

LEVEL 2

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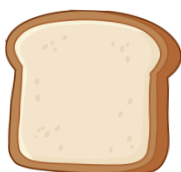
## ACTIVITY 2

### The Anti-Zombie snackbox

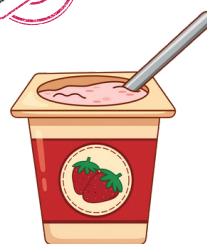
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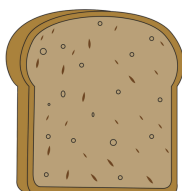
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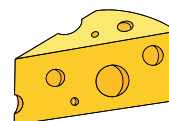
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## Mission sheet:

### The Anti-Zombie snackbox

#### MISSION

You are helping Liam improve snack choices.

The goal is not to eat “less” or “avoid” food, but to:

- stay full longer
- avoid energy crashes
- support concentration and movement

#### TOOLS

- The snack cards
- A calculator

#### DO!

Choose a typical snack you would usually eat  
(you can choose as many cards as you want)

#### MY SNACK:

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#### OBSERVE

How much sugar does your chosen snack selection contain? \_\_\_\_\_

How much fibre? \_\_\_\_\_

How much protein? \_\_\_\_\_

#### THINK

Does your usual snack help you feel full for a long time and give you energy?  
Or are you hungry again one hour after eating?

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### DID YOU KNOW?

This is how to judge if a snack will help you feel full and strong!



**Fibre helps your tummy feel full and work well!**

**Sugar gives you quick energy, but too much is bad for you**

**Protein helps you grow big and strong!**

### A GOOD SNACK?

Ideally, a snack should contain less than 20 grams of sugar.

To feel full, you should eat at least 4 grams of fibre in your snack.

To grow big and strong, you should eat at least 6 grams of protein in your snack.

Did your chosen snack fit these criteria? If not, why?

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### ANALYSE

Which has more fibre: an apple or apple juice? What does that mean for feeling full? \_\_\_\_\_

Compare wholegrain bread and white bread. What differences are there? What does it mean for your health?

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The two yogurts contain almost the same protein. What changes between them?

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## FOOD GROUPS FOR SNACKS



**Grains:** they give your body energy to play, learn, and move. Whole grains also give you fibre to help your digestion.



**Fruits:** they are full of vitamins and fibre that help your body stay healthy and strong. They are naturally sweet!



**Nuts and seeds:** They give you healthy fats, protein, and fibre. They help you feel full and strong.



**Dairy:** It helps build strong bones and teeth because it contains calcium and protein.



**Sweets:** They taste good but contain a lot of sugar and not many nutrients. They are okay sometimes, but not too much.

### A BETTER SNACK

Let us now make a healthier snack to fuel Liam in his quest!

Try to give him energy, and to make him feel full and strong!

### SNACKBOX RULES

- You must choose 3 items
- The final snackbox must have:
  - Protein  $\geq 6$  g
  - Sugar  $\leq 20$  g
  - Fibre  $\geq 4$  g
- At least 2 different food groups

### CALCULATE

What 3 items have you chosen?

\_\_\_\_\_

How much sugar does your chosen snack selection contain? \_\_\_\_\_

How much fibre? \_\_\_\_\_

How much protein? \_\_\_\_\_

### THINK & DISCUSS

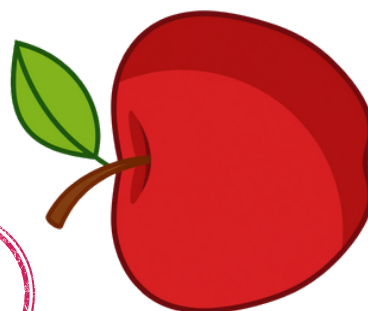
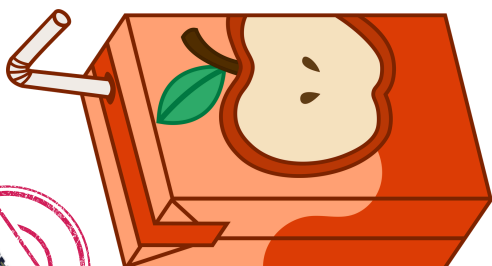
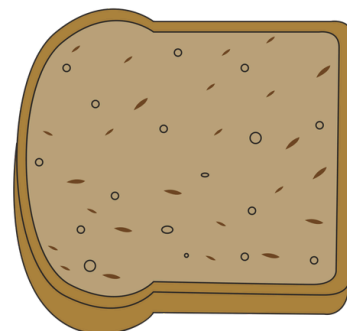
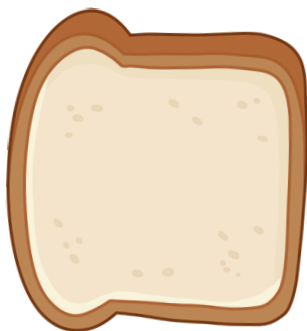
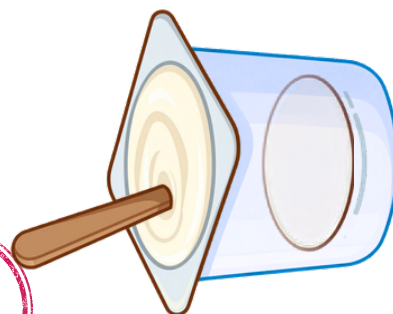
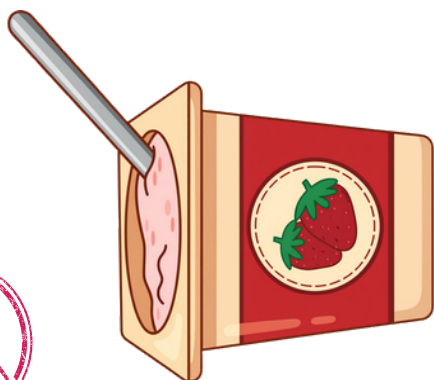
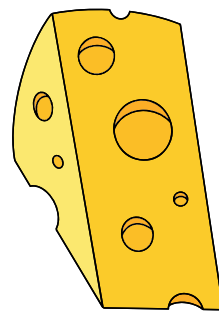
Were you surprised by what is in your usual snacks?

\_\_\_\_\_

What have you learned about snacks today?

\_\_\_\_\_





### Assorted nuts

#### Nutrition facts



Serving size: A handful

Nutrient	Amount
Sugar	1 g
Fibre	3 g
Protein	5 g

### Sweetened yoghurt

#### Nutrition facts



Serving size: 1 pot

Nutrient	Amount
Sugar	14 g
Fibre	0 g
Protein	4 g

### White bread

#### Nutrition facts



Serving size: 1 slice

Nutrient	Amount
Sugar	2 g
Fibre	0.5 g
Protein	2.5 g

### Apple Juice

#### Nutrition facts



Serving size: 1 juice box

Nutrient	Amount
Sugar	20 g
Fibre	0.2 g
Protein	0 g

### Cheese cubes

#### Nutrition facts



Serving size: 3 cheese cubes

Nutrient	Amount
Sugar	0 g
Fibre	0 g
Protein	7 g

### Plain yoghurt

#### Nutrition facts



Serving size: 1 pot

Nutrient	Amount
Sugar	5 g
Fibre	0 g
Protein	5 g

### Wholegrain bread

#### Nutrition facts



Serving size: 1 slice

Nutrient	Amount
Sugar	1.5 g
Fibre	2 g
Protein	3 g

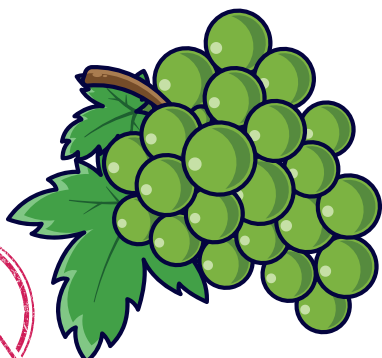
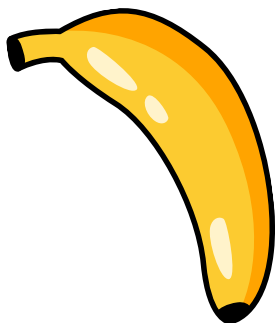
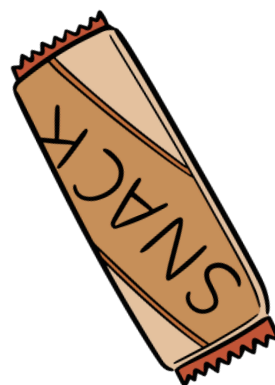
### Apple

#### Nutrition facts



Serving size: 1 apple

Nutrient	Amount
Sugar	19 g
Fibre	4 g
Protein	0.5 g





### Chocolate bar Nutrition facts

Serving size: 1 small box

Nutrient	Amount
Sugar	27 g
Fibre	1 g
Protein	4 g



### Protein bar Nutrition facts

Serving size: 1 bar

Nutrient	Amount
Sugar	15 g
Fibre	5 g
Protein	15 g



### Cookies Nutrition facts

Serving size: 2 cookies

Nutrient	Amount
sugar	12g
Fibre	1g
Protein	2g



### Crisps Nutrition facts

Serving size: 1 small bag

Nutrient	Amount
Sugar	0.5 g
Fibre	1 g
Protein	2 g



### Banana Nutrition facts

Serving size: 1 small

Nutrient	Amount
Sugar	10 g
Fibre	2.5 g
Protein	1 g



### Candy Nutrition facts

Serving size: 1 handful

Nutrient	Amount
Sugar	20 g
Fibre	0 g
Protein	0 g



### Grapes Nutrition facts

Serving size: 50gr

Nutrient	Amount
Sugar	8 g
Fibre	0,5 g
Protein	0.6 g



### Raisins Nutrition facts

Serving size: 1 handful

Nutrient	Amount
Sugar	18 g
Fibre	2 g
Protein	1 g