion	009	
Oranges	010	
Peaches	011	
Pineapple	012	
Potatoes	013	
Strawberries	014	
Tomatoes	015	
Watermelon	016	
TOTAL		

2 POINTS

ITEM	#	PTS
Bell Peppers	017	
Blueberries	018	
Broccoli	019	
Cantaloupe	020	
Cauliflower	021	
Cucumbers	022	
Grapefruit	023	
Green Beans	024	
Honeydew	025	
Kiwi	026	
Mangos	027	
Nectarines	028	
Pears	029	
Peas	030	
Plums	031	
Sweet Potatoes	032	
TOTAL		

3 POINTS

ITEM	#	PTS
Artichoke	033	
Asparagus	034	
Avocados	035	
Brussels Sprouts	036	
Cabbage	037	
Jicama	038	
Kale	039	
Spinach	040	
Squash	041	
Zucchini	042	
TOTAL		

TOTAL POINTS

WORLD 10-1: PLANET ARTIFICIA**EDUCATOR****50 POINTS**

You've learned a lot of skills during your journey, and for this level, it's your mission to educate the trapped Artificians about the benefits of eating healthy. These are some common questions asked by the Artificians. Use the box to the right to answer each question and educate the people of this planet about the benefits of eating healthy!

Why is an apple healthy?

Why is it important to drink water?

What are some healthy carbohydrates I could eat?

Why is it unhealthy to eat cookies?

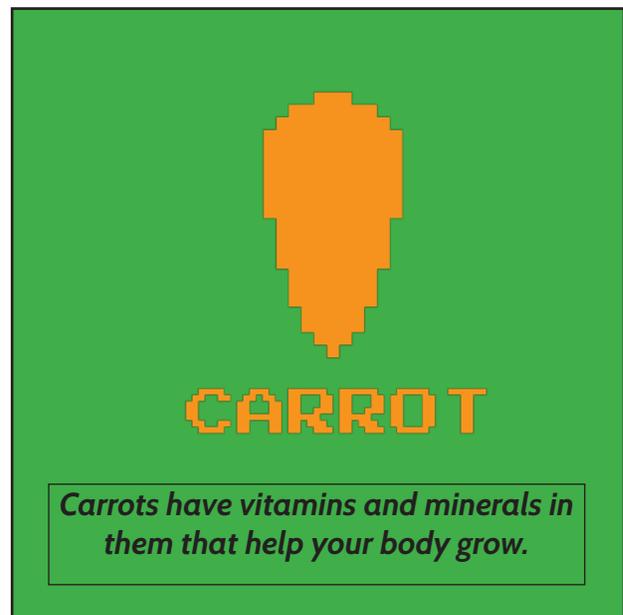
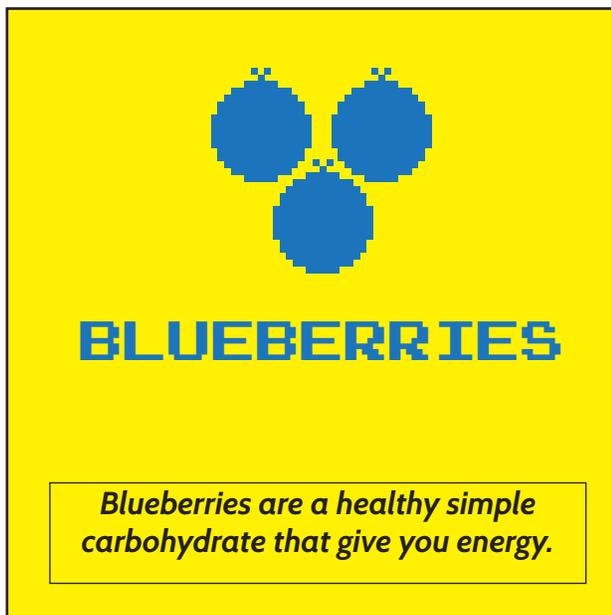
Are all fats unhealthy for you?

Make sure students make a good-faith attempt at answering questions to the best of their knowledge.



WORLD 10-2: PLANET ARTIFICIA**ADVOCATOR****50 POINTS**

We have to let everyone on Planet Artificia know about the benefits of eating fruits and vegetables. Make two signs, one with a drawing of a fruit and one with a drawing of a vegetable. Your signs should also include a sentence explaining why the fruit or vegetable has health giving powers. Then, with your teacher's permission, place each sign in the cafeteria or hallway of your school for all the students to see.



Make sure students have listed a fruit or vegetable with a sentence explaining the healthy benefits.



FINAL BOSS: PLANET ARTIFICIA

LORD PROCESSOR



This is it! You are now face to face with the one responsible for bringing loads of unhealthy food into Planet Nutritia and the Dietary Galaxy, Lord Processor!

Lord Processor is a master of sneaking in sugar imposters, hiding behind unhealthy carbohydrates, loading up on empty calories, fattening foods with bad fats, passing off unhealthy beverages, shaking in crazy amounts of sodium, bombarding beverages with unhealthy ingredients, and processing foods of course!

Don't be afraid though. You are well trained and well prepared to handle anything he can throw at you to make your foods unhealthy. This final battle will require all of your newly acquired skills, so be ready for anything!

It's time for the ultimate battle between healthy and unhealthy, and time for you to put an end to Lord Processor's threat to Planet Nutritia and the Dietary Galaxy, once and for all!



WORLD 10: PLANET ARTIFICIA

WORLD CLEAR!

WORLD 10-1	
WORLD 10-2	

ADULT SIGNATURE



BOSS: CALORIE CAVES

DONTNUT

40 POINTS

- 1) If one serving of pizza has 100 calories, and you eat two servings, how many calories did you eat?
- A. 100 calories
 - B. 200 calories
 - C. 500 calories
 - D. 700 calories
- 2) Foods that contain a lot of calories in a small or single serving are called what?
- A. Calorie intake
 - B. Total servings
 - C. Calorie-rich
 - D. Calorie need
- 3) The amount of food in one serving, as represented by the Nutrition Facts label is called what?
- A. Total servings
 - B. Calorie
 - C. Calorie-rich
 - D. Serving Size
- 4) If you eat 4 slices of turkey each containing 50 calories, how many total calories did you eat?
Example: (4 slices x 50 calories =?)
- A. 200 calories
 - B. 300 calories
 - C. 600 calories
 - D. 100 calories
- 5) How many calories are in one serving of Dontnut according to his nutrition chart?
- A. 400 calories
 - B. 600 calories
 - C. 500 calories
 - D. 700 calories
- 6) How many grams of sugars does Dontnut have in one serving?
- A. 12g
 - B. 33g
 - C. 60g
 - D. 80g
- 7) How many servings per container does Dontnut have?
- A. 4
 - B. 6
 - C. 8
 - D. 12
- 8) How many grams of total carbohydrates are in one serving of Dontnut?
- A. 20g
 - B. 55g
 - C. 140g
 - D. 2g



BOSS: VITAMIN VALLEY

FRUIT OOPS

40 POINTS

- 1) Which of the following is an example of a mineral?
- A. Protein
 - B. Vitamin A
 - C. Calcium
 - D. Vitamin C
- 2) Foods that provide nutrients but also contain a lot of processed ingredients, sugar, and unnecessary calories are called what?
- A. Calorie rich
 - B. Extra baggage foods
 - C. Fortified
 - D. Calcium rich
- 3) What mineral is important for your energy, blood, and muscles?
- A. Vitamin D
 - B. Carbohydrates
 - C. Vitamin B
 - D. Iron
- 4) What vitamin is a group of 8 vitamins that work together to help you convert fuel for the body?
- A. C Vitamins
 - B. Protein
 - C. B Vitamins
 - D. Calcium
- 5) What vitamin helps hold cells together, heals cuts and broken bones, and helps fight infection?
- A. Vitamin C
 - B. Iron
 - C. Protein
 - D. Vitamin D
- 6) How many grams of sugar are in one serving of Fruit Oops?
- A. 2g
 - B. 50g
 - C. 44g
 - D. 12g
- 7) What is the first listed ingredient in Fruit Oops, thus the main ingredient?
- A. Flour
 - B. Modified food starch
 - C. Yellow 6
 - D. Sugar
- 8) How many grams of carbohydrates are in one serving of Fruit Oops?
- A. 2g
 - B. 50g
 - C. 44g
 - D. 12g

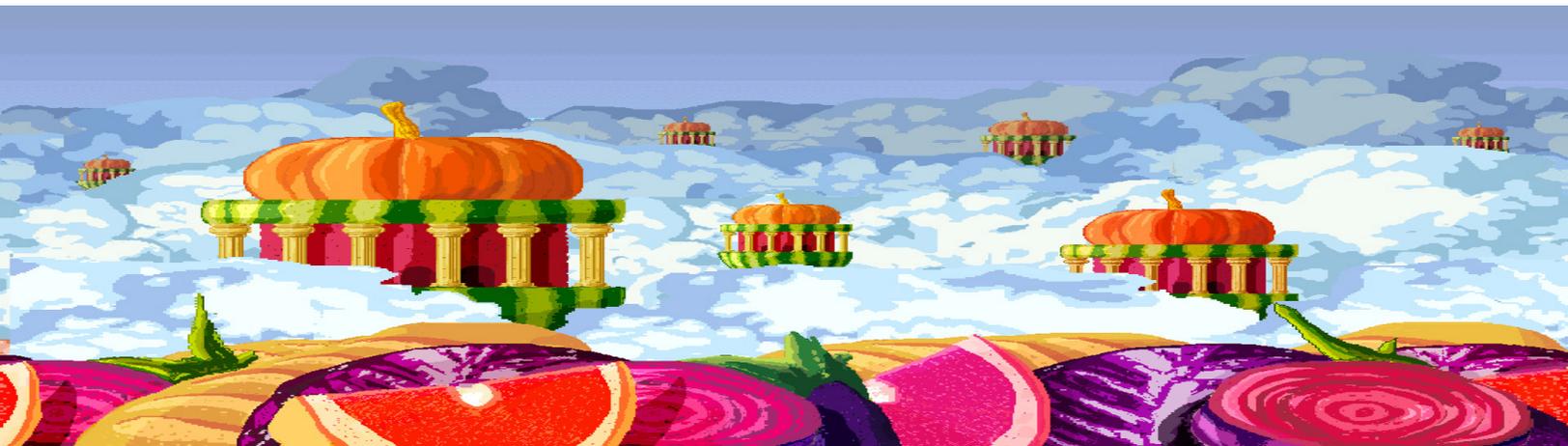


BOSS: CARB CLOUDSCAPE

PANQUAKES

40 POINTS

- Which of the following is an example of a complex carbohydrate?
A. Wheat bread
B. Apples
C. Ice cream
D. Bananas
- Which type of carbohydrate would you want to eat for quick energy? (0-1 hour)
A. Pasta
B. Complex carbohydrate
C. Simple Carbohydrate
D. Protein
- Foods that keep all three parts of their grain, thus having more fiber, vitamins and minerals are called?
A. Refined flour
B. Whole grains
C. Sugars
D. Starches
- Which of the following is an example of a simple carbohydrate:
A. Spinach
B. Pizza
C. Pasta
D. Apples
- How many grams of Total Carbohydrates are in one serving of Panquakes?
A. 42g
B. 115g
C. 22g
D. 70mg
- Of the Total Carbohydrates that Panquakes has in one serving, how many grams of those are sugars?
A. 4g
B. 22g
C. 30mg
D. 42g
- Sugar is an example of what kind of less healthy carbohydrate?
A. Fiber
B. Simple carbohydrate
C. Complex carbohydrate
D. Starch
- Which of the following ingredients for Panquakes is an example of a less healthy complex carbohydrate?
A. Sugar
B. White flour
C. Water
D. High fructose corn syrup



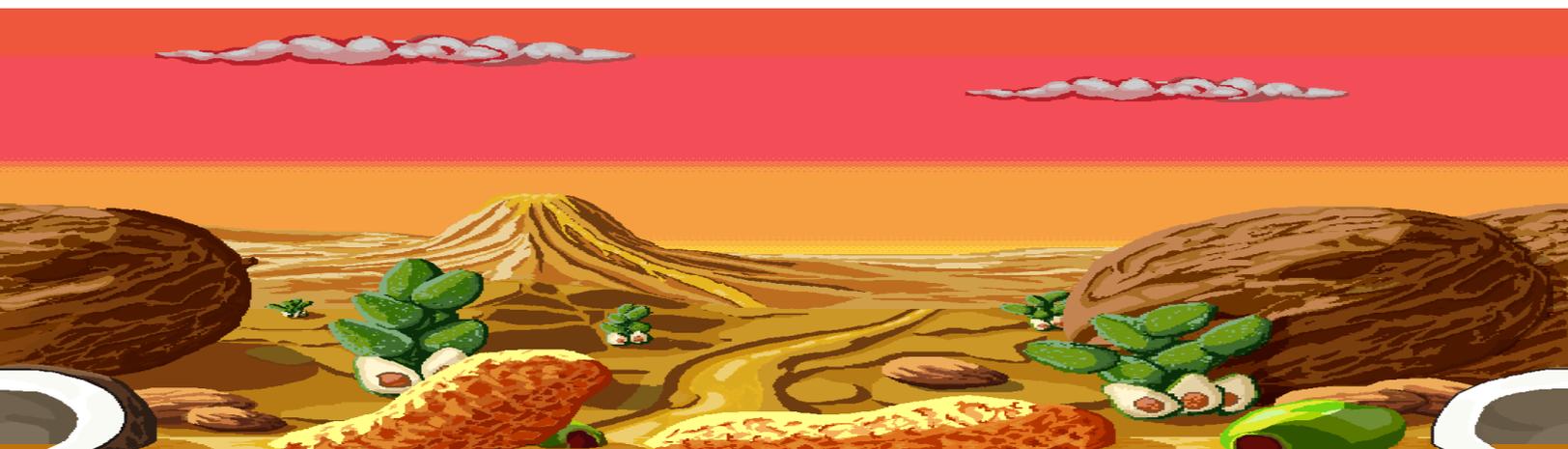
BOSS: SUGAR SLOPES**SUNDANGEROUS****40 POINTS**

- 1) Which of the following is a less healthy sweetener that is processed from corn?
- A. Added Sugar
 - B. Fruit juice concentrate
 - C. Sucrose
 - D. High-fructose corn sweetener
- 2) Empty carbohydrates are foods that are lacking what?
- A. Calories
 - B. Fiber, minerals, and vitamins
 - C. Protein
 - D. Carbohydrates
- 3) Which of the following is an added sugar that removes all of the fiber from a fruit, only keeping the sugar?
- A. Fruit juice concentrate
 - B. High fructose corn syrup
 - C. White Sugar
 - D. Sucrose
- 4) Which of the following ingredients is the best example of a processed, added sugar?
- A. Fiber
 - B. Applesauce
 - C. Sucrose
 - D. Gelatin
- 5) How many grams Total Carbohydrates are found in one serving of Sundangerous?
- A. 12g
 - B. 170mg
 - C. 9g
 - D. 64g
- 6) How many grams of sugar does Sundangerous have in one serving?
- A. 8g
 - B. 67g
 - C. 12g
 - D. 64g
- 7) Write down the name of two sugar imposters found in Sundangerous
- Students should list the name of either fruit juice concentrate, sucrose, honey, agave, or high fructose corn sweetener
1. _____
2. _____
- 8) What ingredient could you add to Sundangerous to add flavor, but not add any extra sugar?
- A. Cinnamon
 - B. Sucrose
 - C. Brown sugar
 - D. Fruit juice concentrate



BOSS: FAT FLAMESA**FIRE FRIES****40 POINTS**

- 1) What is a fat that is solid at room temperature and will increase your bad cholesterol?
- A. Polyunsaturated fat
 - B. Monounsaturated fat
 - C. Saturated fat**
 - D. Dietary Cholesterol
- 2) What is a fat that is liquid at room temperature and can decrease your cholesterol while providing healthy Omega-6 and Omega-3 fats?
- A. Polyunsaturated fat**
 - B. Trans fat
 - C. Saturated fat
 - D. Dietary Cholesterol
- 3) Which would be the healthiest way to prepare chicken so that it had the least amount of unhealthy fats possible?
- A. Deep-fried and topped with butter
 - B. Deep-fried and topped with bacon
 - C. Grilled**
 - D. Deep-fried and topped with ranch dressing
- 4) Which of the following foods provides a healthy source of monounsaturated fats?
- A. Nachos
 - B. Bacon
 - C. Cheese
 - D. Avocados**
- 5) How many grams of saturated fat does Fire Fries have?
- A. 30mg
 - B. 45g
 - C. 11g**
 - D. 12g
- 6) How many calories does Fire Fries have in one serving?
- A. 429
 - B. 629**
 - C. 829
 - D. 1029
- 7) How many grams of Trans Fat does Fire Fries have?
- A. 1g**
 - B. 2g
 - C. 3g
 - D. 4g
- 8) How many grams of Total fat does Fire Fries have?
- A. 11g
 - B. 45g
 - C. 12g
 - D. 33g**



BOSS: PROTEIN PALACE

KING DOGGER

40 POINTS

- 1) Proteins that have 6 or more grams of saturated fat per serving are called what?
- A. Macronutrients
 - B. Lean proteins
 - C. Plump proteins
 - D. Micronutrients
- 2) What includes carbohydrates, protein, and fats and are needed in larger amounts in the body?
- A. Macronutrients
 - B. Lean proteins
 - C. Plump proteins
 - D. Protein
- 3) What includes vitamins and minerals and are needed in tiny amounts in the body?
- A. Carbohydrates
 - B. Lean proteins
 - C. Plump proteins
 - D. Micronutrients
- 4) Protein is an example of what?
- A. Macronutrient
 - B. Vitamin
 - C. Mineral
 - D. Micronutrient
- 5) How many grams of protein does King Dogger have in one serving?
- A. 26g
 - B. 77mg
 - C. 22g
 - D. 12g
- 6) How many grams of saturated fat does King Dogger have in one serving?
- A. 13g
 - B. 8g
 - C. 26g
 - D. 12g
- 7) Based on the amount of saturated fat in one serving of King Dogger, he would be what type of protein?
- A. Lean protein
 - B. Plump protein
 - C. Carbohydrate
 - D. Medium protein
- 8) The last ingredient that makes up King Dogger is a processed ingredient, what is it?
- A. Beef
 - B. Pork
 - C. Sodium phosphate
 - D. Salt



BOSS: SALTY SHORES

SAUCERESS

40 POINTS

- 1) What is it called when your blood sodium falls too low and you can experience dangerous symptoms such as fatigue and confusion?
- A. Thirst
 - B. Sodium excess
 - C. Muscle contractions
 - D. Sodium drain
- 2) What is it called when you have too much sodium in the diet and it can raise blood pressure, making your heart work harder?
- A. Thirst
 - B. Sodium excess
 - C. Muscle contractions
 - D. Sodium drain
- 3) What is an ingredient that can greatly raise the sodium level of a food if added to it?
- A. Ranch dressing
 - B. Basil
 - C. Black pepper
 - D. Garlic
- 4) What is an ingredient that typically can add flavor to a food while not greatly raising the sodium level?
- A. BBQ sauce
 - B. Soy sauce
 - C. Hot chili sauce
 - D. Lemon juice
- 5) How many mg (milligrams) of sodium are in one serving of Sauceress?
- A. 36mg
 - B. 690mg
 - C. 500mg
 - D. 1000mg
- 6) Instead of Soy sauce, which of the following sauces or ingredients would offer a lower amount of sodium per serving?
- A. Olive oil
 - B. Ranch dressing
 - C. Ketchup
 - D. Hot chili sauce
- 7) How many calories per serving does Sauceress have?
- A. 50g
 - B. 60g
 - C. 32g
 - D. 24g
- 8) Sauceress is low in calories and cholesterol per serving, does that make her a healthy choice?
- A. Yes, she has few calories
 - B. No, she has a high amount of sodium
 - C. Yes, she has a low amount of cholesterol
 - D. Yes, she has a low amount of sugar



BOSS: BEVERAGE BUSTOPOLIS**SYNERGY DRINK****40 POINTS**

- 1) What is it called when your body does not have enough fluids and you begin to lose energy and have trouble concentrating?
 - A. Hydrate
 - B. Dehydration**
 - C. Hunger
 - D. Sodium excess
- 2) What is a stimulant and drug that disrupts sleep, raise blood pressure, and affect your mood?
 - A. Sucrose
 - B. High fructose corn syrup
 - C. Artificial sweeteners
 - D. Caffeine**
- 3) Ingredients such as taurine and yerba mate are examples of what?
 - A. Caffeine tricksters**
 - B. Vitamins
 - C. Artificial sweeteners
 - D. Minerals
- 4) What are typically made in a lab and do not contain calories, but are processed ingredients typically added to “diet” beverages?
 - A. Minerals
 - B. Caffeine tricksters
 - C. Artificial sweeteners**
 - D. Vitamins
- 5) Which one of Synergy Drink’s ingredients would be called an “artificial sweetener”?
 - A. Taurine
 - B. Water
 - C. Caramel color
 - D. Aspartame**
- 6) Which one of Synergy Drink’s ingredients would be called a “caffeine trickster”?
 - A. Taurine**
 - B. Water
 - C. Caramel color
 - D. Aspartame
- 7) Instead of drinking Synergy Drink, what would be a healthier option to drink in order to hydrate?
 - A. Diet cola
 - B. Sweetened sports drink
 - C. 100% fruit juice**
 - D. Fruit juice made with fruit juice concentrate
- 8) What fact is typically the main reason diet cola is an unhealthy beverage choice?
 - A. It has zero calories
 - B. It contains artificial sweeteners and caffeine**
 - C. It has zero carbohydrates
 - D. It contains water



BOSS: DEEP-FRIED SPACE**SNACK DRAGON****40 POINTS**

- 1) What are ingredients added to foods that allow them to stay edible for a longer time?
 - A. Molds
 - B. Preservatives**
 - C. Salmonellas
 - D. Calories
- 2) What is a bacteria that can grow in meat, poultry and eggs if they are not cooked thoroughly?
 - A. Mold
 - B. Flu
 - C. Salmonella**
 - D. Dirt
- 3) What is one way you should **not** test to see if foods have gone beyond their expiration date and/or are spoiled?
 - A. See
 - B. Touch
 - C. Smell
 - D. Taste**
- 4) If you just cooked chicken and need to store it in the refrigerator to use later, what should you store it in for it last the longest?
 - A. Nothing
 - B. A bowl with no lid
 - C. Aluminum foil**
 - D. An uncovered plate
- 5) Which of the following foods should always be cooked before being eaten?
 - A. Cabbage
 - B. Almonds
 - C. Beef**
 - D. Apples
- 6) If you were to eat all four servings of Snack Dragon, how many grams of fat would you be eating total? (Hint: $4 \times 15 = ?$)
 - A. 10g
 - B. 30g
 - C. 50g
 - D. 60g**
- 7) Which food must be cooked before being eaten?
 - A. Apple
 - B. Pork**
 - C. Celery
 - D. Almonds
- 8) What can you check on the package of a food to make sure it is still safe and healthy to eat?
 - A. Flavor type
 - B. Ingredients
 - C. Expiration date**
 - D. Brand name



ENDING

A TRUE HEALTHY HERO

You did it! Along with Sarah Strong, you've finally defeated Lord Processor once and for all, and saved Planet Nutritia!

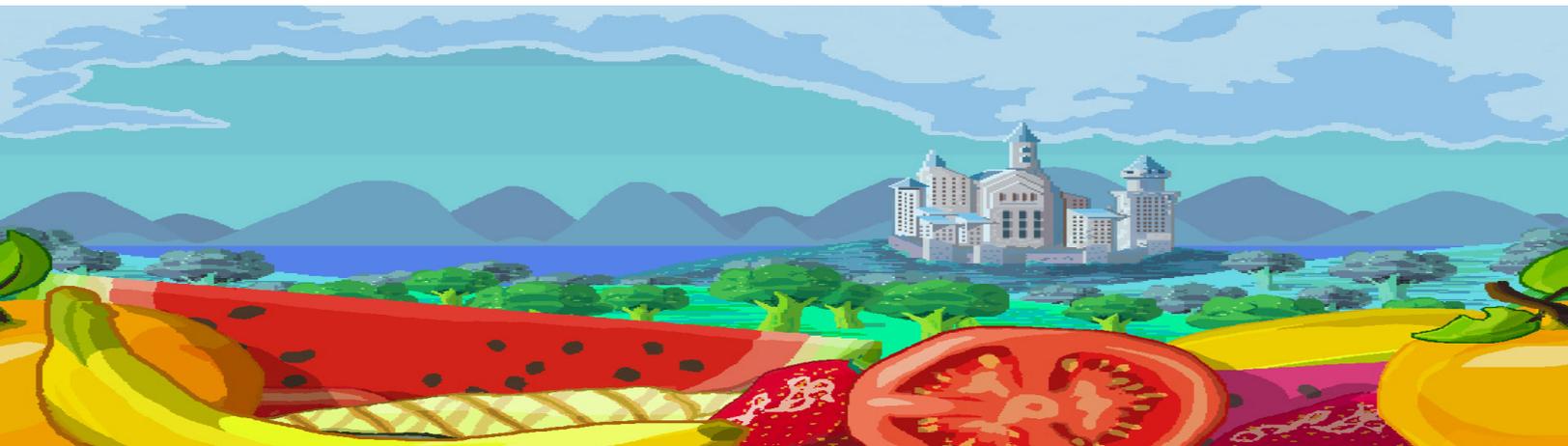
I can't tell you how proud I am of all of you for what you've accomplished!

You should feel so good about yourselves, you've learned so much over the course of our journey, and you've got all of the levels you've completed as proof!

With our mission done, our time together is soon coming to an end. I'm going to miss all of you, but promise me one thing: Don't let the fun stop here, you've learned so much, and now its time to keep living your healthy life style, because you ever know when the next attack on your healthy choices may come!

I'll still be sending transmissions from time to time, and we can always stay connected through our website as well!

From myself, Sarah Strong, King Agriar, the Froopers, and the rest of the Royal Healthy Family, thank you! Enjoy the new skills you've acquired and keep making us proud, until next time gang, take care!



LEVEL UP HEALTH

THANK YOU FOR PLAYING!

