



Healthy Child, Promising Future

Booklet of activities to do with your family



Pacific
Community
Communauté
du Pacifique



Challenge 1: Why do we need to eat?

QUESTION

Why do we need to eat?



RIDDLE

What am I?

- 1/ I am yellow.
- 2/ I am green when I am not ripe.
- 3/ You have to remove my skin to eat me.
- 4/ When someone is super excited you say they are going "-----".
- 5/ I provide iron to those who eat me.

I'm a

GAME

Ball tag - minimum 4 players

For 5 years and up

Object of the game:

Tag prisoners out by touching them with a ball.

Equipment:

- One ball
- Cones or other objects to mark out the playing field (coconuts, rope, garden pots, etc.)

Game rules:

The players set up the field as shown on the drawing opposite and form two teams, each with the same number of players:

- prisoners
- guards

Without entering the playing field, the guards have to throw the ball at the prisoners to tag them out. The prisoners may not come out of the red zone. If a prisoner catches the ball before it touches ground, they continue playing. Once all the prisoners have been tagged out, the teams switch roles.

There are other versions of this game.

ACTIVITIES

To do more with bananas, you could:

1/ either learn to plant a banana tree with your family (with the help of the poster below),

2/ or cook a banana using the recipe below. Enjoy your banana!

You and your family are free to choose. Good luck!

You can also choose to make another recipe that you really like. If so, you can send us a description of your recipe, along with a photo.

HOW DO YOU PLANT IT?

Banana trees are grown from young suckers taken from the mother plant, while carefully keeping the bulb and some roots.

Dig a hole that is as wide as it is deep (triple the volume of the sucker). Put stones in the bottom of the hole to facilitate drainage.

Cover with a mixture of dirt from your garden, potting soil, manure (or compost enriched with seaweed, bird droppings, guano, etc.) and coarse non-chalky sand.

Your banana tree will produce its first bunch about a year after planting.

BANANA & COCONUT FOIL PACK

INGREDIENTS:

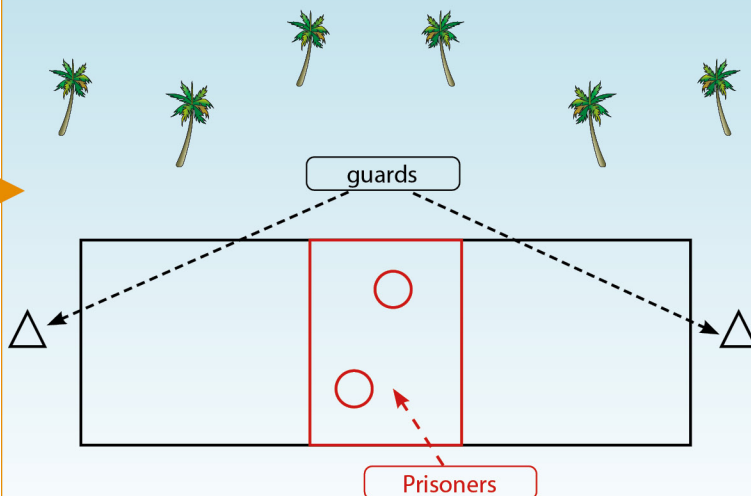
- 4 bananas
- Juice of one lemon
- 4 Tbsp. grated coconut

Prepare four pieces of aluminium foil. Place a banana cut in half lengthwise on each piece of aluminium. Add a few drops of lemon juice and sprinkle with grated coconut. Close the sheets of foil and bake in oven at setting 7 (210°C) for 20 minutes.

A recipe with no added sugar that is quick and easy to make!

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Challenge 2: Why do we need to move around?

QUESTION

Why do we need to move around?



DRAWING

Draw your favorite physical activity:

ACTIVITIES

To do more with chayotes, you could:

1/ either learn to plant chayotes with your family (with the help of the poster below),

2/ or cook chayotes using the recipe below. Enjoy your chayotes!

You and your family are free to choose. Good luck!

You can also choose to make another recipe that you really like. If so, you can send us a description of your recipe, along with a photo.

HOW DO YOU PLANT IT?

Put a fruit in a pot filled with good potting soil and sand but do not cover it completely. Water regularly to keep an even moisture level.

Once the seedling is growing well and has a few fully opened leaves, you can put it in a hole in the ground filled with potting soil and dirt.

Be sure to put up a fence or supports for the vine to climb.


CHAYOTE AU GRATIN

INGREDIENTS:


- 5 chayotes
- 200 g tin button mushrooms
- 200 ml low-fat creme fraiche (or sour cream/Greek yoghurt)
- 2 Tbsp. mustard
- 150 g cubed white ham
- 15 g grated Swiss cheese
- Salt and pepper

Cook chayotes in salted water for 35 minutes. Peel them, remove the cores, and mash. Brown mushrooms in a pan, add chayotes, stirring until the water has evaporated. Add cubes of ham, creme fraiche, and mustard. Season with salt and pepper. Pour into a baking dish and sprinkle with grated cheese. Broil for 10 minutes to melt cheese.

Eat with a green salad for a complete and balanced meal!



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GAME

Sack race - minimum 2 players

For 5 years and up

Object of the game:

Be the first to finish the race.

Equipment:

- Big sacks (for pellets, flour, copra or coffee)
- Cones or ropes to mark out the starting and finish lines

Game rules:

Mark out the starting and finish lines. Every player has their sack and stands at the starting line.

When the starting signal is given, each player gets into their sack and jumps as quickly as possible to the finish line. The first to get there wins!

Another version: the players can already have their feet in their sack at the starting line.

Challenge 3: Food groups

QUESTION

What are the food groups?



ONE OF THESE THINGS IS NOT LIKE THE OTHERS

Milk	Yoghurt	Cheese	Swiss cheese	Orange juice
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Pasta	Leek	Rice	Crisp bread	Bread
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Now it's your turn: write the foods from the same family in the table below.



What am I?

- 1/ I am bigger than an apple but smaller than a watermelon.
- 2/ I have a tangy taste.
- 3/ My flesh is pink or yellow and comes in sections.
- 4/ I am the big cousin of the orange and lemon.

RIDDLE

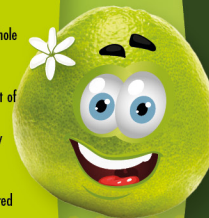
I'm a

HOW DO YOU PLANT IT?

A grapefruit seedling from seed or a graft must first be grown in a pot for about one year.

Then it needs to be planted in a sunny spot with good drainage in a hole at least 50 cm deep filled with a mixture of potting soil and dirt. Spreading compost at the foot of the tree on a regular basis will improve the number and quality of the fruit.

Your grapefruit tree needs to be watered regularly at the beginning and will produce its first fruit five to seven years after planting.



CRAB AND GRAPEFRUIT SALAD

INGREDIENTS:

- 1 grapefruit
- 1 small tin crab meat
- 1 Tbsp. mayonnaise
- Coriander or parsley
- Salt and pepper

Wash grapefruit, cut in two and remove flesh. Drain crab meat and mix with grapefruit. Add mayonnaise and chopped coriander. Season and serve cold in the empty grapefruit skins.

A simple, quick and refreshing appetizer. You can use small shrimp instead of crab meat.



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GAME

Tight rope ball - minimum 2 players

Ages 6 and up

Object of the game:

Roll a ball between two ropes to your teammate without letting it fall.

Equipment:

- One ball and two ropes

Game rules:

Played in teams of two. Each team needs a ball and two ropes.

This game consists of rolling a ball to a teammate between two ropes, whose ends they hold in their hands. If the ball falls, you have to start over.

The first team to roll the ball all the way from one teammate to the other wins.

This game of agility is harder than it sounds!

Challenge 4: The role food plays

QUESTION

Do the different foods we eat all play the same role in helping our bodies work?

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Give examples to explain your answer:

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ACTIVITIES

To do more with taros, you could:

1/ either learn how to plant taro with your family (with the help of the poster below),

2/ or cook taro using the recipe below. Enjoy your taro!

You and your family are free to choose. Good luck!

You can also choose to make another recipe that you really like. If so, you can send us a description of your recipe, along with a photo.

HOW DO YOU PLANT IT?

To grow your own taro patch, just cut some young shoots from old plants and put them quite deep (20 cm to 40 cm) into the mud.

You can also grow taro in a big pot set in a shallow basin of water, being careful not to completely submerge the mound of soil.



TARO CAKE

INGREDIENTS:

- 300 g taro
- 3 eggs
- 80 g sugar
- 100 g flour
- 1 packet (11 g) baking powder
- 1 Tbsp. rum or vanilla extract

Peel taro, cut into pieces and cook in water for 20 minutes.

Mix egg yolks with sugar, then add flour, baking powder and finely mashed taro. Gently add stiffly beaten egg whites and rum or vanilla. Pour into a buttered cake pan and bake at 185°C for about 45 minutes.

A creative way to eat taro!



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GAME

Juggling - minimum 2 players

Ages 6 and up

Object of the game:

Juggle round objects without letting them fall.

Equipment:

- Some small round objects such as lemons, balls, etc.

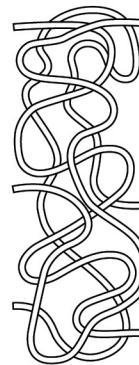
Game rules:

Take some round objects in each hand. The more things you have in your hands, the harder the game. Once the starting signal is given, juggle the balls as long as possible without dropping them.

To make the game even harder, you can all sing whatever song you like while juggling. If you get to the end of the song without dropping the lemons, you win!

THE MAZE

Connect the foods to their food groups by colouring the paths that separate them. Don't take the wrong path!



Body-building foods

Energy foods

Protective foods

Challenge 6: A balanced meal

QUESTION

Look at these different plates and circle the one that is balanced



Hamburger + French fries + mayonnaise



Pork + pawpaw salad + ufi



Ground beef + fried eggs + pasta

Explain your answer:

.....

.....

THE GAME

Bridge ball

Object of the game:

Hit the ball between the other players' legs to tag them out.

Equipment:

- One ball

Game rules:

The players stand in a circle next to each other. They form a circle by standing with their legs wide and feet against those of the players next to them. They then lean forward and clasp their own hands with fingers crossed. The players have to roll the ball inside the circle trying to hit it between the other players' legs. When the ball comes towards you, you just have to hit it with your clasped hands to send it towards another player. If the ball goes between a player's leg, they are out. The game continues until there are not enough players to make a circle and the remaining players win.

Possible variations: instead of eliminating players who let the ball through their legs, they then can only use one hand to defend themselves or they have to turn around backwards and use both hands and then just one.

ACTIVITIES

To do more with sweet potatoes (kumala/kumara), you could:
1/ either learn how to plant sweet potatoes with your family (with the help of the poster below),
2/ or cook sweet potatoes using the recipe below. Enjoy your sweet potatoes!

You and your family are free to choose. Good luck!

You can also choose to make another recipe that you really like. If so, you can send us a description of your recipe, along with a photo.

HOW DO YOU PLANT IT?

Begin to grow your seedlings with 20 cm cuttings taken from the end of healthy sweet potato vines.

Dig a hole about 15 cm in diameter.

Place 3/4 of the cutting in it and partially cover with soil.

Water on a regular basis. Sweet potato can be planted year-round but the best results come from planting it outside the rainy season. The sweet potatoes will be ready for harvest in 4-5 months.

For an innovative recycling-based approach, plant the sweet potato cuttings in old tires stacked on top of each other and then filled with dirt.

BAKED SWEET POTATO

INGREDIENTS:

- 6 large sweet potatoes
- 3 eggs
- 6 Tbsp. butter
- 10 Tbsp. sugar
- Vanilla

Boil sweet potatoes and then peel and mash them. Add butter, sugar, vanilla and eggs. Mix well.
Pour into a buttered dish and bake for one hour at 180 °C – T 6.

A new way to put sweet potatoes on the menu!



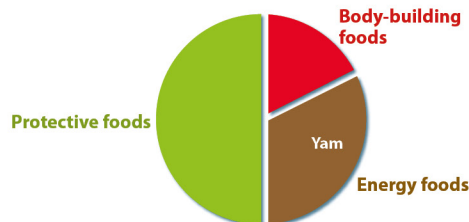
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PREPARING OUR PLATE

Here is a plate to fill up. We have already put one kind of food on it. Now you put the rest!



Is it balanced? Why?

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.....

Challenge 7: The role of the different meals during the day

QUESTION

Describe the role of each meal

- Breakfast:

- Lunch:

- Dinner:

DIFFERENT MEALS DURING A DAY

Connect the picture to the right meal



- Breakfast



- Lunch



- Dinner

ACTIVITIES

To do more with cassava, you could:

1/ either learn to plant cassava with your family (with the help of the poster below),

2/ or cook cassava using the recipe below. Enjoy your cassava!

You and your family are free to choose. Good luck!

You can also choose to make another recipe that you really like. If so, you can send us a description of your recipe, along with a photo.

HOW DO YOU PLANT IT?

Select the brown part located in the middle of the stem of a healthy cassava plant about 2-3 cm in diameter during the resting phase to make the cutting.

Cut in wedges with 4-6 knots and 20-25 cm long. Take the cuttings just before planting to avoid having them dry out.

Cassava sprouts can be planted by hand in a vertical, inclined or horizontal position depending on the type of soil.

The drier the soil, the deeper the stem must be planted.

CASSAVA & CHEESE PATTY

INGREDIENTS:

- 1 small cassava root
- Your choice of cheese (Camembert, Brie, Swiss, etc.)
- Green onion
- Salt and pepper
- Oil

Peel and grate cassava. Cook for 5 minutes in greased pan, pressing together to form a patty. Put cassava patty on a paper towel to absorb the excess oil. Cut a piece of cheese and put it on the patty, then melt in the oven using a suitable dish. Serve with a salad.

Eaten with a raw vegetable salad, this recipe provides a complete meal for dinner time.


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GAME

Ten pass

Object of the game:

The first team to make 10 passes in a row without dropping the ball or having it taken away by the other team wins the game.

Equipment:

- One ball

Game rules:

Divide into two teams, each with the same number of players, and draw lots to see which team will have the ball first. That team must then make 10 passes in a row. If the ball touches the ground or is taken away, the other team gets to try to make 10 passes.

The first team to be able to make the 10 passes wins the game!

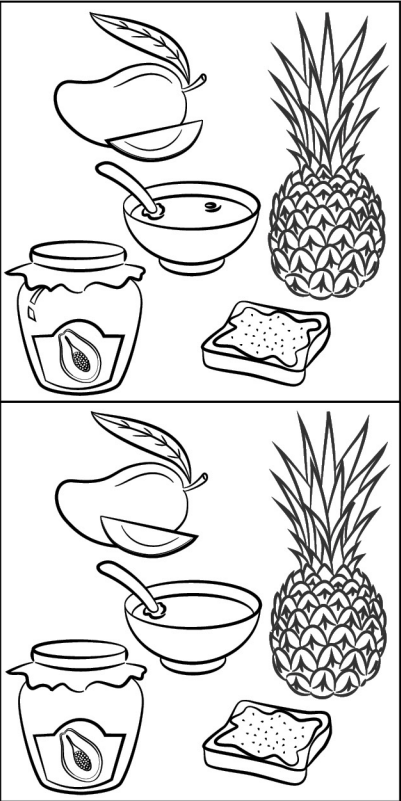
Challenge 8: Breakfast: an important meal

QUESTION

Write down what you have for breakfast each day:

SPOT THE DIFFERENCES

Circle the 5 differences between these two pictures. Then you can colour them. It's your turn to play!



What am I?

1/ I am a round or oval fruit.

2/ I am dark and light green on the outside.

3/ I am juicy and my flesh is pink.

4/ I am heavy and have a lot of seeds.

RIDDLE

I'm a

HOW DO YOU PLANT IT?

Make a mound of dirt and put holes about 2-3 cm deep in it with your finger.

Place a seed in each hole, then cover with dirt and pat down lightly.

Water on a regular basis during germination.

The seedling will emerge 10 days later.


WATERMELON & MINT GRANITA


INGREDIENTS:

- 1/2 watermelon
- 6 ice cubes
- A few mint leaves
- Juice of one lemon

Remove seeds from watermelon and cut it into cubes. Mix with lemon juice and ice cubes. Add a mint leaf before serving. This recipe can also be made with melon.

A refreshing drink with no sugar added!





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GAME

Limbo - minimum 3 players

For 3 years and up

Object of the game:

Pass under a stick without touching it.

Equipment:

- A stick like a broom handle or music baton

Game rules:

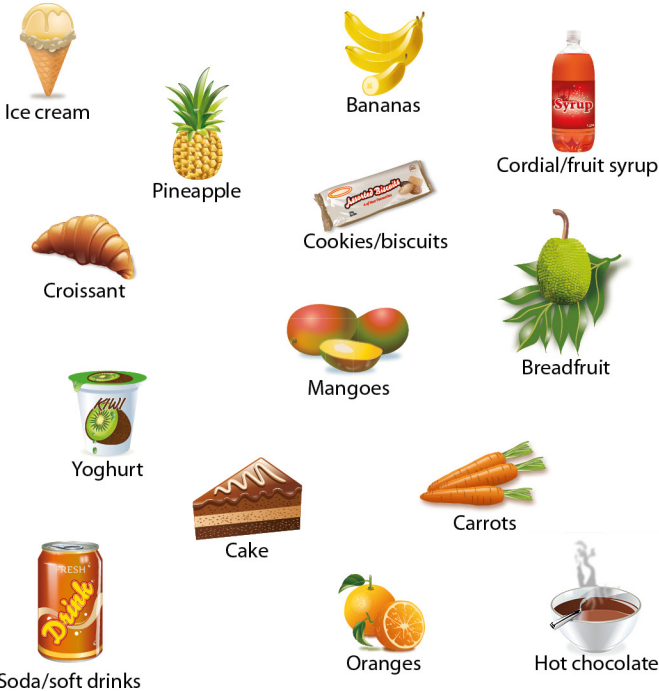
Limbo consists of bending backwards with your chest towards the sky and going under a stick held horizontally by two other players and then coming back again. At the beginning the stick is held up quite high and each player must go under it without touching it or falling. The stick is gradually lowered and each player takes a turn trying to go under it. If a child touches the stick or falls down, they are out. So in the end there will be just one winner. All of that to music!

Limbo is a dance that is still done in the Caribbean and is now used around the world to liven up parties among friends!

Challenge 9: Sugar

QUESTION

Circle the naturally sweet foods in green and the foods with added sugar in red.



What am I?

- 1/ I am a sweet yellow fruit.
- 2/ My skin looks like scales.
- 3/ I have a crown of pointy green leaves.
- 4/ I can also be found in pieces in a tin/can.

RIDDLE

I'm a

HOW DO YOU PLANT IT?

To plant pineapples, you can use either the crown of the fruit or suckers taken from the mother plant after it has given fruit.

Plant the crown or suckers in loose, rich, well-ventilated soil that is slightly moist, without putting them in too deep and keeping a distance of about 30-40 cm between each one.

(Please note: pineapples like acidic soil and do not grow in chalky or coral soils).

About 12 to 18 months after planting, your pineapple plants will each give you one fruit.



PINEAPPLE CHICKEN

INGREDIENTS:

- 4 chicken breasts or 4 boneless thighs
- 1 pineapple cut into pieces
- 1 Tbsp. oil and soy sauce
- 1 chicken bouillon cube
- A little cornstarch

Dissolve bouillon cube in a little water. Pour oil in a nonstick pan and brown pineapple. Add bouillon until it completely covers the pineapple. Cook for 2 minutes, then add cornstarch to thicken the sauce. Add thin strips of chicken and soy sauce. Simmer until done.

For a complete meal, serve this dish with rice and a green salad.

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SPOT THE DIFFERENCES

Circle the 6 differences between the two pictures. Then you can colour them. Now it's your turn to play!



GAME

Wolf hide and seek - minimum 4 players

Object of the game:

For the sheep: get back to the pen (tree, post, etc.) before being tagged out.

For the wolves : catch all the sheep before they can get back to the pen.

Game rules:

One person is picked to guard the pen: the wolf. The other players, who are the sheep, have to hide and then shout "Ready!" once they are hidden. Their goal is to get back to the pen.

So the wolf has to find them and catch them before they touch the pen and shout "I've won!"

Once a sheep has been tagged, they immediately become a wolf and have to try to catch the other sheep.

Challenge 10: Salt

QUESTION

What is another name for salt?

Salt gives a salty flavour. Name the three other flavours:

-
-
-

ACTIVITY

Circle the foods that have added salt **in red** and underline **in green** those that do not.



Yoghurt



Taro leaves



Bananas



Rice



Passionfruit



Butter



A tin of sardines



Breadfruit



Bread



Meat



Beans

What am I?

- 1/ I am found all over a tree.
- 2/ I am round or oval.
- 3/ My green skin looks like scales.
- 4/ Some people eat me as fries or cooked over a fire.

RIDDLE

I'm a

-
-

BREADFRUIT SOUP

INGREDIENTS:

- 1/2 uru (breadfruit)
- 10 cl creme fraiche (sour cream/Greek yoghurt) or coconut cream
- 50 g butter
- 1 l skimmed milk
- Other vegetables: pumpkin, carrot, courgette/zucchini, etc. (optional)
- Your choice of seasonings: parsley, coriander, salt, pepper, nutmeg

HOW DO YOU PLANT IT?

Take a sucker from the mother plant, choose a sunny spot with well-drained soil, and dig a hole at least 50 cm deep. Fill the hole with a mixture of potting soil and dirt and plant the sucker in it.

At the beginning, your breadfruit plant will need to be watered on a regular basis. It will produce its first fruit four to five years after planting.



Cook breadfruit over a fire or bake for at least 1 hour. Mash well. Add warmed milk and butter to get a smooth and creamy mixture. Add vegetables and stir well. Season with salt, pepper, nutmeg and aromatic herbs. Add creme fraiche or coconut cream just before serving.

Serve this soup with croutons or garlic toast and add grated cheese and bacon for a well-rounded meal.



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GAME

Tail chase - minimum 4 players

Object of the game:

Catch the tails of the other players in less than a minute.

Equipment:

- One scarf or piece of cloth for each player

Game rules:

A playing field is set out and the each player attaches a cloth to their back at the waistline to make a tail. The players run around on the field. They have to grab as many tails as possible without losing theirs. The game is over when all the players have lost their tails or at the end of one minute.

The player with the most tails wins!

Challenge 11: Food processing

QUESTION

What is a processed food?

ACTIVITY

Connect each processed food to the place it comes from



What am I?

- 1/ I am an oval fruit that grows in tropical regions.
- 2/ You can't eat my skin.
- 3/ I am filled with small black seeds.
- 4/ My flesh is juicy and orange.

RIDDLE

I'm a

HOW DO YOU PLANT IT?

Germinate papaya (papaw) seeds in small pots or buckets about 5 to 10 cm in diameter that have been filled with seed-starting potting soil mix: 1 to 2 seeds per bucket.

The seedlings can be replanted about two to three months later. Make a 50x50 cm hole and fill it with potting soil and dirt plus 2 scoops of organic fertilizer (composted manure or enriched compost).

Make a mound to keep the papaya tree's roots from being waterlogged.

Plant the trees 2 to 3 meters apart.

Water a modest amount on a regular basis.

Remember: only female trees produce fruit.



PAWPAW SMOOTHIE

INGREDIENTS:

- 150 ml milk or 1 pot plain yoghurt
- 1 very ripe papaw

Wash papaw and remove its seeds. Cut into small pieces. Pour milk and papaw pieces into a blender. Blend a few seconds and drink straight away!

This quick drink is perfect for breakfast or children's snack time.



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GAME

Moving company - minimum 4 players

Object of the game:

Move all the objects as quickly as possible before the other team can.

Equipment:

- Lots of objects of various sizes, shapes, and weights

Game rules:

Choose two teams and mark out the starting and finish lines. The same number of objects must be placed behind the starting line for each team. Each object can only be carried by one player. If an object falls before the finish line, the player has to take it back to the start. To make it harder, the players have to crawl or have their feet tied, or there can be a time limit for moving all the objects.

Challenge 12: Food labels

QUESTION

What is the label on a food package called?

What it is used for?

ACTIVITY

Look at these labels and circle the one that is found on food packages

100% SILK

WASH SEPARATELY
COOL HAND WASH IN SPECIALIST SILK DETERGENT
IRON ON REVERSE SIDE
DRY AWAY FROM DIRECT SUNLIGHT
KEEP AWAY FROM FIRE

Energy

Manufacturer Model

More efficient

A B C D E F G

Less efficient

Energy consumption kWh/cycle (Based on standard test results for 60°C cotton cycle)

Actual energy consumption will depend on how the appliance is used

Washing performance A B C D E F G

Spin drying performance A B C D E F G

Capacity (cotton) kg 5.0 55

Water consumption / 5.2 7.0

Noise (dB(A) re 1 pW) Washing 5.2 Spinning 7.0

Further information is contained in product brochures

Washing machine

0.95

1400

5.0 55

5.2 7.0

European Union

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

What am I?

- 1/ I am all green both inside and out.
- 2/ Before eating, I am cut in half to remove the large seed.
- 3/ I am often considered a vegetable.
- 4/ Some people like to eat me on toast.

RIDDLE

I'm an

HOW DO YOU PLANT IT?

The avocado seedling from seed or a graft must first be grown in a pot for about one year.

Then it must be planted in a sunny spot with well-drained soil in a hole at least 50 cm deep filled with a mixture of potting soil and dirt.

At the beginning, your avocado tree needs to be watered on a regular basis. It will produce its first fruit five to seven years after planting.



AVOCADO SAUCE

INGREDIENTS:

- 1/2 very ripe avocado
- 150 g low-fat quark or cottage cheese
- 1 plain yoghurt
- 1 Tbsp. mustard
- Salt, pepper, chopped parsley

Mash avocado. Add quark/cottage cheese, yoghurt, mustard and chopped parsley. Season to taste.

This creamy mixture can be eaten with raw vegetables or accompany cold fish or shellfish. It adds to your range of sauces and gives a unique taste to your dishes.

Direction de la Santé



GAME

Package race - minimum 3 players

Object of the game:

Find and pick up as many packages as possible in a limited time.

Equipment:

- Food product packages

Game rules:

A person who will not take part in the race is chosen to hide the packages in places the other players cannot see. You can either play in teams or individually.

When the starting signal is given, the players have to find as many packages as they can before the whistle blows. The player or team that collects the most packages wins.

Challenge 13: Communication, the media and food

QUESTION

What kind of media is used for advertising?

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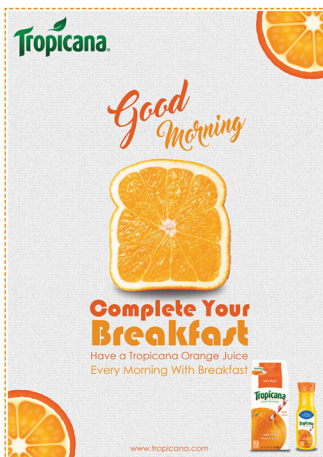
Which brands of food product have you seen advertised?

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.....

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ACTIVITY



Slogan:

.....

Message:

.....

Name the different parts of this advertising poster

Logo:

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Picture:

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.....

.....

What am I?

- 1/ I come in different shapes (round or elongated).
- 2/ I come in different colours (green, white, purple).
- 3/ I grow in patches.

RIDDLE

I'm

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HOW DO YOU PLANT IT?

Plant your bok choy seeds in seedling trays with small compartments.
Water carefully on a regular basis as the seedlings are fragile.

Once the seedlings are stronger and have a few opened leaves, you can replant them in the ground about 20 cm apart.

Compost needs to be added to the soil before planting.

You will be able to harvest them about two months after planting.



BOK CHOY & TUNA OMELETTE

INGREDIENTS:

- 500 g bok choy
- 1/4 onion
- 1/4 red bell pepper (capsicum)
- 1/4 yellow bell pepper (capsicum)
- 150 g tin tuna in water
- 6 eggs
- Salt and pepper

Wash, cut and brown onions and peppers. Do the same with bok choy. Beat eggs in a salad bowl, then add flaked tuna and vegetables. Season with salt and pepper. Pour mixture into a pan and cook on low heat. This recipe can be used with any vegetable and the tinned tuna can be replaced by cubed fresh tuna. You can also add a few cooked potato slices to make a real Spanish tortilla!

Serve as a main dish with a green salad or cut into cubes for a healthy savoury snack.



GAME

Hawk - minimum 5 players

Object of the game:

For the hawk: to catch all the players

For the free players: avoid being caught by the hawk

Game rules:

Mark out a field about 20 m long with some objects. The width depends on the number of players as the field needs to be wide enough to avoid the hawk. One person is picked to be the hawk and stand in the middle of the field.

When the starting signal is given, the players have to go from one end of the field to the other without being caught by the hawk. Those players that are caught become hawks, so the number of hawks grows as the game goes on. The players try to cross the field several times until there is just one left. That person is the winner and becomes the hawk for the next round.

Challenge 14: Do people everywhere eat the same way?

QUESTION

Why does every country have its own way of cooking?

GAME

The beret - minimum 10 players

Object of the game:

Grab the object in the middle of the field and bring it back to your side without being touched by the other team.

Equipment:

- A flexible unbreakable item (hat, scarf, etc.)

Game rules:

Place an object in the middle of the field and mark out two sides 7 m away. Pick someone to be the referee and form two teams. Each team secretly gives each of its players a number.

All the players line up on their own side. The referee calls out a number and players with that number have to try to grab the object and take it back to their side, while keeping one hand behind their backs. If a player is touched while they are holding the object, the point goes to the team of the person that touched them. On the other hand, if the player gets back to their side without getting touched, their team gets one point. The game continues until all the numbers have been called out randomly. When the referee calls out "salad", all the players have to try to grab the object. The team with the most points wins.

What am I?

- 1/ I am an exotic fruit.
- 2/ My flesh is orange, juicy and sometimes stringy.
- 3/ You can't eat my skin.
- 4/ There is a special way to cut me up.

RIDDLE

I'm a

MANGO SAUCE

INGREDIENTS:

- 1 large very ripe mango
- Green onions
- Lemon juice
- Chili pepper (to taste)
- Coriander

Cook pieces of mango in a pot on low heat. Add chili pepper, chopped green onions, chopped parsley and a few drops of lemon juice. Season to taste. Serve over hot rice or sautéed vegetables.

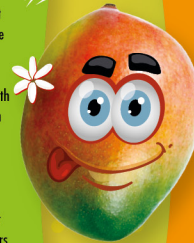
This sauce is so tasty you can season a dish without adding salt. A bonus for your health!

HOW DO YOU PLANT IT?

The mango seedling from seed or a graft must first be raised in a pot for about one year.

Then it must be planted in a sunny spot with well-drained soil in a hole at least 50 cm deep filled with a mixture of potting soil and dirt.

At the beginning, your mango tree will need to be watered on a regular basis. It will produce its first fruit five to seven years after planting.



Direction de la Santé



ADPF

ACTIVITY

Every country has its own cooking traditions:

- 1/ Connect each utensil to the right dish
- 2/ Connect each country to its specialty dish



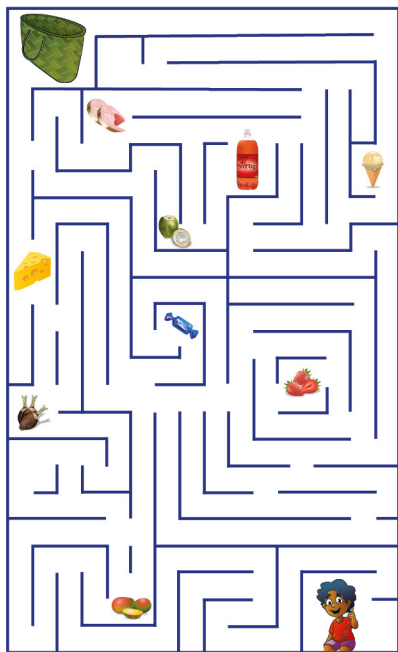
Challenge 15: Education about sustainable development

QUESTION

How can we eat more responsibly?

ACTIVITY

Find the path that will let Vili fill his basket with local products.
Be careful to avoid imported foods.



What am I?

- 1/ The first part of my name twinkles in the sky at night.
- 2/ The second part of my name is a red, green or yellow fruit you use to make pies.
- 3/ You can eat all of me.
- 4/ When you cut me, I look like a star.

RIDDLE

I'm a

HOW DO YOU PLANT IT?

The star apple fruit seedling from seed or a graft must first be raised in a pot for about one year.

Then it must be planted in a sunny spot with well-drained soil in a hole at least 50 cm deep filled with a mixture of potting soil and dirt.

At the beginning, your star fruit tree will need to be watered on a regular basis. It will produce its first fruit about five years after planting.



APPLE & STAR FRUIT SMOOTHIE

INGREDIENTS:

- 3 star apple fruit
- 1 peeled apple with its seeds removed
- Lime juice
- 1 Tbsp. sugar (optional)
- 15 cl cold water

First mix the star fruit (cut into pieces) with the water and press through a sieve to collect the juice. Then mix the juice and all the other ingredients. Serve with ice cubes.

An excellent drink to start the day at breakfast or to have during snack time!

Direction de la Santé



ADPF

GAME

Cross the river

Object of the game:

Get to the other side without getting wet.

Equipment:

- Some big (30 cm x 30 cm) pieces of cardboard

Game rules:

Players stand at the starting line each holding two pieces of cardboard. They have to get to the other side (i.e. finish line) without getting their feet wet. To do that they use the pieces of cardboard as rocks to cross the river. So they put one piece of cardboard down for their first foot and then the second one down for the other foot, then pick up the first one to step forward, etc. If a player falls into the water, they are out or have to start over again. The player that gets to the other side first wins.

Notes

A series of ten horizontal dotted lines, evenly spaced, spanning the width of the page, intended for writing notes.

