

Name: \_\_\_\_\_

# BEYOND THE STARS

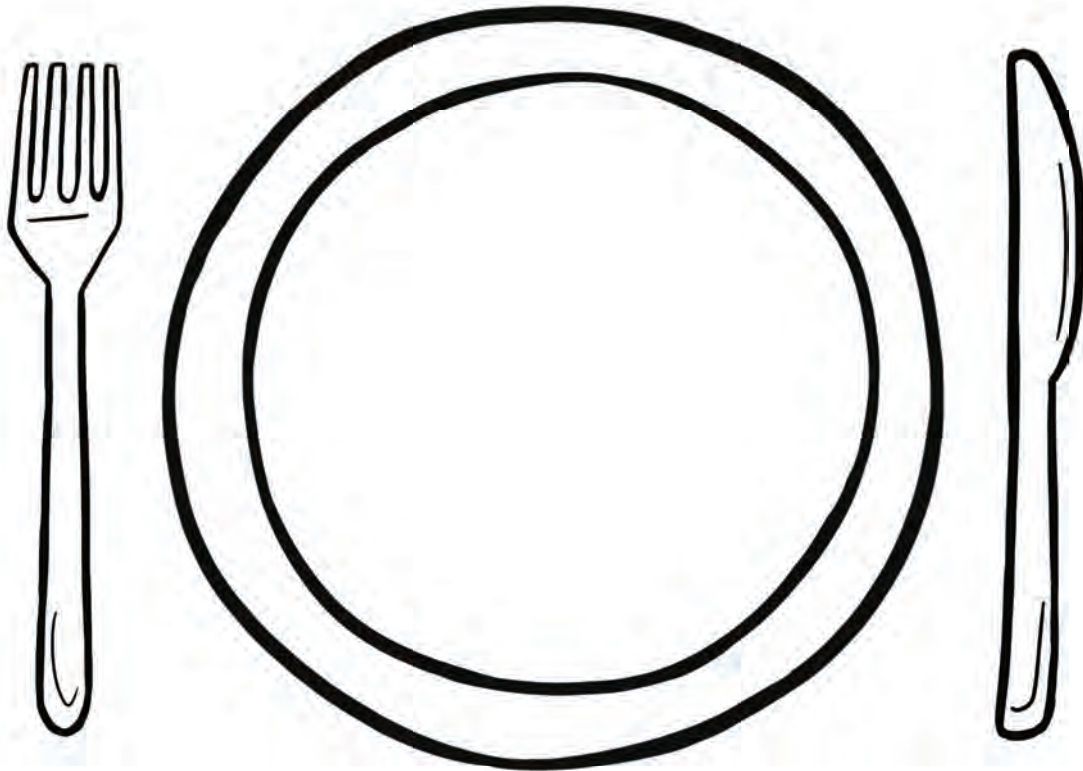


## Activity Book

# Healthy Meals

During the guardians' times, our people ate lots of healthy foods.

Can you draw a meal that you think is healthy?



What are some good choices we need to make to stay healthy?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## WHAT DID YOU EAT YESTERDAY?

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

## DO THIS AT HOME!

Talk with your family tonight about what they think living healthy is. Tomorrow, tell the class what you learnt!

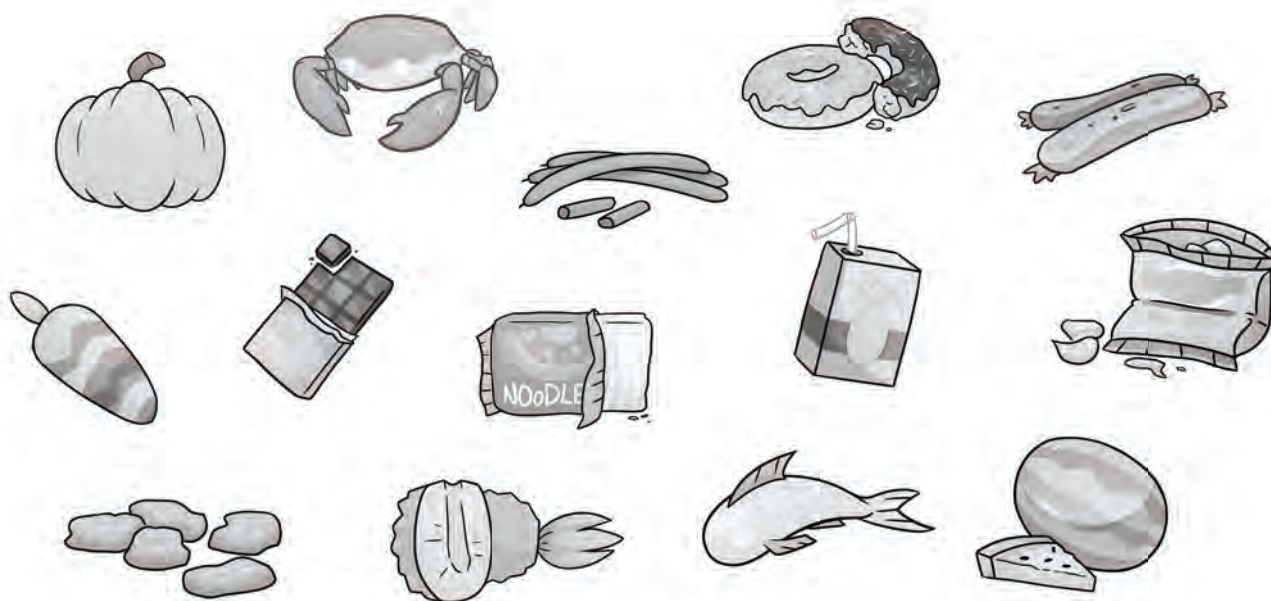
Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# Everyday and Sometimes Foods

The guardians taught us that there are some foods we should eat everyday, and some that we should only eat sometimes. Can you sort which foods are which?

Put a tick on all the 'Everyday' foods and a cross on all the 'Sometimes' foods.



Can you think of any sometimes foods that you eat everyday? List them below!

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Now, see if you can write down some foods you could eat instead.

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## WHAT DID YOU EAT YESTERDAY?

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

## DO THIS AT HOME!

Try sorting the food you have at home into 'Everyday' and 'Sometimes' foods with your family.

Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# What Makes Food Unhealthy?

Something has happened to many of the foods we eat to make them unhealthy. Can you figure out what has been added to these foods that might make us sick?



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

Eating too much salt can be bad for our \_\_\_\_\_.

Eating too much sugar can cause \_\_\_\_\_ and tooth \_\_\_\_\_.

Eating too much fat increases our chances of \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

## WHAT DID YOU EAT YESTERDAY?

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

## DO THIS AT HOME!

See if you can find any foods in your home that have too much salt, sugar or fat added to them.

Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# What Makes Food Healthy?

The guardians knew all about the nutrients that would keep us healthy.  
Can you fill in the table below with their secrets about the nutrients?

NUTRIENT	WHAT IS IT USED FOR?	WHERE CAN WE FIND IT?
Protein		
Vitamins & Minerals		
Calcium		
Carbohydrates		

What is a nutrient? \_\_\_\_\_

Why do we need nutrients? \_\_\_\_\_

\_\_\_\_\_

WHAT DID YOU EAT YESTERDAY?

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_

DO THIS AT HOME!

With your family, see if you can find  
foods in your home that will give you  
healthy nutrients like the guardians.

Teacher Signature:

Parent Signature:

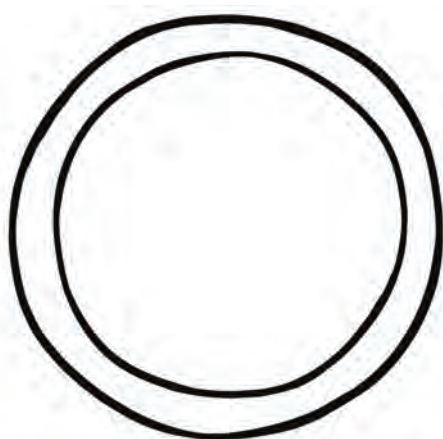


# Balanced Meals

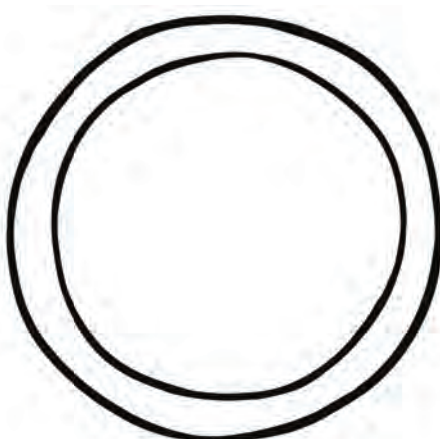
The guardians ate food from each of the three food groups to stay healthy.

Can you draw balanced meals for breakfast, lunch and dinner?

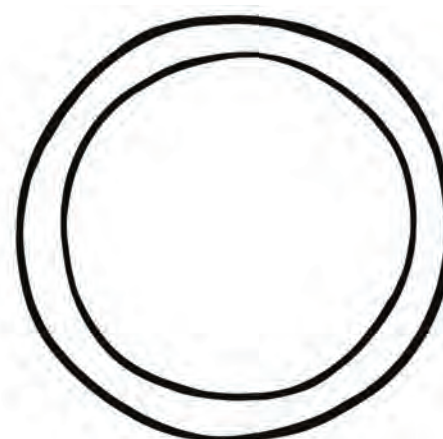
**BREAKFAST**



**LUNCH**



**DINNER**



What makes a meal balanced?

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What are the three food groups called?

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What kind of foods should we eat less of?

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## WHAT DID YOU EAT YESTERDAY?

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

## DO THIS AT HOME!

Try having a balanced meal with your  
family sometime this week.

Remember to tell your friends too!

Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# Food and Health Pineapple

Do you know what the guardians' food guide means? Fill in the blanks and write the correct numbers in the circles on the pineapple. Don't forget to colour the pictures!

1. Eat \_\_\_\_\_ fruit and vegetables instead of foods high in salt, sugar and fat.
2. Eat food and snacks from all of the food \_\_\_\_\_.
3. \_\_\_\_\_ our own food.
4. Stay \_\_\_\_\_ to keep our bodies strong.
5. Make sure \_\_\_\_\_ are breastfed for at least six months.
6. Drink clean \_\_\_\_\_.
7. Avoid \_\_\_\_\_ and drinking kava and alcohol.



## WHAT DID YOU EAT YESTERDAY?

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

## DO THIS AT HOME!

Show the Food and Health Pineapple to someone in your family and see if they know what each part means.

Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# Your Local Food

Eating fresh, local foods is a great way to stay healthy like the guardians.  
Draw some of the local foods you know and write where you can find them!



Why are local vegetables good for you?

What nutrients do local fruits have?

Where can we go to get local food from?

## WHAT DID YOU EAT YESTERDAY?

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

## DO THIS AT HOME!

How many local foods can you  
find at home? Ask your family  
about where they came from.

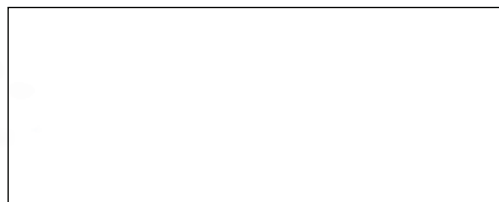
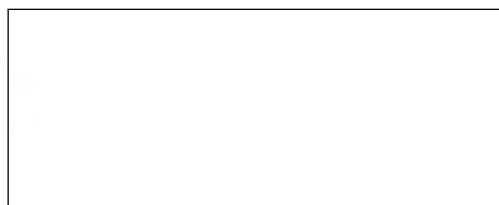
Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_



# Local Food Swaps

The people from Rarama Island have been trying to eat healthier. Can you draw some local foods they could eat instead of the packaged foods below?



How can eating local foods help us and our community?

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**WHAT DID YOU EAT YESTERDAY?**

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

**DO THIS AT HOME!**

Talk to your family about why eating local foods is good for us. See if you can eat a new local food sometime this week!

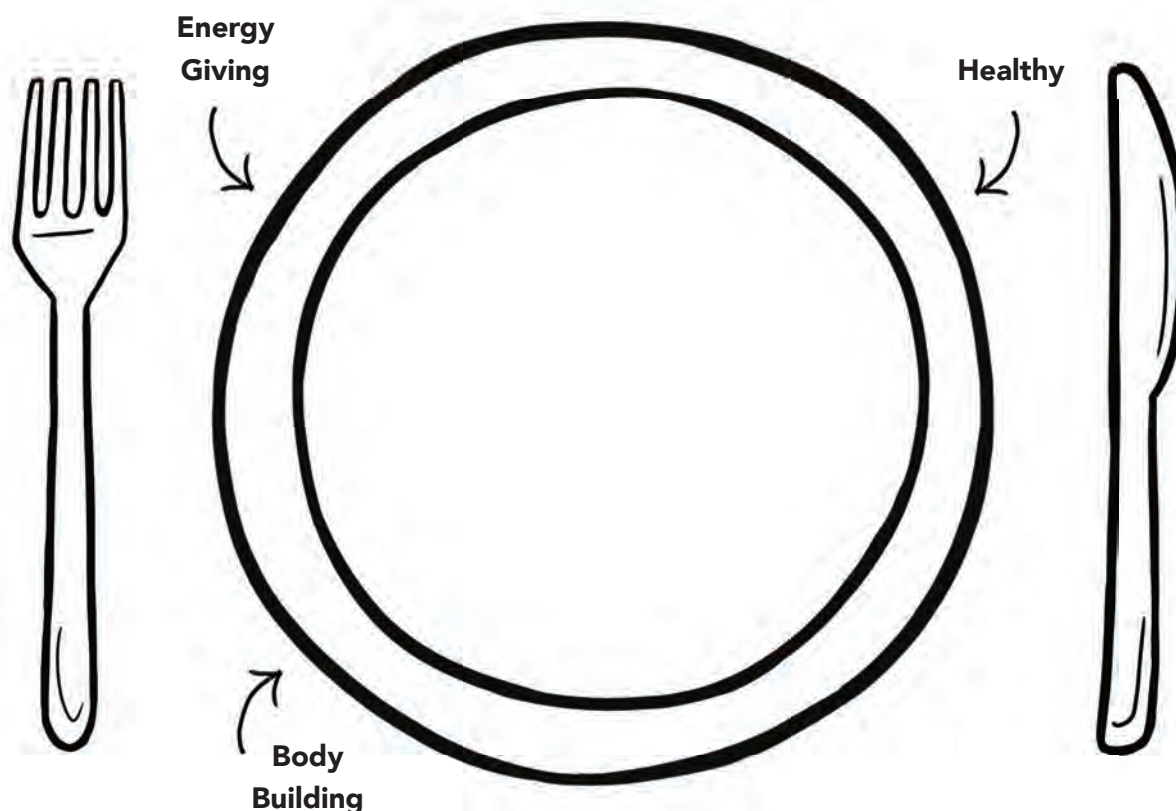
Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# A Balanced Plate

You need to help the people from Rarama Island eat the right amount of food.

Can you plan a balanced meal with foods from all the food groups?



Healthy foods give us \_\_\_\_\_ and minerals to protect our organs.

Energy giving foods give us the \_\_\_\_\_ we need to work and play.

Body building foods give us \_\_\_\_\_ that helps our muscles grow.

## WHAT DID YOU EAT YESTERDAY?

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

## DO THIS AT HOME!




When you have dinner tonight, try sorting the food on your plate into the three food groups. Are you eating a balanced meal?

Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# Plan Your Meals

Can you help the people from Rarama Island stay healthy? Fill in the meal plan below with some healthy, balanced meals you could eat while you are here!

	MON	TUES	WED	THURS	FRI
					
					
					

## WHAT DID YOU EAT YESTERDAY?

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

## DO THIS AT HOME!

Can you have any of the meals you planned at home this week? See how many you can make and eat with your family!

Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# Places to Get Food

There are lots of different places to get food on Loloma Island. Write down some different kinds of food that you could get at each of the places below.



**River**

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**Supermarket**

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**Sea**

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**Bakery**

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**Garden**

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**Butcher**

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## WHAT DID YOU EAT YESTERDAY?

**Breakfast:** \_\_\_\_\_

**Lunch:** \_\_\_\_\_

**Dinner:** \_\_\_\_\_

## DO THIS AT HOME!

Keep a diary this week of where your food comes from, and how much of it you throw away.

Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# Planting Your Garden

The guardians taught us that growing our own food can keep us healthy.  
Draw some foods you could grow at home in the garden below.



How can planting your own food help you and your community?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## WHAT DID YOU EAT YESTERDAY?

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

## DO THIS AT HOME!

Do you grow any plants at home?

Talk to your family about  
the plants you could grow.

Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_



# Healthy Ways to Cook

There are many ways to cook food. Below, write the methods for some healthy ways to cook vegetables for the people of Loloma Island to use.

**STIR FRY**

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**STEAMING**

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**LOVO**

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**BLANCHING**

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**BOILING**

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**WHAT DID YOU EAT YESTERDAY?**

**Breakfast:** \_\_\_\_\_

**Lunch:** \_\_\_\_\_

**Dinner:** \_\_\_\_\_

**DO THIS AT HOME!**

**Find the recipe for your favourite  
food/meal to eat at home and bring  
it in to class tomorrow!**

Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# New Recipes

**You can help Loloma Island by teaching them healthy recipes to cook.  
Find a new recipe from someone in your class and write it out below!**

**Recipe:** \_\_\_\_\_

## Ingredients:

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## Method:

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## Tools:

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## WHAT DID YOU EAT YESTERDAY?

**Breakfast:** \_\_\_\_\_

**Lunch:** \_\_\_\_\_

**Dinner:** \_\_\_\_\_

## DO THIS AT HOME!

**Ask your family if you can cook  
the new recipe you've found  
sometime this week!**

Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# Water Borne Disease

Many people on Totoka Island are sick because they've been drinking dirty water.

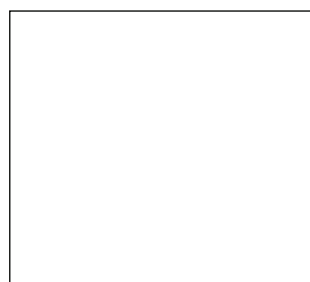
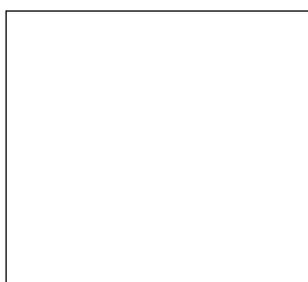
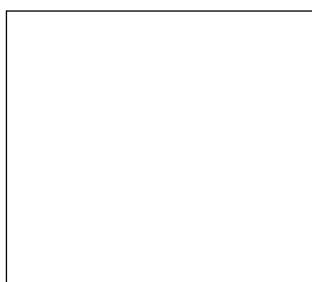
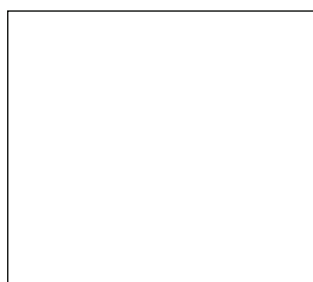
Fill out the report below on one water borne disease to help them learn more.

What is the name of the disease? \_\_\_\_\_

What is the disease? \_\_\_\_\_

What are the symptoms of the disease? \_\_\_\_\_

How does the disease spread? (draw the pictures)



When a person is sick,  
their stool has bad germs  
from the disease in it.

If a fly sits on a sick  
person's stool, it will get  
bad germs on its body.

When the fly lands on  
human water, it leaves  
behind bad germs.

If a person drinks the  
water, they will get the  
disease from the germs.

How can we prevent the disease? \_\_\_\_\_

## WHAT DID YOU EAT YESTERDAY?

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

## DO THIS AT HOME!

Is the water you drink at home clean?  
How do you know? Tell your family what  
you can do to make water clean.

Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# Drinking Safe Water

Just like the people on Totoka Island, it's important that you drink lots of water. See how much you know about clean water by completing the activities below.

Choose one of these water sources. Circle the one you choose.



How can you get water from this source?

How can you make sure the water is safe?

Label the picture with all the ways that water helps our body!

2. \_\_\_\_\_

1. \_\_\_\_\_



3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

WHAT DID YOU EAT YESTERDAY?

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

DO THIS AT HOME!

Try keeping track of how many glasses of water you drink in one day.  
How could you drink more water?

Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# Get Moving

The people of Totoka Island need to get moving. There are lots of physical activities they could try. What are your favourite ways to stay fit? Draw them below!

## INSIDE ACTIVITY

## OUTSIDE ACTIVITY

What are 3 other inside activities?

\_\_\_\_\_

What are 3 other outside activities?

\_\_\_\_\_

## WHAT DID YOU EAT YESTERDAY?

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

## DO THIS AT HOME!

Have a look at some of the foods you have at home. How do their calories compare with the examples in the guide?

Teacher Signature:

Parent Signature:



# Ways to Stay Fit

There are lots of ways for us and the people of Totoka Island to stay fit.

Draw lines between these images of physical activity and their names!



DANCING | JUMPING | RUGBY | GARDENING | RUNNING | SKIPPING

WALKING | STRETCHING | SWIMMING | CYCLING | BOATING | NETBALL



Can you think of some other ways that we can stay fit? Write them down!

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## WHAT DID YOU EAT YESTERDAY?

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

## DO THIS AT HOME!

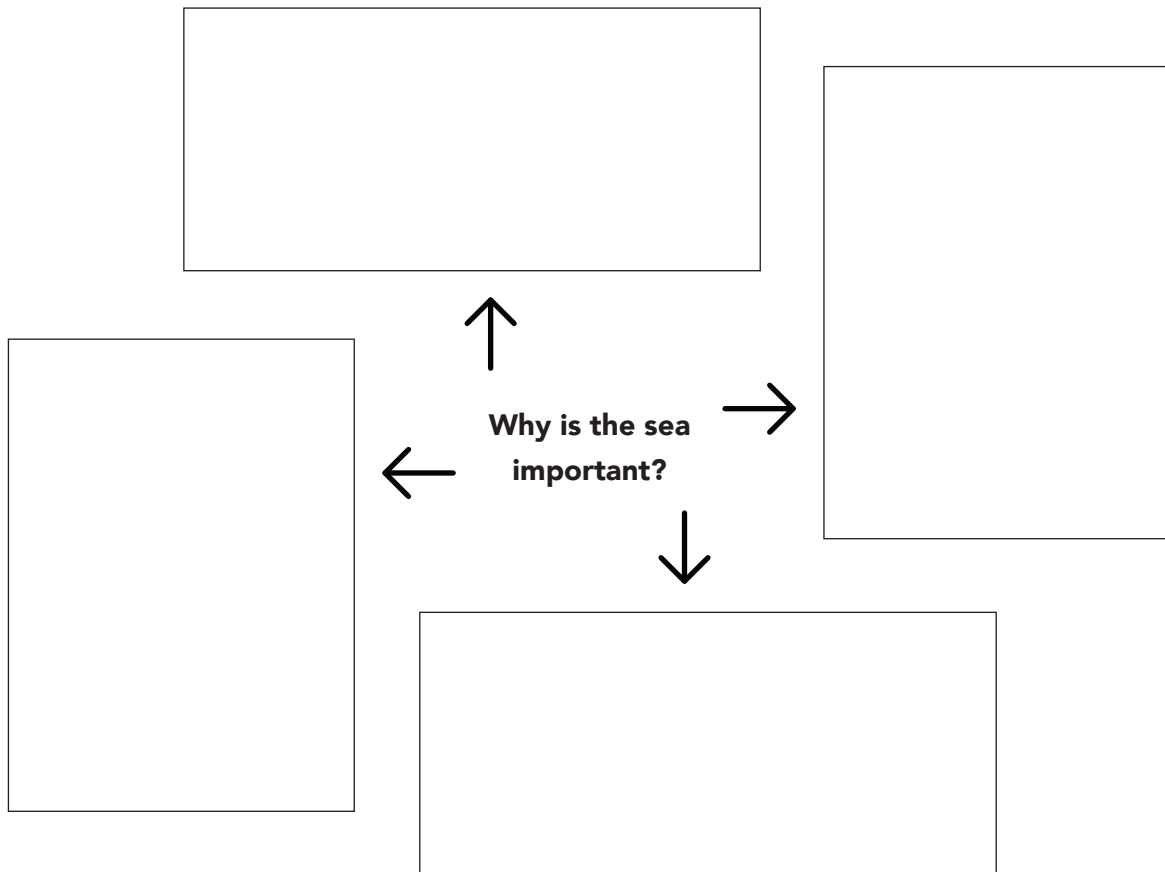
This week, do 30 minutes of exercise with someone in your family. You can even try one of the activities above!

Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# Looking After the Sea

The guardians thought the sea was a very special place. Draw some of the reasons you think the sea is important, and write down how we can protect it.



What are some ways we can help look after the ocean?

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## WHAT DID YOU EAT YESTERDAY?

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

## DO THIS AT HOME!

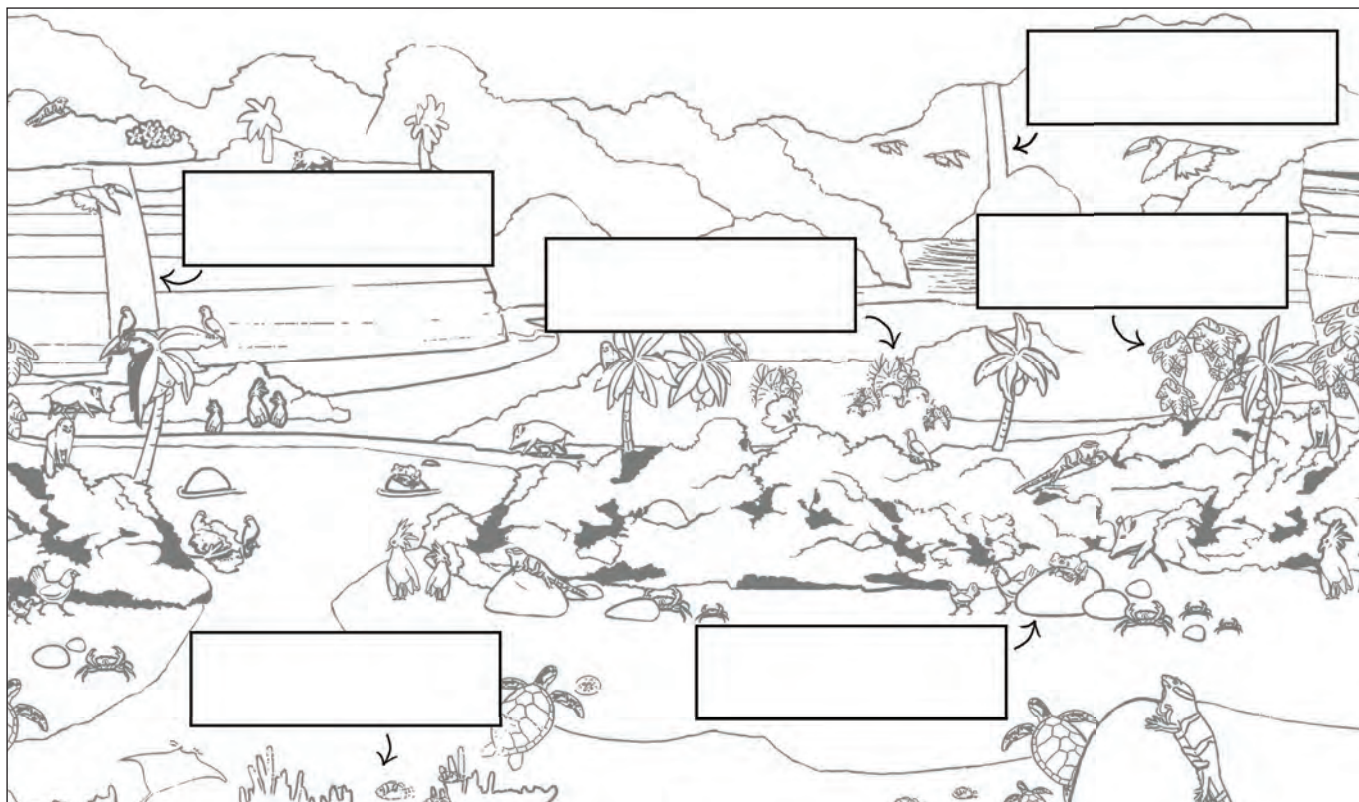
Ask your family about their favourite memories of the ocean. Tell them what you've learnt that could help protect it!

Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# Helpful Habits

Seeing the guardians' magic island shows us how important it is to care for the environment. Colour and label the picture with how the land and sea help us.



I promise to help the environment by...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## WHAT DID YOU EAT YESTERDAY?

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

## DO THIS AT HOME!

Make a plan with your family about  
some of the ways you can help  
care for the environment.

Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# Our Changing World

Since the guardians' times, the climate has been changing. Draw what you think our world would look like if we don't take action, and if we do.

## An unhealthy environment

## A healthy environment

### WHAT DID YOU EAT YESTERDAY?

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

### DO THIS AT HOME!

Talk to an older person in your family  
and ask whether they've seen  
the environment change.

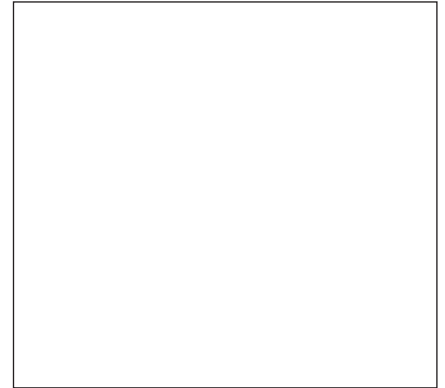
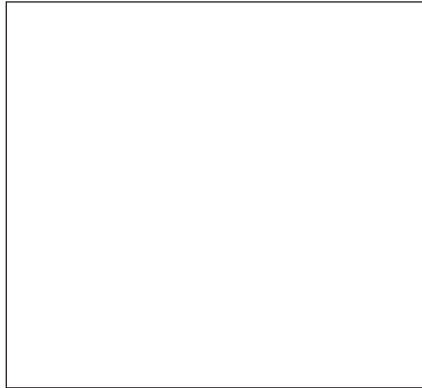
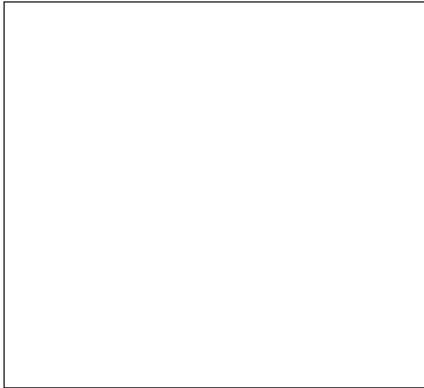
Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_



# Taking Action

Just like the guardians, we can take care of the world around us. Draw and label some actions we can take that would hurt and help the environment.

Things that can hurt the environment...



Things that can help the environment...



**WHAT DID YOU EAT YESTERDAY?**

**Breakfast:** \_\_\_\_\_

**Lunch:** \_\_\_\_\_

**Dinner:** \_\_\_\_\_

**DO THIS AT HOME!**

**Make a plan with your family about what you could do at home to help look after the environment.**

Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_



# Healthy and Unhealthy Meals

You’ve uncovered lots of the guardians secrets on your journey.  
Use what you’ve learnt to draw some unhealthy and healthy options below.

UNHEALTHY		
BREAKFAST	LUNCH	DINNER

HEALTHY		
BREAKFAST	LUNCH	DINNER

WHAT DID YOU EAT YESTERDAY?

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

DO THIS AT HOME!

Talk to your family about some healthy swaps you can make at home.

Can you make at least one swap this week?

Teacher Signature:

Parent Signature:

# Living a Healthy Life

**You've learnt a lot about how to live a healthy life during your adventure.  
Make a poster below with all the things you've learnt from the guardians!**

## WHAT DID YOU EAT YESTERDAY?

**Breakfast:** \_\_\_\_\_

**Lunch:** \_\_\_\_\_

**Dinner:** \_\_\_\_\_

## DO THIS AT HOME!

**Tonight, share your poster with your family and talk to them about how you could live a healthier life.**

Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_