

WORLD 2: VITAMIN VALLEY

A HEALTHY START!

After emerging from Calorie Caves, you'll find yourself in Vitamin Valley, a lush plain filled with healthy foods packed with vitamins and minerals.

You have a great understanding of calories, but it's important to know that not all calories are created equal!

In Vitamin Valley, you will learn about the vitamins and minerals that are essential to your body and examples of foods that are packed with these important nutrients. Choosing these foods provides the proper fuel that helps make your body as strong and healthy as possible.

The healthiest way to get all of the vitamins and minerals that your body needs is to eat foods in their most natural state! In general, foods with fewer ingredients are the healthiest choices for your body.

Throughout this valley, the goal is to avoid eating extra baggage foods! These are foods that claim to give you a variety of vitamins and minerals, but are also packed with unhealthy amounts of sugar, unnecessary additives, and other processed ingredients!



PLAY VIDEO

WORLD 2: VITAMIN VALLEY

VOCABULARY

Extra Baggage Food: Foods that provide nutrients but they also contain a lot of processed ingredients, sugar, and unnecessary calories.

Vitamin A: Good for your eyes, skin, hair, bones, teeth and gums.

B Vitamins: A group of 8 vitamins that work together to help you convert food into fuel for the body. These vitamins also help build strong blood cells and support a healthy immune system.

Vitamin C: Helps hold cells together, heals cuts and broken bones, and helps fight infection.

Calcium: A mineral that gives bones and teeth structure and strength.

Iron: A mineral that is part of your red blood cells, iron helps deliver oxygen around your body.



WORLD 2: VITAMIN VALLEY

PRODUCE HUNTER CHART

Earn additional points at each level by trying any of the fruits or vegetables listed below. For each item you try, write the the amount of points it is worth in the "PTS" column, then add up your total score. You can also earn 3 points for any new item you can find and try. Just fill in the name of what you tried in the green shaded area. Remember, you can only get points one time for each item, so try as many different items as you can!

1 POINT

ITEM	#	PTS
Apples	001	
Bananas	002	
Blackberries	003	
Carrots	004	
Celery	005	
Garlic	006	
Grapes	007	
Lettuce	008	
Onion	009	
Oranges	010	
Peaches	011	
Pineapple	012	
Potatoes	013	
Strawberries	014	
Tomatoes	015	
Watermelon	016	
TOTAL		

2 POINTS

ITEM	#	PTS
Bell Peppers	017	
Blueberries	018	
Broccoli	019	
Cantaloupe	020	
Cauliflower	021	
Cucumbers	022	
Grapefruit	023	
Green Beans	024	
Honeydew	025	
Kiwi	026	
Mangos	027	
Nectarines	028	
Pears	029	
Peas	030	
Plums	031	
Sweet Potatoes	032	
TOTAL		

3 POINTS

ITEM	#	PTS
Artichoke	033	
Asparagus	034	
Avocados	035	
Brussels Sprouts	036	
Cabbage	037	
Jicama	038	
Kale	039	
Spinach	040	
Squash	041	
Zucchini	042	
TOTAL		

TOTAL POINTS

WORLD 2-1: VITAMIN VALLEY

A, B'S, C

30 POINTS

Vitamins A, the B complex, and C are important vitamins essential to your health. For this level, you'll be sampling the alphabet of vitamins! Mark down two different foods for each vitamin that you will eat during the week. Make sure that you have different foods for each vitamin. For example, you can only count eating a carrot for one vitamin category. Variety is the spice of life, so enjoy!

VITAMIN A

CARROTS
SPINACH
SWEET POTATO
KALE
CANTALOUPE
BELL PEPPERS
BROCCOLI
TOMATOES
BLACK-EYED PEAS
BRUSSELS SPROUTS
ROMAINE LETTUCE

VITAMIN B COMPLEX

WHOLE-GRAIN BREAD
AVOCADOS
YOGURT
TUNA
CAULIFLOWER
EGGS
BEANS
BELL PEPPERS
ORANGES
SPINACH
ASPARAGUS

VITAMIN C

ORANGES
PINEAPPLES
CANTALOUPE
KIWI
BELL PEPPERS
BROCCOLI
BRUSSELS SPROUTS
TOMATOES
STRAWBERRIES
RASPBERRIES
GRAPEFRUIT
BLUEBERRIES

FOODS YOU ATE

FOODS YOU ATE

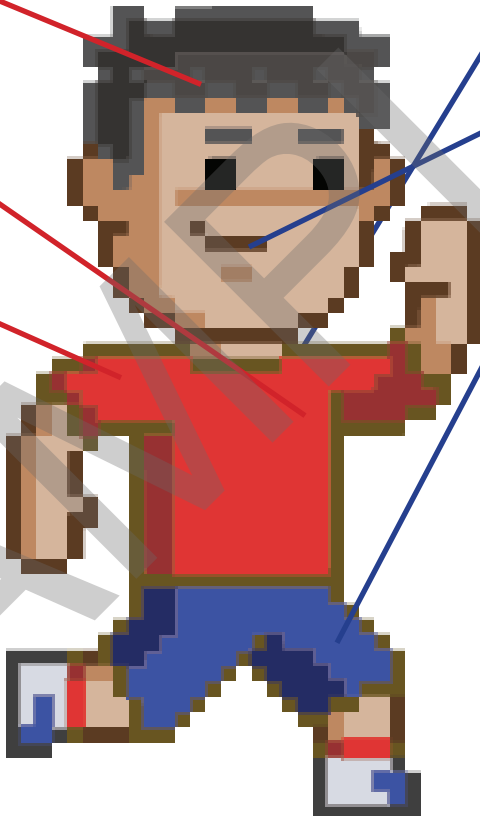
FOODS YOU ATE



WORLD 2-2: VITAMIN VALLEY**BODY BUILDER****40 POINTS**

Iron and Calcium are two very important minerals your body needs for growth, strength and health. For this level, your mission is to name and eat a food for each part of the body that needs support! The red boxes will indicate that you need iron while the blue boxes will indicate that you need calcium, so use our little athletic guy as a guide!

Use the list of each food to write down a food you will eat. Have an adult initial next to each item you ate.



ENERGY	SPINE

BLOOD	TEETH

MUSCLES	LEG BONES

IRON-RICH FOODS

- RED MEAT
- DARK-MEAT CHICKEN
- SPINACH
- POTATOES
- BLACK BEANS
- KIDNEY BEANS
- CASHEWS
- GREEN PEAS

CALCIUM FOODS

- CHEESE
- MILK
- YOGURT
- BROCCOLI
- KALE
- TOFU
- SOY OR ALMOND MILK
- CANNED SALMON



WORLD 2-3: VITAMIN VALLEY**BAG CHECK****30 POINTS**

We talked earlier about “Extra Baggage Foods” and you will recall that these are foods that provide nutrients but they also contain a lot of processed ingredients, sugar, and unnecessary calories. These are most commonly found in sweetened cereals, beverages and packaged foods. There is an extra baggage food listed for each vitamin and mineral we have talked about. Circle the statement that indicates why the food is unhealthy and then write down a healthy food substitute for the “Extra Baggage Food”.

VITAMIN A**PRE-SWEETENED CEREAL**

**PUFFED CORN AND RICE
LOTS OF ADDED SUGAR
11 VITAMINS AND MINERALS**

**VITAMIN B
COMPLEX****WHITE BREAD ROLLS**

**HIGH CALORIES PER ROLL
ENRICHED FLOUR
BAKED ROLLS**

VITAMIN C**FRUIT SNACKS**

**CONTAINS FRUIT JUICE
HIGH VITAMIN C
CONTAINS HIGH SUGAR**

CALCIUM**ICE CREAM**

**LOW FAT MILK
HIGH CALORIES PER SCOOP
ADDED FRUIT**

IRON**CEREAL BARS**

**COATED IN SUGAR
WHOLE GRAINS
HEALTHY FATS**



WORLD 2-4: VITAMIN VALLEY

VOCAB BLAST 2

30 POINTS

It's time to revisit our vocabulary from earlier on!

For this level, you'll have to match up each term on the left, with the correct definition on the right! Simply write the correct letter of each definition in the box next to the term!

EXTRA BAGGAGE

A

A mineral that gives bones and teeth structure and strength.

VITAMIN A

B

Helps hold cells together, heals cuts and broken bones, and helps fight infection.

B VITAMINS

C

A mineral that is part of your red blood cells, it helps deliver oxygen around your body.

VITAMIN C

D

Good for your eyes, skin, hair, bones, teeth, and gums.

CALCIUM

E

Foods that provide nutrients but they also contain a lot of processed ingredients, sugar, and unnecessary calories.

IRON

F

A group of 8 vitamins that work together to help you convert food into fuel for the body. These vitamins also help build strong blood cells and support a healthy immune system.



BONUS: VITAMIN VALLEY

MY FRUIT

30 POINTS

It's time to get creative! For this level, you will create your own fruit, and along with a name, give it 3 essential vitamins or minerals from our list. Write down which part of the body or function is associated with that vitamin or mineral.

FRUIT NAME



VITAMIN/MINERAL

BODY PART/FUNCTION



EXERCISE: VITAMIN VALLEY

JUMPING JACKED UP 50 POINTS

You're going to be filling your body with all sorts of healthy and important vitamins and minerals! For this world, we're going to put all of those vitamins and minerals to work, by doing some jumping jacks! Earn 10 points for every 50 jumping jacks that you do this week. You can earn a maximum of 50 points this week, so hop on it and start jumping around!

SUN
35 Jumping Jacks

EXAMPLE

MON	TUE	WED	THUR	FRI	SAT	SUN

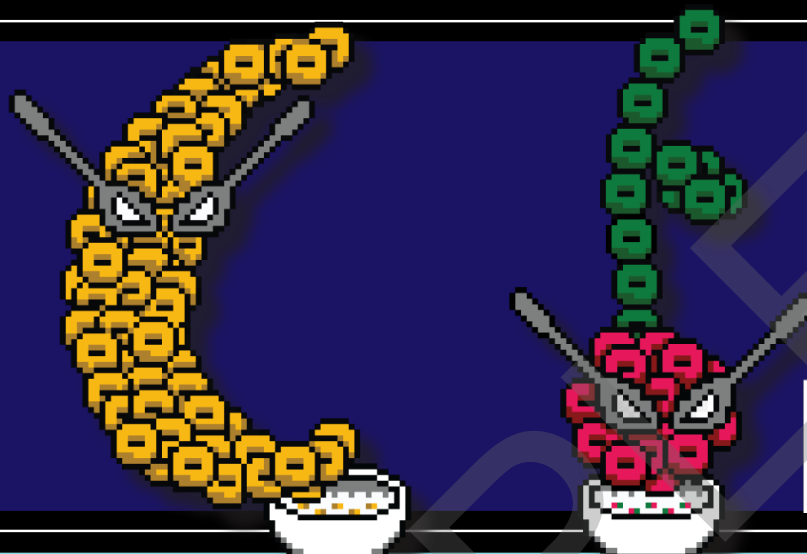
TOTAL AMOUNT
POINTS

Add up your total amount of jumping jacks, then give yourself 10 points for every 50 that you do.



BOSS: VITAMIN VALLEY

FRUIT OOPS



PLAY VIDEO

Fruit Oops have been running amuck in Vitamin Valley and its your job to stop them!

While claiming to have plenty of healthy vitamins and minerals, Fruit Oops are actually one big group of extra baggage cereal bites that pack an enormous amount of sugar, and unnecessary calories into every bite!

Show these dudes that you won't be fooled, and send them down the drain by reading their nutrition label and getting past their lie of a "healthy and balanced meal".

If you can defeat Fruit Oops, you will clear Vitamin Valley. Show me what you got, and good luck!

Nutrition Facts

Serving Size 2 cups
Servings Per Container: 8

Amount Per Serving

Calories 300

	% Daily Value*
Total Fat 2g	0%
Saturated Fat 1g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	5%
Total Carbohydrate 50g	20%
Dietary Fiber 6g	
Sugars 44g	
Protein 2g	

Ingredients: SUGAR, CORN FLOUR BLEND, MODIFIED FOOD STARCH, HYDROGENATED VEGETABLE OIL, YELLOW 6, RED 40, BLUE 1



BOSS: VITAMIN VALLEY

FRUIT OOPS

40 POINTS

- 1) Which of the following is an example of a mineral?
 - A. Protein
 - B. Vitamin A
 - C. Calcium
 - D. Vitamin C
- 2) Foods that provide nutrients but also contain a lot of processed ingredients, sugar, and unnecessary calories are called what?
 - A. Calorie rich
 - B. Extra baggage foods
 - C. Fortified
 - D. Calcium rich
- 3) What mineral is important for your energy, blood, and muscles?
 - A. Vitamin D
 - B. Carbohydrates
 - C. Vitamin B
 - D. Iron
- 4) What vitamin is a group of 8 vitamins that work together to help you convert fuel for the body?
 - A. C Vitamins
 - B. Protein
 - C. B Vitamins
 - D. Calcium
- 5) What vitamin helps hold cells together, heals cuts and broken bones, and helps fight infection?
 - A. Vitamin C
 - B. Iron
 - C. Protein
 - D. Vitamin D
- 6) How many grams of sugar are in one serving of Fruit Oops?
 - A. 2g
 - B. 50g
 - C. 44g
 - D. 12g
- 7) What is the first listed ingredient in Fruit Oops, thus the main ingredient?
 - A. Flour
 - B. Modified food starch
 - C. Yellow 6
 - D. Sugar
- 8) How many grams of carbohydrates are in one serving of Fruit Oops?
 - A. 2g
 - B. 50g
 - C. 44g
 - D. 12g



WORLD 2: VITAMIN VALLEY

WORLD CLEAR!

WORLD 2-1	
WORLD 2-2	
WORLD 2-3	
WORLD 2-4	
WORLD 2 BONUS	
WORLD 2 EXERCISE	
PRODUCE HUNTER	
TOTAL	

ADULT SIGNATURE

