



# Mission 5421

Finding Paradise Island



**Dear Parent/Guardian,**

*Mission 5421* is designed to help children aged seven and eight understand the daily food serving recommendations in Canada's Food Guide. Children also learn how their own food preferences can fit into the Food Guide recommendations.

**Helping children learn on their own**

*Mission 5421* was created to help young children learn about Canada's Food Guide in a fun yet challenging and self-directed way. Since reading ability varies at this age, the time required to complete *Mission 5421* will differ. Some children may require assistance.

For your reference, answers are provided for all challenges on page 31. For more information about Canada's Food Guide, see page 32.

# Ahoy there kids!

You are the captain of your own ship. Your mission is to sail to Paradise Island and learn the Secret Code to Healthy Eating. If you fail, you will be lost at sea, fall victim to sickness and never return.

If you can reach Paradise Island you must use the Secret Code to Healthy Eating to complete a final task and find a hidden treasure.

These three characters will help you on your voyage:

**Captain Jack Jennings**



**Zooko the Parrot**



**Amikook the Octopus**



Pay attention to what they say and you will sail the right way.

**To set sail:**

- 1. Tear the game sheet out of the booklet and spread it out.
- 2. Place a coin on the map where it says **START**.
- 3. When you see this picture  look at the food groups on the map for help.

Ready? Turn to page 2.

Before you leave the port, you must swear an oath to your crew:

I am Captain \_\_\_\_\_  
(Choose a name)

of the good ship \_\_\_\_\_  
(Choose a name)

I promise on a bucket of slugs to obey the rules of this ship  
and feed the crew well during the trip.  
I will face challenges with honour and song.  
With this we will stay healthy and strong.

 Make sure your coin is on the Pier of No Return. **START**



To survive the trip, you need to bring foods from each of the four food groups. If you don't, your crew will get sick and starve.

Go buy food for your crew at the market.

Choose the food stand that sells foods from all four food groups.



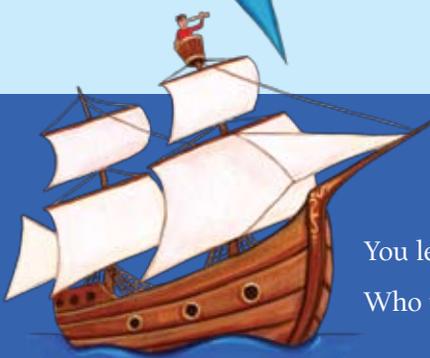
I choose number:

 Look at the map to see foods found in each food group.



After a good night's sleep on Mariner's Rock, you prepare to set sail.

Out of the clouds, Zooko the parrot appears and lands on your shoulder...



You leave Mariner's Rock.  
Who will you meet next?

What a good thing that today I came!  
Let my secret code help you play this game.

Aim to serve Grain Products **four** times each day,  
so you'll have the energy to keep shipwreck away.

Look on the game sheet for my picture.  
Now write the number I've just said  
and reach the Lagoon of Lost Souls  
before going to bed.



🚩 Move your coin to Buoy #2. 

You sail for six hours. A pod of Killer whales swims up to your ship.  
They sing a strange song...

  
Grains are special, as grains must be.   
Grains will give you energy to live your days at sea.

Put the numbers in order and you will see,  
that certain grain products are extra healthy.



Turn the page to start.



All grain products give us **energy**.

What grain products are extra healthy?

The type of grain contains two words. To find the words, solve the two secret word puzzles below.



### CAPTAIN'S DECODER KEY

2 = Z	4 = G	6 = K	7 = P	8 = F	14 = U	16 = C
26 = R	27 = M	32 = B	33 = V	43 = A	49 = Q	55 = X
56 = W	61 = Y	67 = I	70 = J	72 = N	74 = H	80 = O
86 = S	89 = D	97 = L	98 = T	100 = E		

#### SECRET WORD #1

**FIRST**, order these numbers from lowest to highest and write them in the white circles: 100, 56, 80, 74, 97

○	○	○	○	○
□	□	□	□	□



**NEXT**, use the Decoder Key (page 9) to match each number with its letter. Write each letter in the box under its number.

#### SECRET WORD #2

**FIRST**, order these numbers from lowest to highest and write them in the white circles: 86, 43, 4, 72, 26, 67

○	○	○	○	○	○
□	□	□	□	□	□

**NEXT**, use the Decoder Key to match each number with its letter. Write each letter in the box under its number.

Put the two secret words together to find the healthy grains.



See the Grain Products food chart on the map to learn more about whole grains.

Now hurry. There's no more time to waste. To the Lagoon of Lost Souls you must make haste.

 Move your coin to Buoy A.



You sail away. The song of the Killer whales grows quiet. In the distance you see the watery plants of the Lagoon of Lost Souls.

But there is trouble! Pirates are hiding in the tall grass. How will you get past them?

Zooko appears and scratches a clue on your ship's sail.



**FIRST**, fill in the blanks. What does your crew need each day to stay healthy?

We should aim for  servings of Vegetables and Fruit each day.

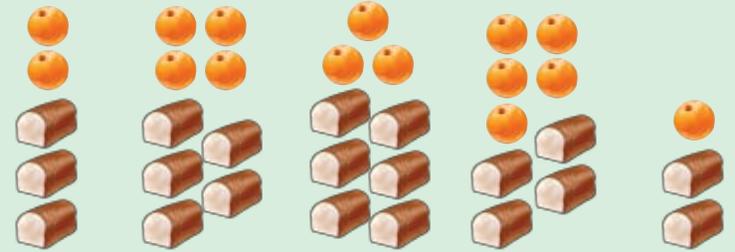
We should aim for  servings of Grain Products each day.

**NEXT**, choose the picture with the right number of servings to make you invisible.

 = 1 serving Vegetables and Fruit

 = 1 serving Grain Products

**LAST**, scratch the magic box below your answer.



The pirates can see you. Move your coin to Stowaway Cove to hide. Try the puzzle again.

The pirates can see you. Move your coin to Stowaway Cove to hide. Try the puzzle again.

The pirates can see you. Move your coin to Stowaway Cove to hide. Try the puzzle again.

Smooth sailing! Move your coin to the Lagoon of Lost Souls. Turn to page 12.

The pirates can see you. Move your coin to Stowaway Cove to hide. Try the puzzle again.

**TIP:** Turn back to pages 4 and 6 if you need help.

After a good night's rest you leave the Lagoon of Lost Souls.  
 As you sail to Tentacle Inlet your crew complains of sore bones.  
 Captain Jennings appears from the blue fog once again.



Listen well to what I have to say:  
 the secret code will point the way.  
 to keep sickness, sore bones and shipwreck away.  
 Milk and Alternatives each day  
 Aim to eat **two** servings of

Find me holding a bone on  
 the game sheet. Write the number  
 of servings of Milk and Alternatives  
 above my picture.

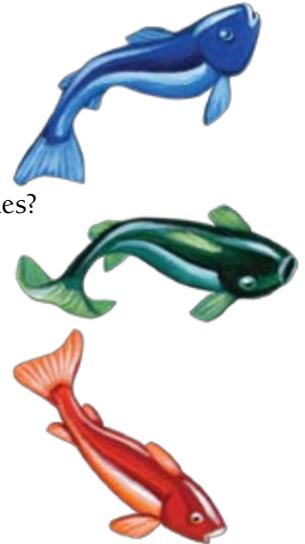
MILK AND ALTERNATIVES		
Butter milk	Elder/kin	Sweet cheese
Cheddar cheese	soy	vanilla milk
Chickadee milk	soy pudding	yogurt
Extra cheese	macaroni cheese	yogurt drink
French yogurt	Provolone cheese	Yogurt tubs
Goats cheese	Processed cheese	
Hot chocolate milk	Quark	
Kefir	String cheese	

\* If you don't drink milk, choose fortified soy beverage

Move your coin to Buoy #3.



You see three brightly coloured fish.  
 Can they help you find the answer to the sore bones?  
 Out of the fog you hear Captain Jennings say:



Your crew's bones will start to break  
 if you don't find the path to take.  
 Something in milk helps your bones grow strong.  
 Find out what it is and you won't go wrong.



Something in Milk and Alternatives helps keep your **bones strong**. Solve this word scramble to find out what it is.



**Step 1:** Circle all the Milk and Alternatives from the list of foods.

If you need help, look at the Milk and Alternatives Food Group on the map.

- |            |           |            |                |
|------------|-----------|------------|----------------|
| Milk       | Yogourt   | Broccoli   | Bread          |
| Vegetables | Potatoes  | Buttermilk | Chocolate milk |
| Chicken    | Cheese    | Roast beef | Banana         |
| Rice       | Spaghetti | Cereal     |                |

**Step 2:** In the boxes below, write the red letters from the words you circled. Write one letter in each box.

--	--	--	--	--	--	--

**Step 3:** The letters in the boxes spell one of the words below. Which one of these words do they spell?

calcium

bones

skeleton

The unscrambled word is:

--	--	--	--	--	--	--

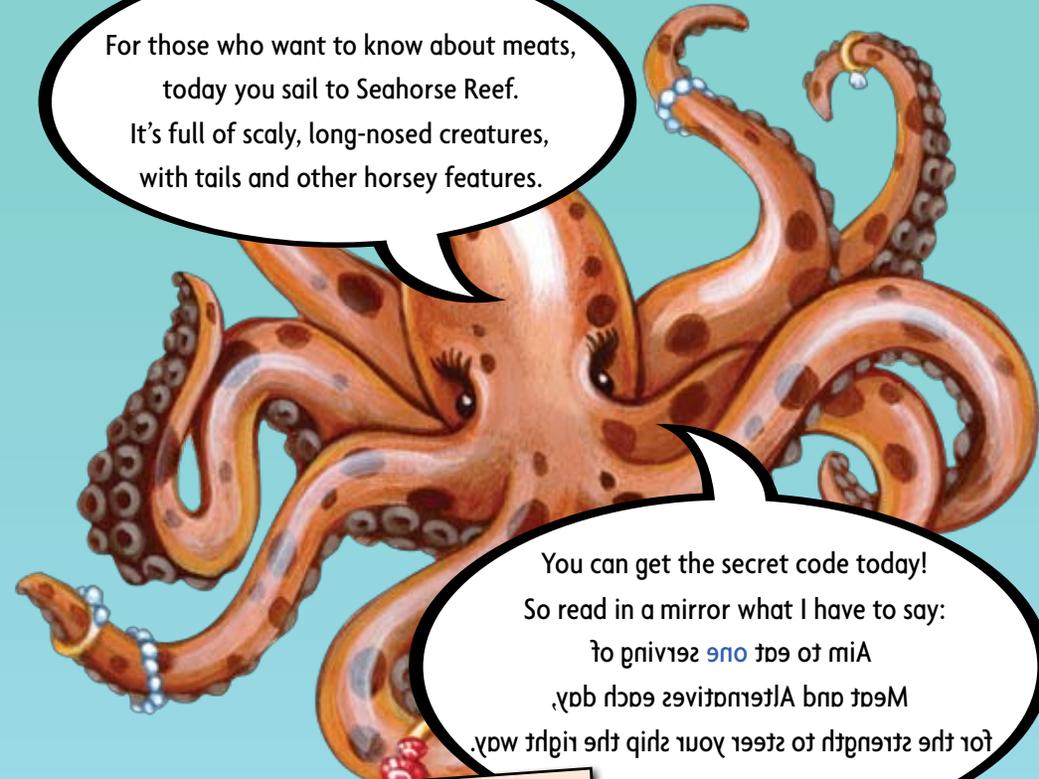
**Step 4:** One of the fish on the map matches the colour of the word you chose. Follow this fish to Tentacle Inlet.

Move your coin to Tentacle Inlet.

You make it safely to the calm waters of Tentacle Inlet. You anchor your ship so your crew can rest.

After a while, you order the crew back to the ship and set sail. But the ship rocks back and forth and the voice of Amikook, master of Tentacle Inlet, bubbles up from the water:

For those who want to know about meats,  
today you sail to Seahorse Reef.  
It's full of scaly, long-nosed creatures,  
with tails and other horsey features.



You can get the secret code today!  
So read in a mirror what I have to say:  
to privre3 9no 3ns ot miA  
y, 3ns ot 3ns ot miA  
for the strength to steer your ship the right way.



Find me on the game sheet.  
Write the number of servings  
of Meat and Alternatives  
above my picture.

Move your coin to Buoy #4.



The ship stops rocking, but now the wind is not blowing.

Your crew must row hard or you'll never make it to the next island.

**Build their muscles** by doing this puzzle.

4

**FIRST**, look at the list of words. Find and circle them down or across in the word puzzle.

- Beans
- Nuts
- Eggs
- Salmon
- Steak
- Tofu
- Peanut butter  
(Find separately)

S	P	B	E	G	G	S	R
A	P	E	A	N	U	T	O
L	T	A	T	E	I	E	N
M	O	N	F	O	R	A	S
O	F	S	T	R	E	K	N
N	U	G	T	H	A	N	D
G	B	U	T	T	E	R	R
O	W	T	H	N	U	T	S

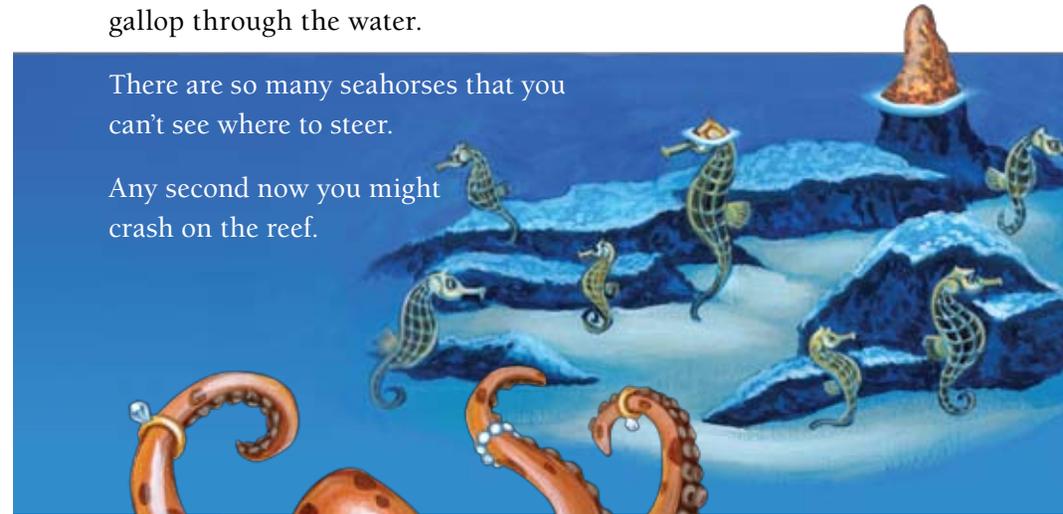
**NEXT**, starting at the top of the word puzzle, and going from left to right, write the unused letters in the boxes below. Now you know the secret message about Meat and Alternatives!


What strength! Your crew can now row hard for Seahorse Reef.

After hours of rowing, the wind picks up. It's getting dark. You must be close to Seahorse Reef: in the moonlight, horse-like creatures gallop through the water.

There are so many seahorses that you can't see where to steer.

Any second now you might crash on the reef.



There are five floating markers ahead. Each one has a number that shows you a different passage through the reef. Only one will guide you safely to the other side, where you can anchor.

➡ Move your coin to Buoy B.





**FIRST**, fill in the correct numbers in the boxes below.

Every day I should aim for  servings of Milk and Alternatives.

Every day I should aim for  serving of Meat and Alternatives.

**NEXT**, scratch the magic box below the marker that has the same numbers you just wrote.

<p>2 1</p> <p>←</p>	<p>4 3</p> <p>←</p>	<p>4 5</p> <p>↑</p>	<p>1 8</p> <p>↑</p>	<p>3 1</p> <p>→</p>
<p>Good job! Move your coin to Seahorse Reef. Go to Page 20.</p>	<p>Your route is unsafe. Anchor at Cutthroat Caves. Check the numbers you wrote above. Try again.</p>	<p>Your route is unsafe. Anchor at Cutthroat Caves. Check the numbers you wrote above. Try again.</p>	<p>Your route is unsafe. Anchor at Cutthroat Caves. Check the numbers you wrote above. Try again.</p>	<p>Your route is unsafe. Anchor at Cutthroat Caves. Check the numbers you wrote above. Try again.</p>

**TIP:** Turn back to pages 12 and 15 for help.

📌 Move your coin to Buoy #5.



You're almost at Paradise Island – onward!



In the morning you set sail from Seahorse Reef.

After a long day, you eat a big meal with the crew. Now it is getting dark. Strange red lights shine in the water. They are the glowing eyes of the Vampire Squid.

They will light the way to their island, where you can rest for the night. But first they have a challenge for you to make their eyes glow bright!

To keep your crew healthy we'll give you a tip: you need to feed your crew well to finish the trip.

Write down what you learned and see how your fate will turn.



You write a note in the ship's log book.

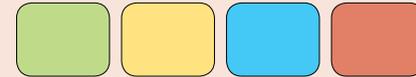
I know that I should aim for  servings of Vegetables and Fruit each day to keep sickness away.

I know that I should aim for  servings of Grain Products each day for energy.

I know that I should aim for  servings of Milk and Alternatives each day to keep weak bones and bad teeth away.

I know that I should aim for  serving of Meat and Alternatives each day for strong muscles to row.

Print the four numbers you have learned here:



Print the four numbers you wrote on the game map:



**You have cracked the Secret Code to Healthy Eating!!!**

You can use this code to get to Paradise Island. You can also use it when you are choosing what to eat.

 Move your coin to the Island of the Vampire Squid.





Your journey to Paradise Island is nearly complete.

When you wake up in the morning, you see Paradise Island in the distance. It is surrounded by large waves. Old broken ships are stuck on the rocks.

Dolphins are playing in the waves. They sing:

Many sailors get this far,  
then they forget the code, hardy-har-har!

To reach Paradise Island  
we will show you the only safe way,  
but first tell us about the foods you need  
to be healthy each day.



🗺️ Move your coin to Buoy C.



**FIRST**, look at the lists of food below. Each contains names of foods from the four food groups you've learned. Each food name stands for one serving of the food group to which it belongs.

**TIP:** Remember the Secret Code to Healthy Eating you wrote on page 21?

**NEXT**, look at the five lists. Decide which list has the best selection of foods you should bring to Paradise Island to get through one day.

**TIP:** How many foods from each food group should the list contain?

**LAST**, scratch the magic box under the list you have chosen.

List #1	List #2	List #3	List #4	List #5
Broccoli	Broccoli	Broccoli	Tomato	Asparagus
Apple	Carrot	Asparagus	Zucchini	Roti
Bread	Mango	Berries	Cabbage	Bagel
Polenta	Peas	Peach	Milk	Cereal
Rice	Banana	Lettuce	Buttermilk	Noodles
Bagel	Noodles	Tomato	Yogourt	Pita
Cereal	Rice	Potato	String cheese	Cracker
Milk	Tortilla	Bread	Chocolate milk	English muffin
Eggs	Pancake	Pancake	Turkey	Milk
Tuna	Chocolate milk	Cereal	Seeds	Frozen yogourt
Peanut butter	Yogourt	Pita	Pork chops	Lentils
Shrimp	Salmon	Milk pudding	Tofu	Chicken

Your path is unsafe. Check the map and Secret Code. Try again.

You have learned well! Move your coin to Paradise Island.

Your path is unsafe. Check the map and Secret Code. Try again.

Your path is unsafe. Check the map and Secret Code. Try again.

Your path is unsafe. Check the map and Secret Code. Try again.

🔍 Look at the game map to see what foods belong to each food group.



You have reached Paradise Island,  
but your journey is not yet done.  
A hidden treasure you must earn,  
before you have really won.

With the dolphins' help you and your crew make it safely to the sandy shores of Paradise Island. The waves move in and out over the beach.

As one wave moves back, you see a message has been left in the sand:

YOU'VE CRACKED THE CODE  
- THIS MUCH IS TRUE,  
BUT NOW THAT YOU'RE HERE  
YOU'RE NOT QUITE THROUGH.  
TO SURVIVE ON PARADISE ISLAND  
YOU WILL NEED TO SHOW  
THAT YOU CAN USE THE CODE  
WITH FOODS YOU KNOW.

Here is your chance to show what you have learned on the journey to Paradise Island.

What are the foods you could eat each day to meet 5-4-2-1?

Complete four short challenges. When you are done, you will find the Hidden Treasure of Paradise Island.

Turn the page to begin.

**What do YOU LIKE to eat or drink from each of the food groups below?**

### **Challenge #1 Vegetables and Fruit**

Write some examples of foods or drinks YOU LIKE from this food group.

The number from the Secret Code for Vegetables and Fruit is:

### **Challenge #2 Grain Products**

Write some examples of foods YOU LIKE from this food group.

The number from the Secret Code for Grain Products is:

### **Challenge #3 Milk and Alternatives**

Write some examples of foods or drinks YOU LIKE from this food group.

The number from the Secret Code for Milk and Alternatives is:

### **Challenge #4 Meat and Alternatives**

Write some examples of foods YOU LIKE from this food group.

The number from the Secret Code for Meat and Alternatives is:

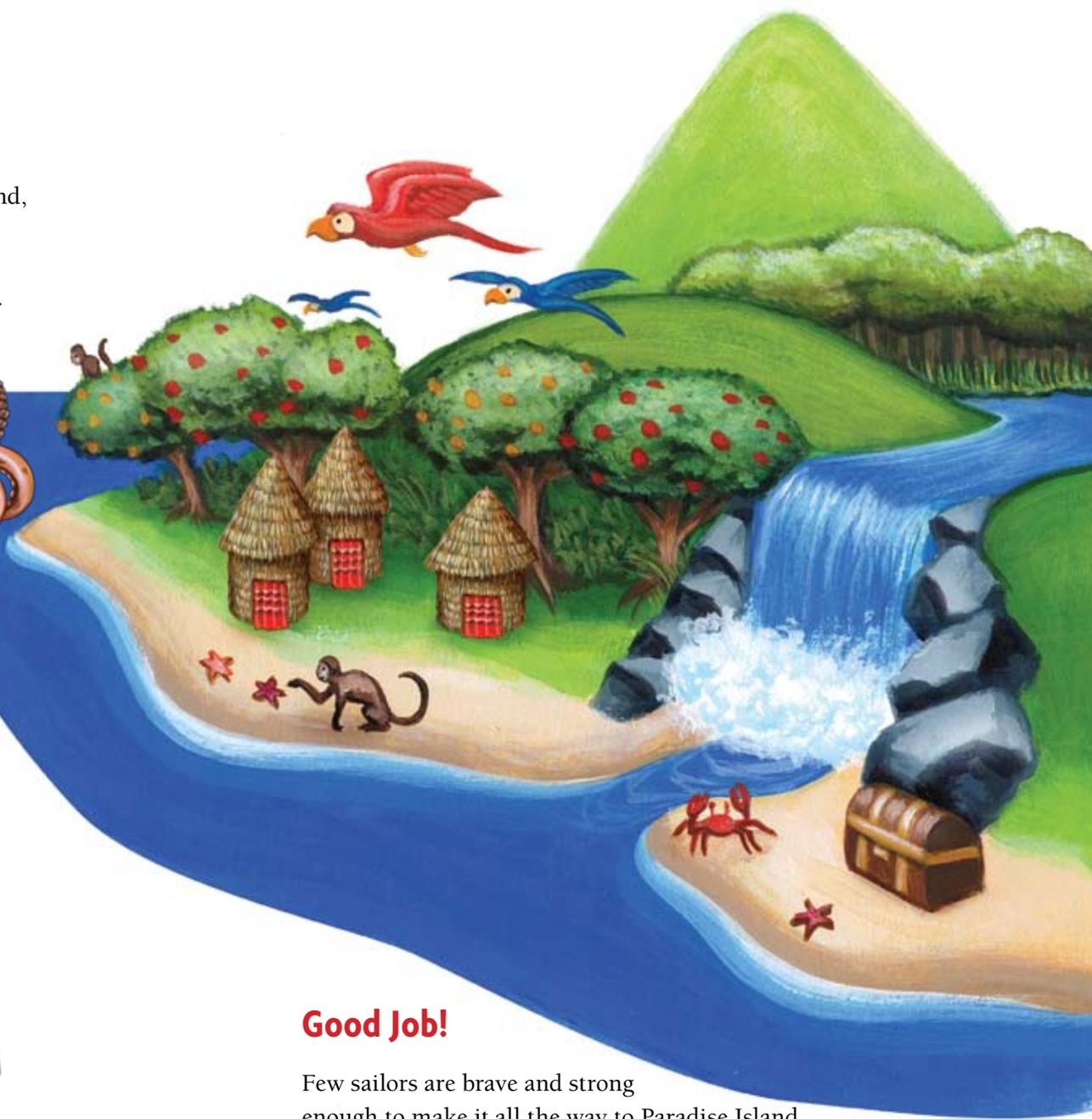
  
  
  
  

**See! Foods you like can fit the code.**



## Congratulations Captain!

The Treasure of Paradise Island you have found,  
Deep within this secret ground.  
But something greater you have earned,  
The secret to healthy eating has been learned.



## Good Job!

Few sailors are brave and strong  
enough to make it all the way to Paradise Island.

You have successfully completed Mission 5421 and earned the power  
to eat well for endless fun.

Turn to page 30 for one final message.

## A special message for kids!

You've completed your mission . . . and know the Secret Code.

Use it every day to plan a healthy day of eating.

Some days it may be hard to eat 5-4-2-1.

Just remember to aim for 5-4-2-1 again tomorrow.

## Are you nine years old or turning nine soon?

The Secret Code changes as we get older. If you are nine years old your Secret Code changes to:

### Girls: 6-6-3-1

6 Vegetables and Fruit

6 Grain Products

3-4 Milk and Alternatives

1 Meat and Alternatives

### Boys: 6-6-3-2

6 Vegetables and Fruit

6 Grain Products

3-4 Milk and Alternatives

2 Meat and Alternatives



# The End

## ANSWERS



**Page #3 - Which stall should you buy your food from?**

Answer: Stall #1 contains foods from all four food groups.



**Buoy #1 - What food should you eat for the right vitamin?**

Answer: To see and steer through the fog we should eat carrots (which contain vitamin A).



**Buoy #2 - What is the name of the extra healthy grains?**

Answer: Whole Grains (Secret Word #1 = Whole + Secret Word #2 = Grains).



**Buoy A - What does your crew need each day to stay healthy?**

Answer: Group #4 is correct! We should aim for 5 servings of Vegetables and Fruit each day. We should aim for 4 servings of Grain Products each day.



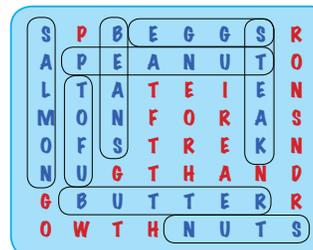
**Buoy #3 - What ingredient in Milk and Alternatives helps bones grow strong (puzzle)?**

Answer: You should circle these foods, which are Milk and Alternatives: Milk, Yogourt, Buttermilk, Chocolate milk, Cheese. The letters in the boxes should be I, L, U, M, A, C, C. The unscrambled letters spell calcium. Follow the orange fish.



**Buoy #4 - What is the secret message about Meat and Alternatives?**

Answer: The secret message is: Protein for Strength and Growth.



**Buoy B - How many servings of Milk and Alternatives and Meat and Alternatives should you aim to eat each day?**

Answer: The correct route to follow is #21 (Two servings of Milk and Alternatives and one serving of Meat and Alternatives each day).



**Buoy #5 - What have you learned about the number of servings you need each day?**

Answer: I know that I should aim for 5 servings of Vegetables and Fruit each day to keep sickness away. I know that I should aim for 4 servings of Grain Products each day for energy. I know that I should aim for 2 servings of Milk and Alternatives each day to keep weak bones and bad teeth away. I know that I should aim for 1 serving of Meat and Alternatives each day for strong muscles to row. The Secret Code is 5-4-2-1.



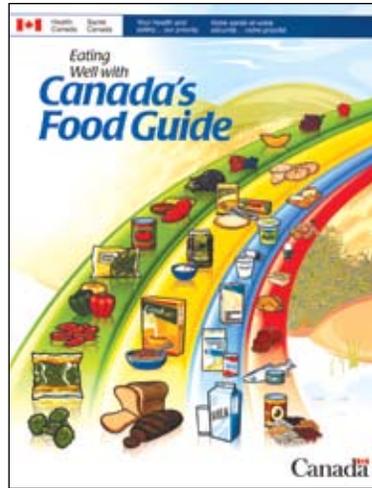
**Buoy C - Which list contains the foods to get through one day (based on the Secret Code to Healthy Eating = 5-4-2-1)?**

Answer: List #2 contains 5 servings of Vegetables and Fruit, 4 servings of Grain Products, 2 servings of Milk and Alternatives and 1 serving of Meat and Alternatives.

## Parents/Guardians

Eating Well with Canada's Food Guide was developed for Canadians over the age of two. Following the eating pattern described in Canada's Food Guide will help children and adults meet their nutrient needs and reduce their risk of disease.

The recommended number of servings in Canada's Food Guide is different for people at different stages of life and after age nine, is different for males and females.



The Food Guide provides additional information on serving sizes. For more information on the Food Guide and to get your own copy visit [www.canadasfoodguide.org](http://www.canadasfoodguide.org) or call 1-866-225-0709.

Developed by the team of Registered Dietitians at Dairy Farmers of Canada and Breakfast for Learning.



**BREAKFAST FOR  
LEARNING**

In collaboration with:



**Dietitians of Canada**  
**Les diététistes du Canada**



**RNAO**

Registered Nurses' Association of Ontario  
L'Association des infirmières et infirmiers  
autorisés de l'Ontario

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