Instructions: Using the images at your station, identify each food. Once completed, place the boxed letters into the final encryption to unlock the first food group! This food group takes up half your plate.

1. __ __ __ __ [__] __ __ __ __

2. __ __ [__]

3. __ __ [__] __ __ __ __

4. [__] __ __ __ __ __ __ __

5. [__] __ __ __ __ __ __ __ __

6. [__] __ __ __ __ __ __

7. __ __ __ [__] __ __

8. [__] __ __ __ __ __

9. [__] __ __ __ __ __

10. __ [__] __ __ __

11. __ __ [__] __ __ __

12. __ [__] __ __ __ __

13. [__] __ __ __ __ __ __ __

14. __ __ [__] __ __ __

15. __ [__] __ __ __ __ __

16. __ __ [__] __ __ __ __ __

__ __ __ __ __ __ & __ __ __ __ __ __ __ __ __ __

FANLit
FOOD AND NUTRITION LITERACY

Instructions: Use the clues at your station to break the encryption! This food group is a quarter of your plate.

_____ , _____ , _____ , _____ _____
4 21 9 14 6   11 14 6 13   5 26 20 9   18 14 5 7 9 8   14 12 2

_____ _____ _____ _____ _____
23 17 26 12 11 14   14 5 9   14 7 7   9 3 14 1 15 7 9 13   11 25

_____ _____ , _____ _____ _____
4 21 11 7 9   16 5 14 26 12 13   6 21 9   13 9 20 11 12 2   25 11 11 2

_____ . _____ _____ _____ _____
16 5 11 17 15   6 21 9 8   14 5 9   17 13 9 2   6 11   1 14 19 9

_____ _____ _____ , _____
25 11 11 2 13   7 26 19 9   18 5 9 14 2 13   1 17 25 25 26 12 13

_____ , _____ _____ .
20 5 14 20 19 9 5 13   14 12 2   15 14 13 6 14

Instructions: Using the clues at your station, unscramble each word. When you're done, you will have unlocked the last food group! This food group fills up a quarter of your plate.

1. RPOTYLU   __ __ __ __ __ __ __

2. IDYRA   __ __ __ __ __

3. YSO   __ __ __

4. AMET   __ __ __ __

5. GSEG   __ __ __ __

6. HIFS   __ __ __ __

7. UNTS & EDESS   __ __ __ __ & __ __ __ __ __

Instructions: *Congratulations!* You have cracked the three codes and are not able to fill up your plate with your most favourite foods from each food group. Draw and colour your favourite foods on the plate to create a balanced meal that uses food from each food group.
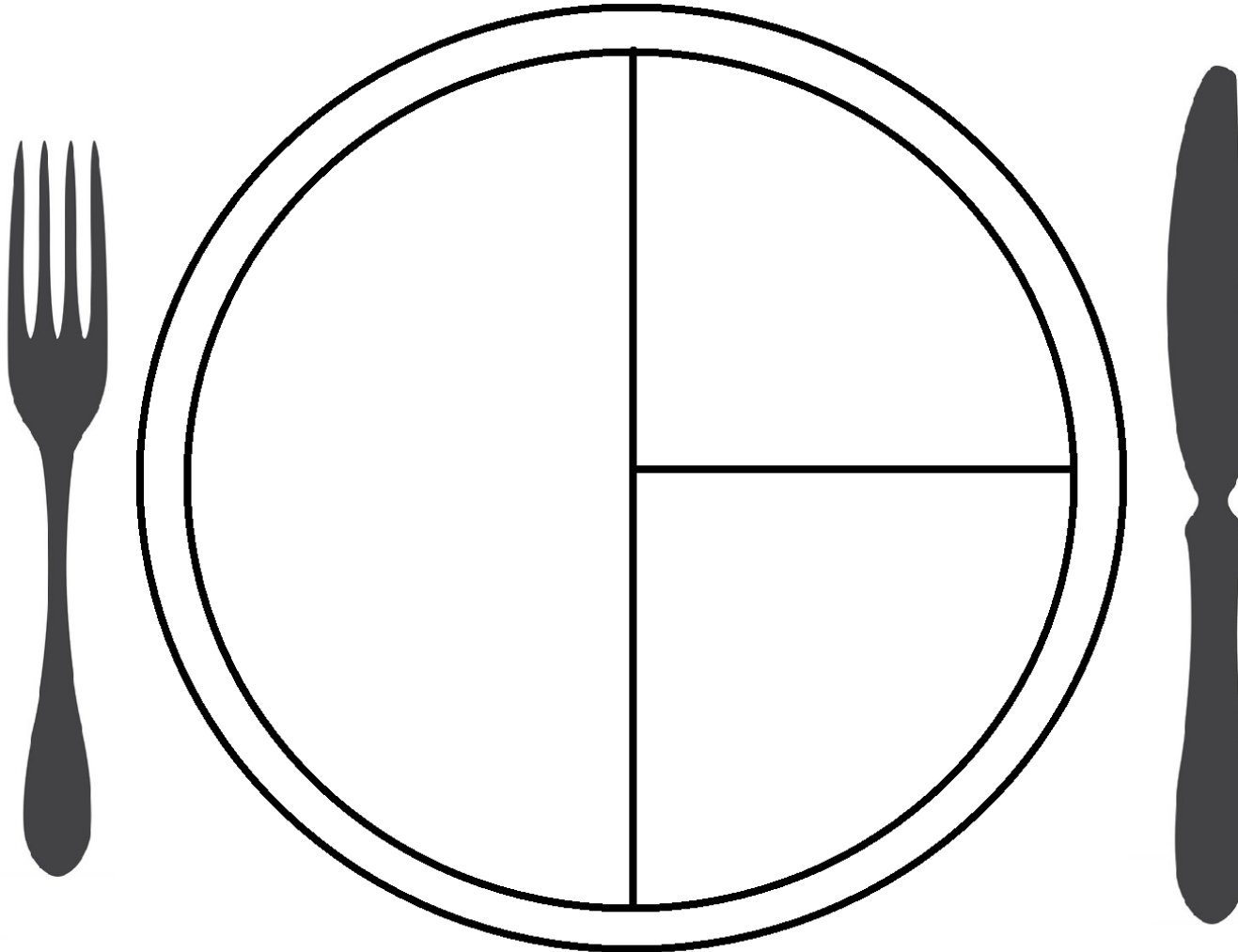
STATION A
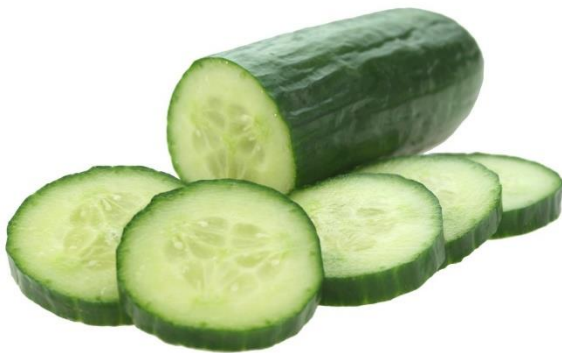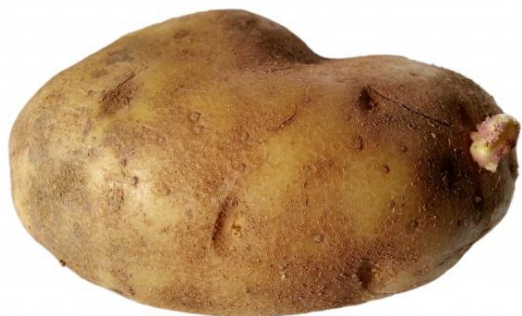## RESOURCES

Station A Clues (cut-out images)

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

Cauliflower	Pear
Cucumber	Pineapple
Strawberry	Asparagus
Olives	Peppers
Grapes	Lemon
Potato	Banana
Broccoli	Celery
Lettuce	Mushroom

STATION B
RESOURCES

14 A	18 B	20 C
2 D	9 E	25 F
16 G	21 H	26 I
12 N	11 O	1 M
19 K	7 L	15 P

23 Q	5 R
13 S	6 T
17 U	4 W
3 X	8 Y

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STATION C
RESOURCES
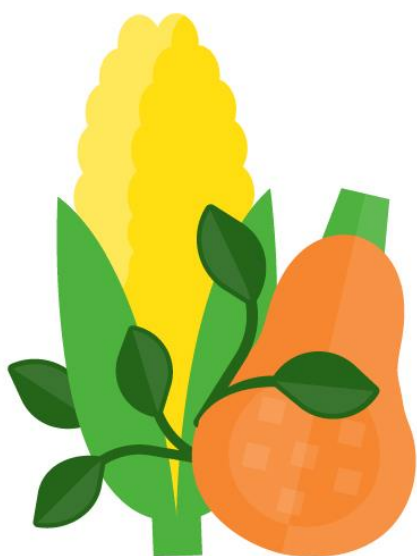
Clue #1: Chicken, turkey, duck, goose

Clue #2: Milk, yogurt, sour cream, cheese

Clue #3: Tofu, edamame, bean

Clue #4: Beef, pork, chicken, fish

Clue #5: Whites, yolk, shell, crack

Clue #6: Tuna, pickerel, salmon, trout

Clue #7: Peanut, almond, sunflower, chia

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STATIONS A-C
TEACHER'S KEY

Station A:

1. Cauliflower
2. Pear
3. Cucumber
4. Pineapple
5. Strawberry
6. Asparagus
7. Olives
8. Peppers
9. Grapes
10. Lemon
11. Potato
12. Banana
13. Broccoli
14. Celery
15. Lettuce
16. Mushroom

Station B:

"Wheat, oats, rice, barley and quinoa are all examples of whole grains, the second food group. They are used to make foods like breads, muffins, crackers, and pasta."

Station C:

1. Poultry
2. Dairy
3. Soy
4. Meat
5. Eggs
6. Fish
7. Nuts and Seeds

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