

## YOUR MISSION

World Food Leaders have sent you on a mission to Cool Food Planet to discover all there is to know about tasty, healthy, fun food and active living!

How to complete your Mission Card:

- 1 Crack the clues
- 2 Complete the games in the clues to collect your Secret Food
- 3 Write the name of your Secret Food in your Mission Box
- 4 Complete your mission by finishing the letter to World Food Leaders

**MISSION CARD**

*Good luck!  
Planet Earth's food future  
is counting on you...*

## CLUES

- 1 Where on Cool Food Planet can you find out about how different food around Planet Earth TASTES? Go there to play Match the Lunch and collect Secret Food 1.
- 2 Where on Cool Food Planet can you find out what HEALTHY diet means? Go there to play Food Fight and collect Secret Food 2.
- 3 Where on Cool Food Planet can you find out ways of getting FIT? Go there to play Get Moving and collect Secret Food 3.
- 4 Where on Cool Food Planet can you find out about different types of FARM? Go there to play Match the Food and collect Secret Food 4.
- 5 Where on Cool Food Planet can you find different cooking recipes? Go there to play Storing Food Safely and collect Secret Food 5.

## MISSION BOX

Secret Food 1:

Secret Food 2:

Secret Food 3:

Secret Food 4:

Secret Food 5:

## MISSION COMPLETE

Dear World Leaders

I have jetted faster than the speed of light to Cool Food Planet. I have explored mountains, crossed islands, visited cities, towns and even farm lands! Along the way I collected Secret Food, from the \_\_\_\_\_ and \_\_\_\_\_ food group and learnt an important lesson. Every day we earthlings should eat a variety of these foods. We should aim to eat at least \_\_\_\_\_ portions of them a day. Eating a balanced diet helps to keep us \_\_\_\_\_.

Missing words: Vegetables Fruit Five Healthy

