

LEVEL 1

ENIGMATHICQ

## ACTIVITY 2

### The Anti-Zombie plate



## Mission sheet:

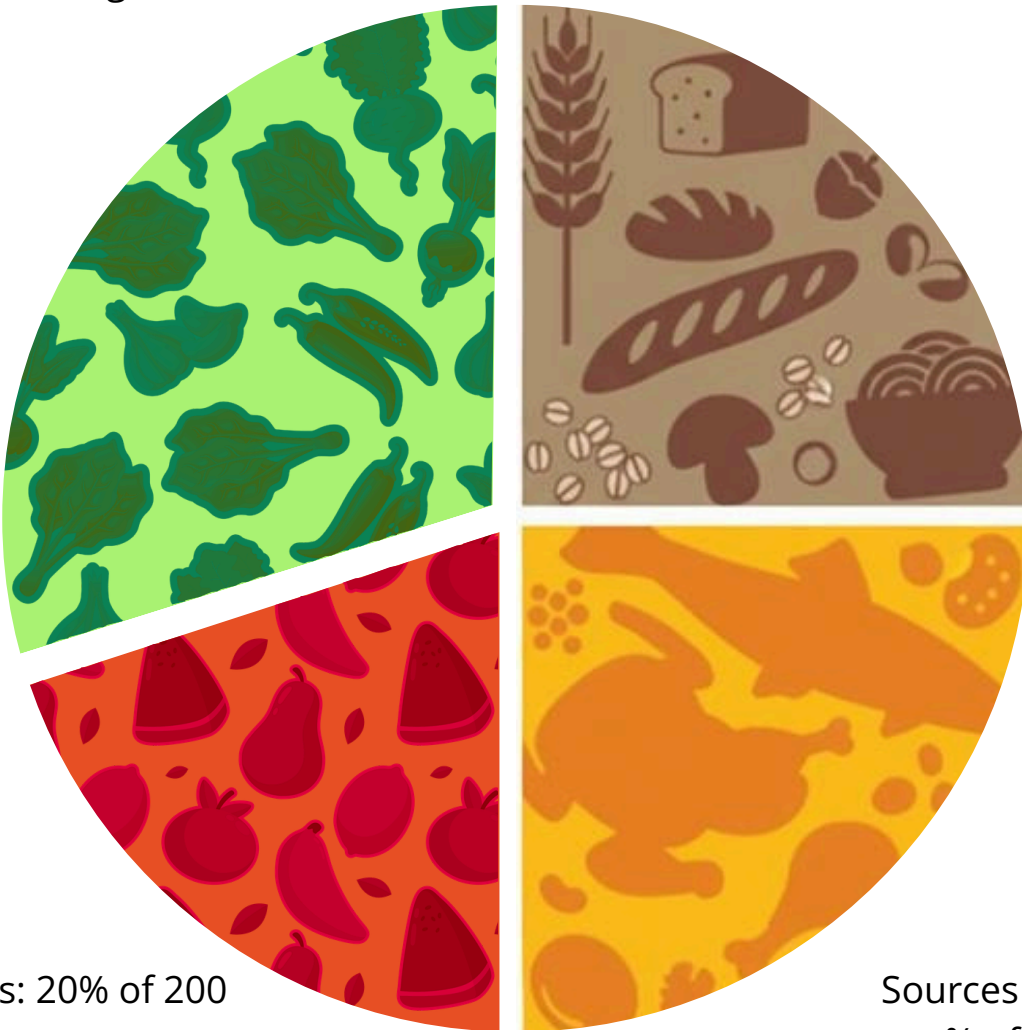
### The anti-zombie plate

#### STEP ONE: THE MYSTERY PLATE

This is a healthy plate! But it is incomplete...  
Let's use our brains to figure out how much of  
each food category we need for a good meal!

Colorful vegetables:  
\_\_\_\_% of 200 grams  
= \_\_\_\_ grams

Whole grains: \_\_\_\_% of  
200 grams = \_\_\_\_ grams



Fruits: 20% of 200  
grams = \_\_\_\_  
grams

Sources of protein:  
\_\_\_\_% of 200 grams  
= \_\_\_\_ grams

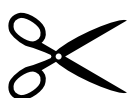


## Mission sheet:

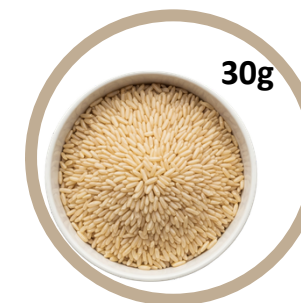
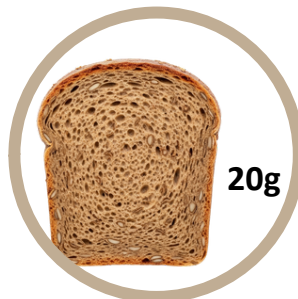
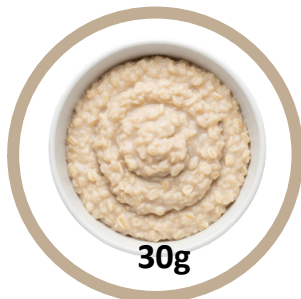
### The anti-zombie plate

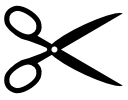
#### STEP TWO: FILLING THE ANTI-ZOMBIE PLATE

Let's fill the plate up with good stuff to have more or less 200 grams of delicious food and have plenty of energy!!

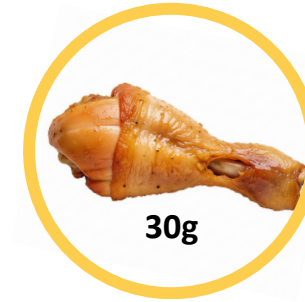
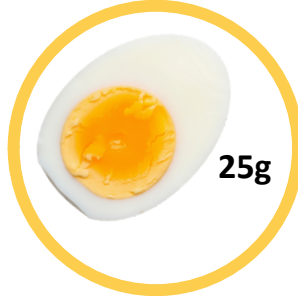


#### Food group 1: Whole grains

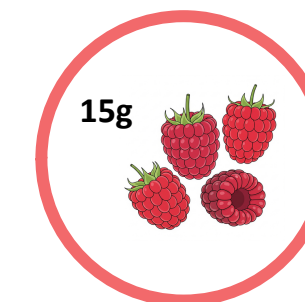
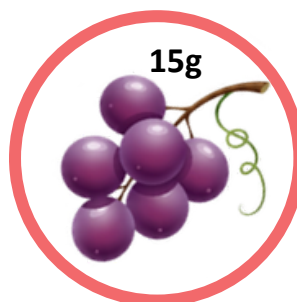
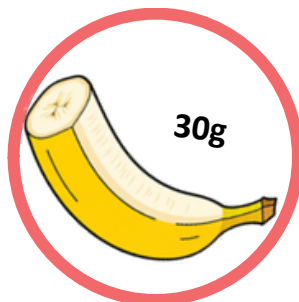
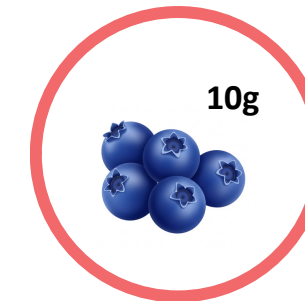
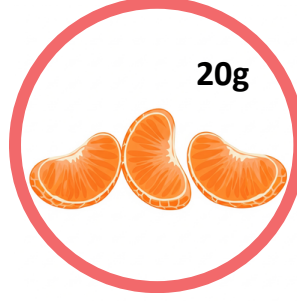
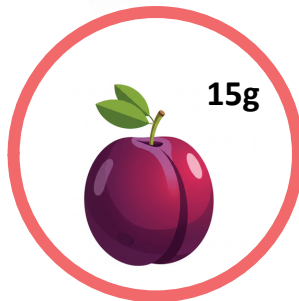
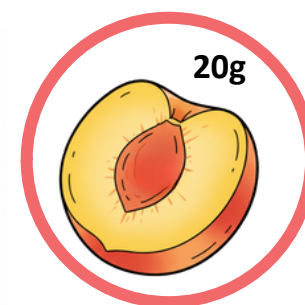
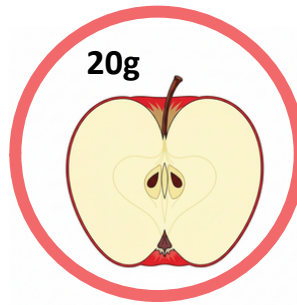
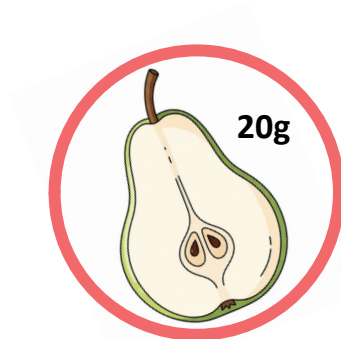




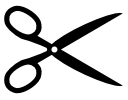
Food group 2: Protein source



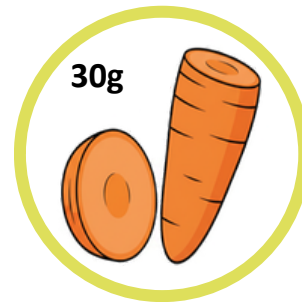
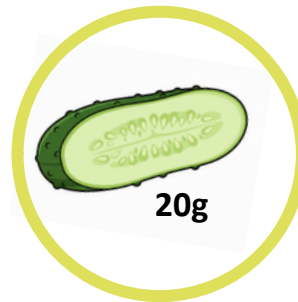
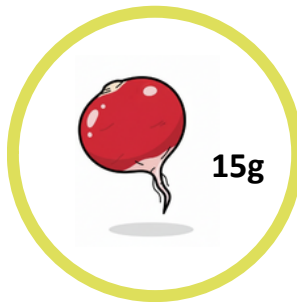
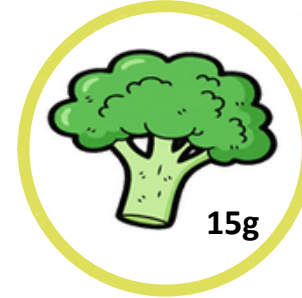
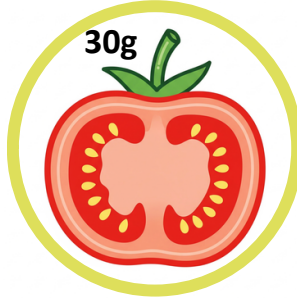
Food group 3: Fruits







### Food group 4: Vegetables



### Food group 5: treats

