

TASK JOURNAL

THE SECRET POWER OF BALANCED NUTRITION



FOR PRIMARY SCHOOL CHILDREN

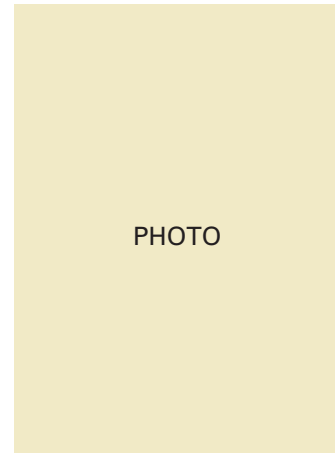


AGENT'S NAME :

PLACE, DATE OF BIRTH :

GENDER :

GRADE :



FAVOURITE SPORTS:

.....
.....

FAVOURITE FOODS:

.....
.....

FAVOURITE FAMILY ACTIVITIES:

.....
.....

PARENT'S NAME:

.....

PARENTS' GUIDE

WHAT IS *THE SECRET POWER OF BALANCED NUTRITION*?

The Secret Power of Balanced Nutrition is a set of educational resources designed for use with Indonesian children in their third and fourth grades of primary school.

The main resources are 1) *The Secret Power of Balanced Nutrition Storybook*, 2) Task Journal and 3) Facilitators' Guide. The resources aim to encourage positive attitudes among young children to practice balanced nutrition and a clean and healthy lifestyle.

Facilitators will use the resources with children as part of School Health Effort (Usaha Kesehatan Sekolah) activity that can also be integrated into their regular classroom programme.

WHAT IS THE PURPOSE OF THE BALANCED NUTRITION?

A key aim of *The Secret Power of Balanced Nutrition* is to:

- Use storytelling to engage children in fun learning activities that encourage positive attitudes towards a healthy lifestyle and balanced nutrition.

In addition, by the end of the programme, it is hoped that children will be able to:

- Understand that there is a relationship between well-being and healthy food choices; and
- Have an interest in, and enthusiasm for, consuming healthy foods.

THE SECRET POWER OF BALANCED NUTRITION RESOURCES

The Secret Power of Balanced Nutrition resources are:

- The Secret Power of Balanced Nutrition Storybook
- Facilitators' Guide
- Task Journal
- Memory Playing Cards
- Animated Video
- Score Card

The Secret Power of Balanced Nutrition Storybook

The Secret Power of Balanced Nutrition Storybook is an engaging educational storybook designed to capture the imagination of students. Led by the main characters Max, Lisa and their helpful robot counterpart, Nu3O, students are taught important lessons on healthy lifestyles and balanced nutrition.

Task Journal

- Strengthen the learning process with engaging interactive activity in a small group or as a class.
- Encourage parents to actively participate in learning discussions and complete the tasks that can be done together with family members.
- Evaluate students' knowledge on the learning outcomes of the complete chapters of *The Secret Power of Balanced Nutrition Storybook*.

Memory Playing Cards and worksheets

The print resources also include Memory Playing Cards and worksheets, which facilitators will use with children in the classroom. They will be used to involve children in a range of activities such as:

- Sorting healthy and unhealthy foods and drinks.
- Identifying healthy and unhealthy foods.
- Identifying foods that have excessive sugar, salt or fat.

Video

The aims of using the short video is to introduce digital resources to support teaching practice.



HOW CAN PARENTS JOIN IN?

There are many ways that parents can support this learning. Parents can discuss with children about learning materials, help with assignments and do activities with the family. Parents can apply balanced nutrition messages and a clean and healthy lifestyle around the house.

Some ideas include:

Play games or talk about Indonesian fruit and vegetables.

- Ask your child what they thought about the characters and story.
- Play “healthy food spot.” Next time you go for a walk or a drive, spot examples of fresh fruit and vegetables in the local environment. Or, go to a market and encourage your child to point out healthy examples they can spot.

Try some of the recipes from the Storybook.

Make some of the meals mentioned in *The Secret Power of Balanced Nutrition Storybook* at home.

- One way to get children to develop healthy eating habits is to have them take part in meal preparation. This will give them insight into the ingredients that go into meals.

- Remember, too much salt, sugar and fat makes healthy food unhealthy.

Teach your child to read food labels.

Nutrition labels are very important for showing all the information, including the food name, ingredients used, nutrition facts, halal certification, and expiry date on the food. By reading food labels, children can make a healthy decision easier.

Labels can be especially important if you are trying to limit certain things such as sodium, saturated fats and sugars in your children's diets. You can teach your children to spot these unwanted ingredients.

Encourage your child to drink 6-8 glasses of water.

Like sweet foods, sugary drinks are bad for children's teeth because sugar can cause cavities. In *The Secret Power of Balanced Nutrition Storybook* children see the characters Max and Lisa include drinking water with most of their meals. Talk about the benefits of drinking water, and the adverse effects of drinking sugary drinks, such as soft drinks. Encourage your children to follow Max and Lisa's lead of drinking water.

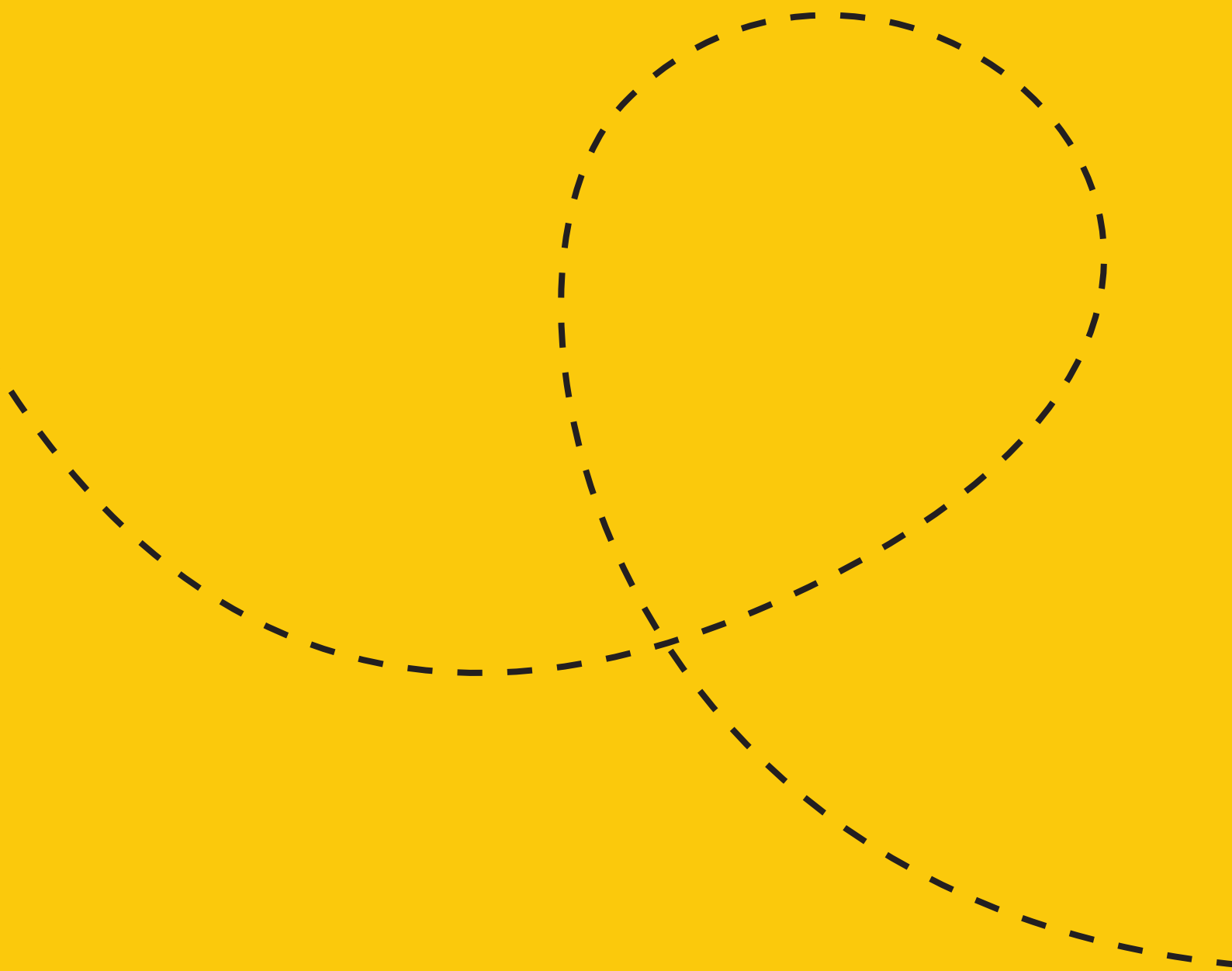
Have good eating habits at home.

A large part of a diet is creating the habit. You want to create healthy eating habits so that your children (and you) make healthy eating choices easily and automatically. One important aspect of creating healthy habits is having healthy foods readily available. Keep a bowl of fruit out on the table and have low fat, low sugar snacks ready when your children get home from school.

Your children will look at your eating habits as well.

You can create a good example by eating healthy foods and avoiding fast food and foods high in sugar, salt and fat.







Let's begin the mission!

Welcome to the Agency!
Once you've completed your
agent profile at the beginning
of the book, you can jump right
into the trainings and mission.



Chapter 1

The Alarming Broadcast

Healthy Food

It's important for an agent to be healthy. This helps them complete their missions. As a new agent, tell us what **healthy food** means to you?



Can you give an example of some healthy foods?

Max and Lisa need your help to sort out these sentences that seem to have been mixed up by Ben Tajir. Read them carefully and circle True (T) or False (F) next to the statement.

1	Foods have different functions that contribute to helping the body grow.	T	F
2	A healthy diet is only eating fruit and vegetables.	T	F
3	It is important to drink clean water regularly to ensure our body works efficiently.	T	F
4	Those who skip breakfast will have poor concentration and energy for the day.	T	F
5	Children need to exercise for only one hour every week.	T	F
6	Reading the label on a food item will help you make a healthy choice.	T	F
7	Physical activity can boost your immune system and brighten your mood.	T	F
8	All sugar, salt and fat is bad for you.	T	F
9	Snacks that smell good, and are bright and colourful are usually the healthiest.	T	F
10	Having good friends and family will support you during challenging times.	T	F
11	You only need to wash your hands when they look dirty.	T	F
12	A healthy lifestyle includes the foods you eat, the physical activities that you do and the relationships you have.	T	F

Chapter 2

Secret Agents' Training - Session One

Triguna Makanan

Nutrition from the food and drinks we consume has three different main functions that we call Triguna Makanan.

In the table below, write down each of the functions and food examples for our agents at G2 Squad.

Triguna Makanan	Function	Food
Energy		
Growth		
Regulation		

Chapter 2

Secret Agents' Training – Session Two

Remember, Agents, food is important for our growth and development. But there is no *superfood* that can supply all the nutrients needed to maintain good health. It is important to choose foods from all different food groups each day to help meet your nutritional requirements.

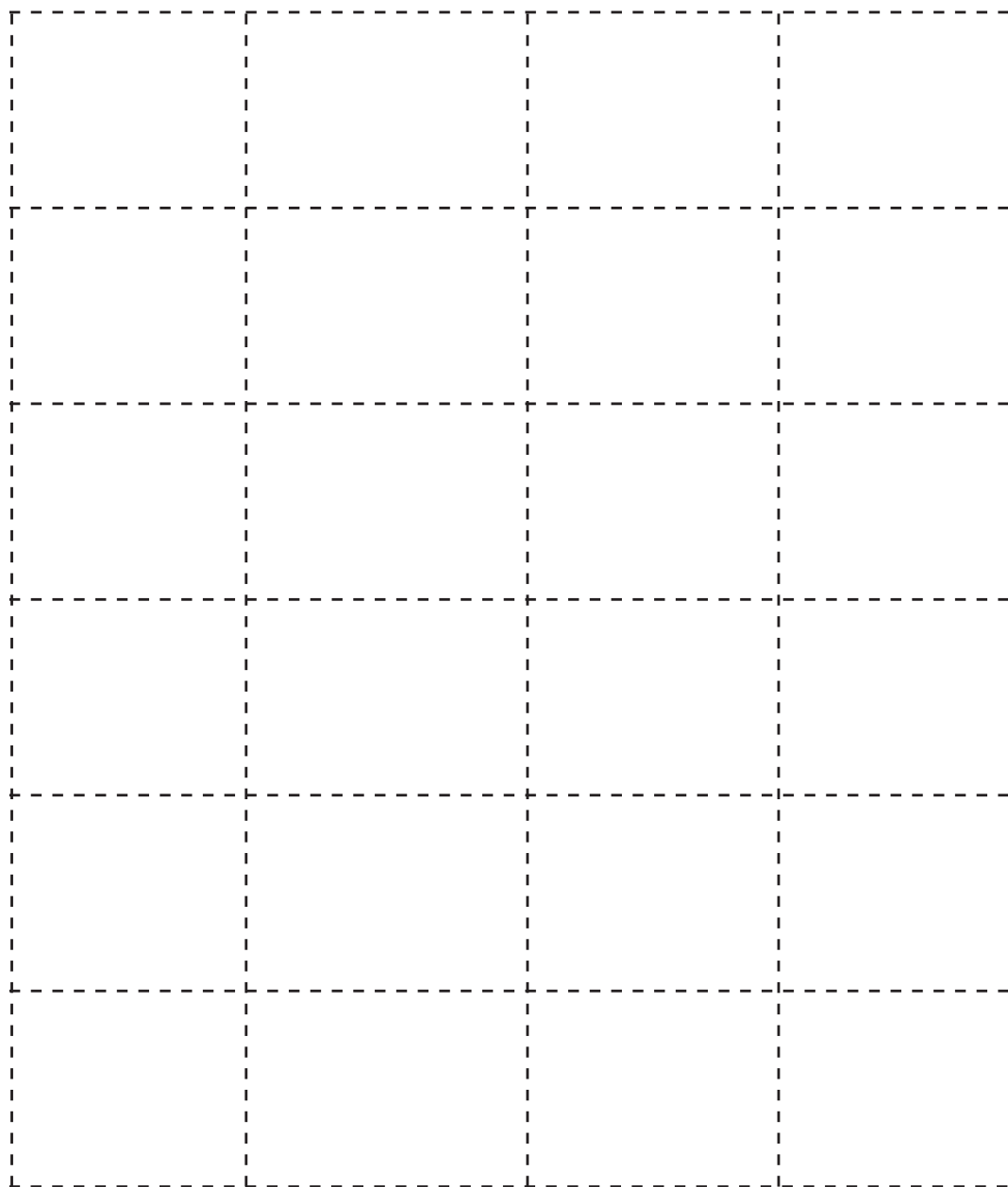
Help Max and Lisa finish the right arrangement of Tumpeng Gizi Seimbang so they can keep their bodies healthy to complete their mission.



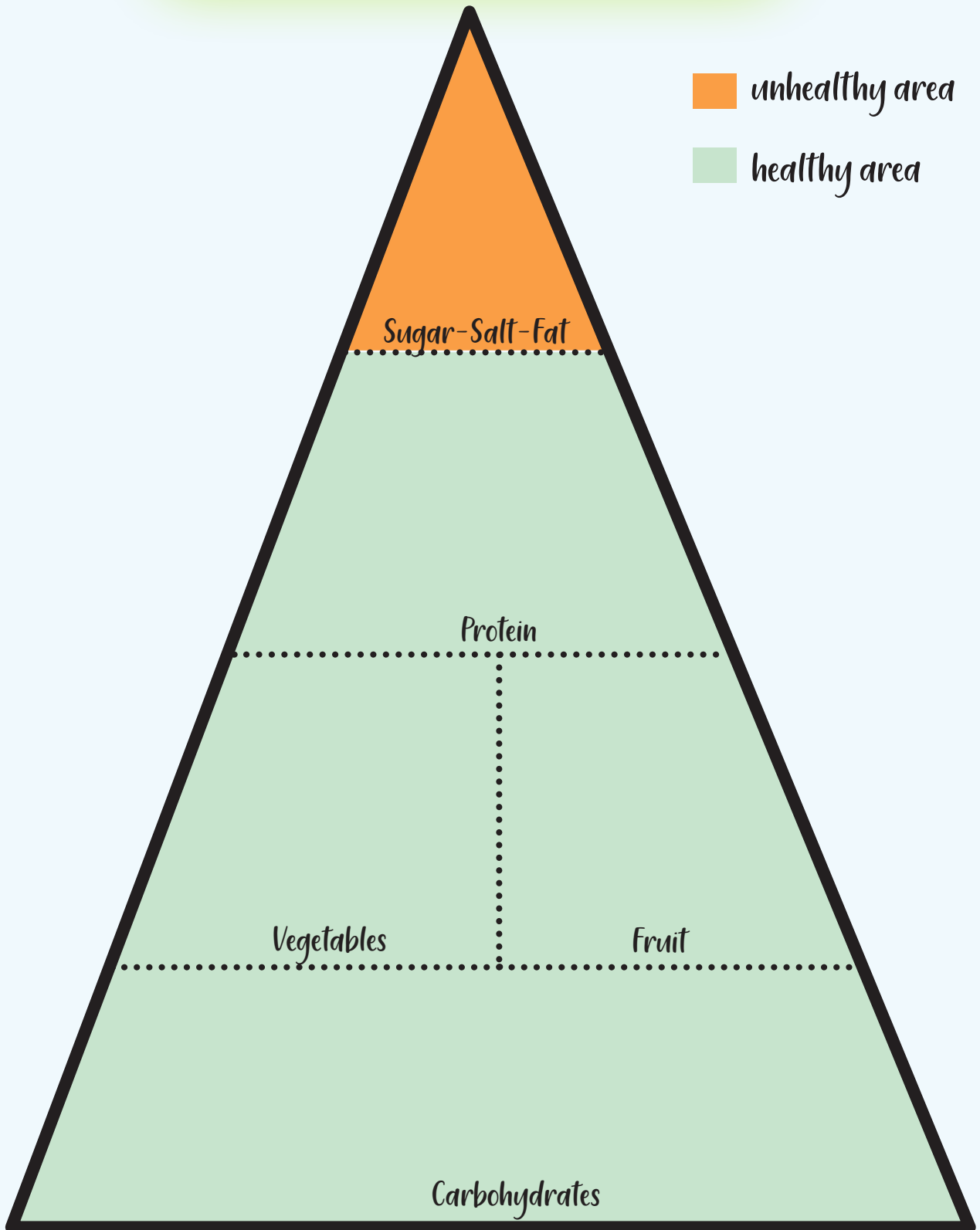
Cut the images from Page 7 and stick them to the right food groups on the Tumpeng Gizi Seimbang diagram on Page 9.

Follow the cutting lines around the images of food below and stick them on to the right area in Tumpeng Gizi Seimbang diagram on Page 9. Alternatively, you can write down the names or the number onto the diagram.





Tumpeng Gizi Seimbang



Chapter 2

Secret Agents' Training-Session Three

Max and Lisa received an incomplete message. Let's help them to reveal the complete message by using scrambled keywords at the bottom of the page, and writing them in the correct blanks.

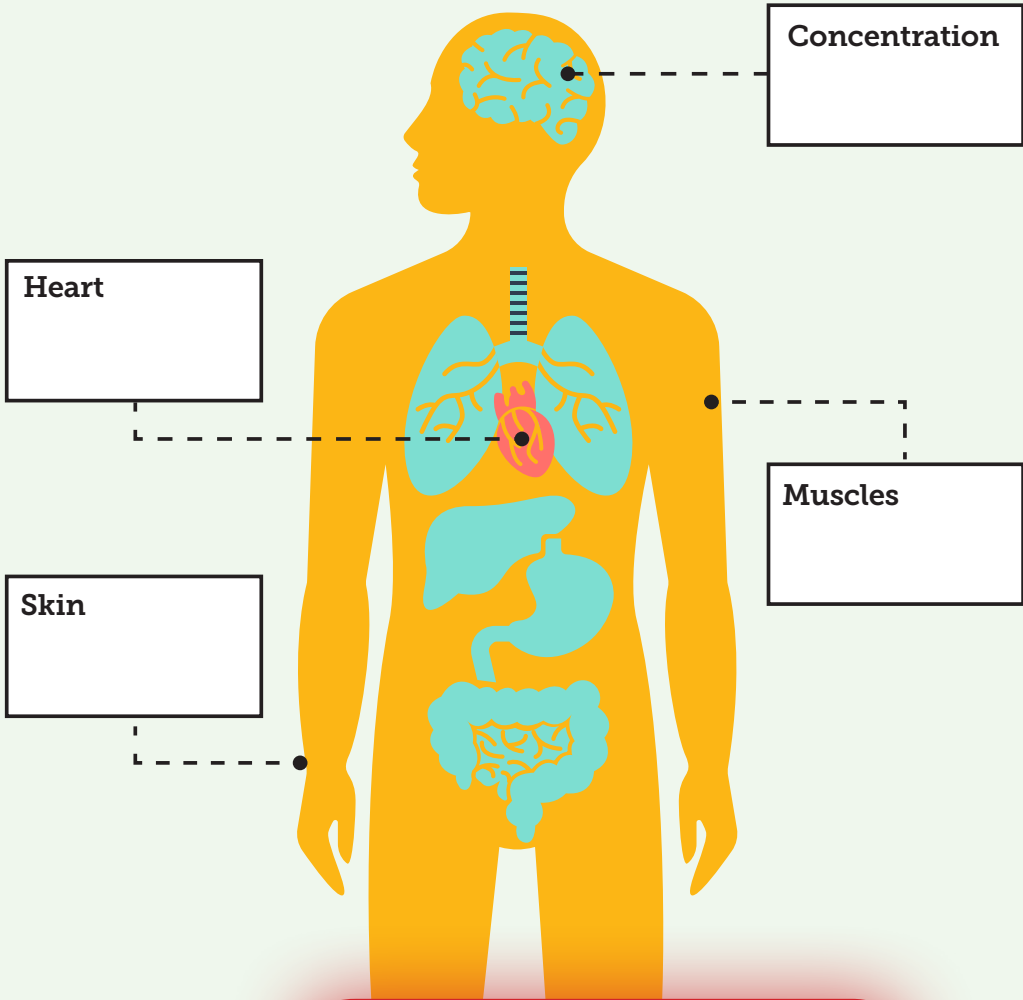
Water is _____ for our bodies as they are made of _____ water. In order to stay healthy, we need to drink at least _____ glasses each day. Water is important for us because it helps with _____ and prevents _____. It also balances the _____ in our body and helps get rid of _____ products. Water assists with moving _____ around the body and keeping our body _____ normal.

If we do not get enough fluids, our body can get _____. _____ is when your body does not have enough water to keep it functioning well. You get water from food and drink however you lose water every day from _____, _____, and _____. To ensure your body is working properly, you need to replace the fluid you may have lost by drinking water _____.

Keywords

Dehydration	exercise	concentration	temperature		
breathing	waste	dehydrated	sweating	essential	
50-75%	nutrients	regularly	fluids	headaches	6-8

Fill in the blanks below with what water can do to our organs and find the clues in *The Secret Power of Balanced Nutrition Storybook*, Page 21.



Consuming too many sweetened drinks can cause high levels of sugar in your blood. This is called diabetes.

Drinking water is the best thirst-quencher!

Chapter 3

Agents' 10 Balanced Nutrition Codes

Memory:

Lay all the cards face down and each student takes turns to flip any two over. If they are the same card the students can keep them, if not, they are turned back over and the next student takes their turn. Player with the most cards at the end wins.

Snap:

Combine two decks of cards and shuffle them. Divide them evenly between the two players. They then take turns to flip a card over and if there is a pair, either player can snap their hand down. The first player to snap gets to keep the cards. Player with the most cards at the end wins.



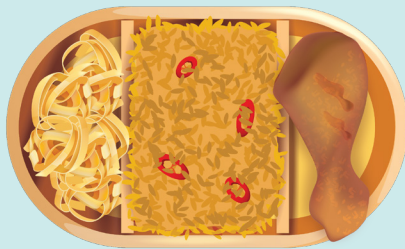
Every time you get a pair right, answer the question on the card for ***EXTRA POINTS!***

Chapter 4

Get Ready! - Session One

Isi Piringku

There are some missions that can take a whole day, and it can get very tiring! Our agents need to pack their own food to sustain their energy. Which one of the following plates is a balanced meal for our agents?



- 1** Fried rice
Fried noodles
Fried chicken

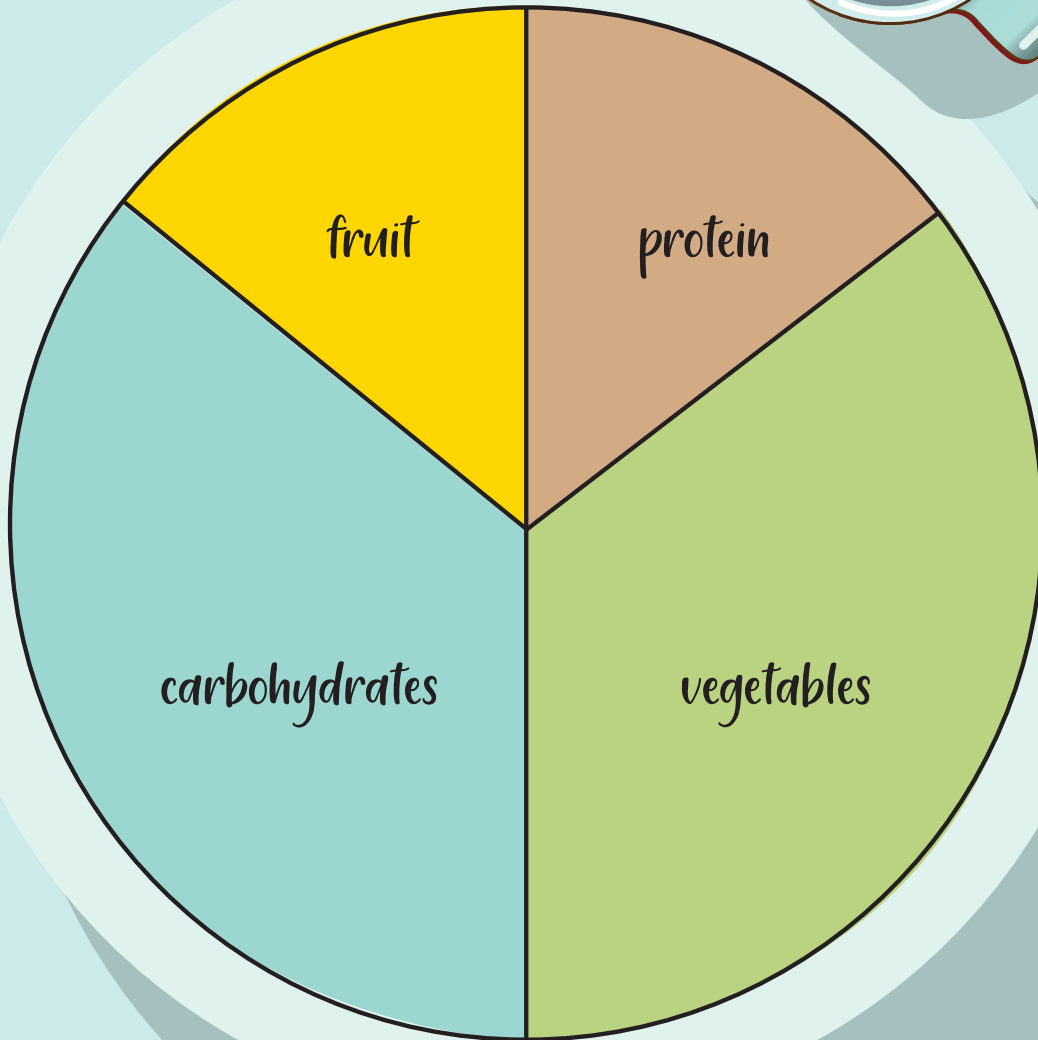


- 2** Coconut milk rice
Grilled chicken
Fried tempeh
Steamed vegetable dish
Mango



- 3** Sausage pizza
French fries
Salad
Glazed donuts

The menu on plate ____ is the most balanced meal. Can you explain why?

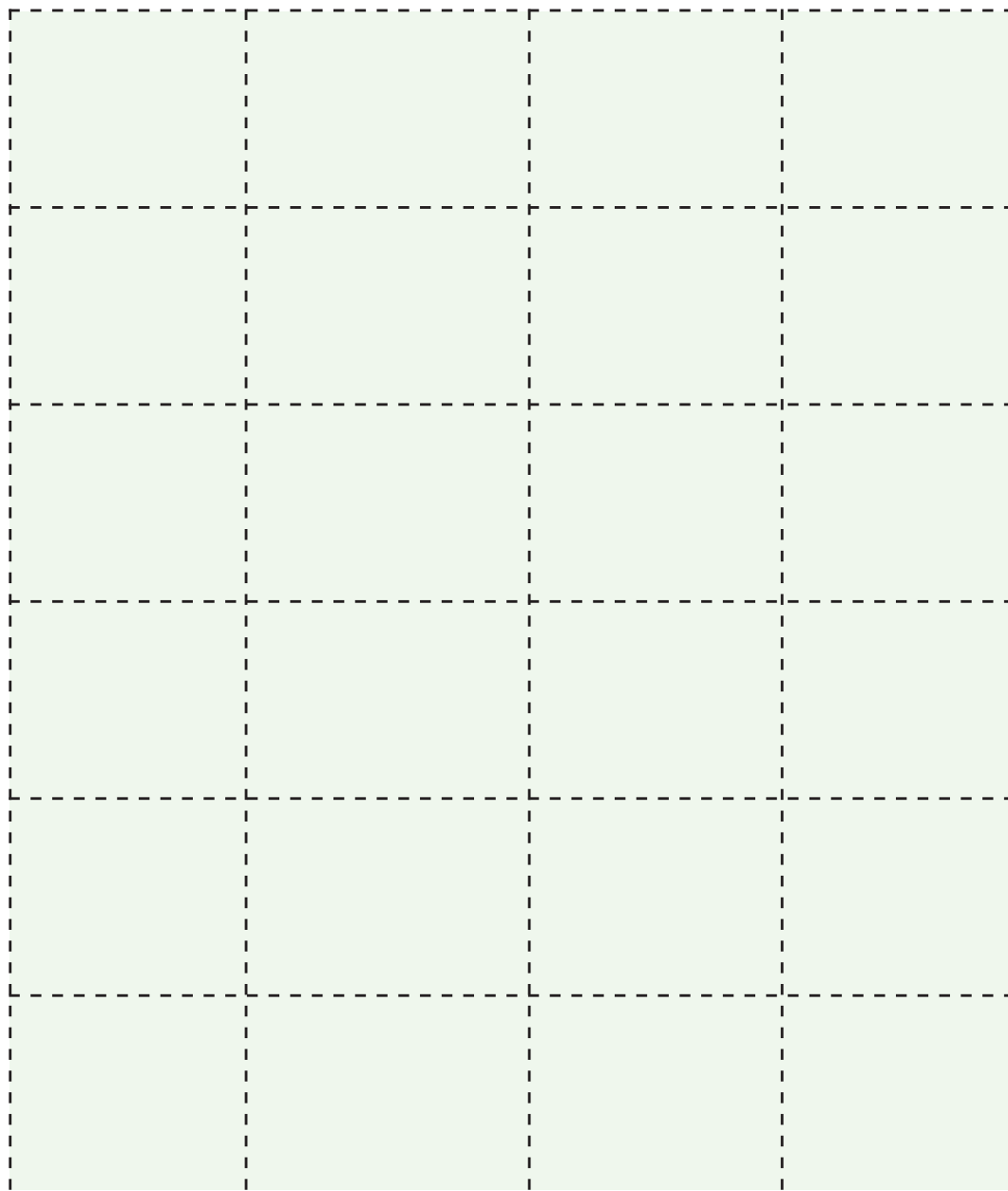


Hint: Use Lisa's or Max's plate on Page 32-33 in the storybook to help create your own plate.

Follow the cutting lines around the images of food below and stick them on to the right area in the plate chart on Page 14. Alternatively, you can write down the names or the number onto the plate chart.



You can use paper glue or double-sided tape on this side to stick these cutout pictures on the right group area in the Isi Piringku chart on Page 14.



What is a breakfast?

Breakfast is the first food we eat after fasting from the previous night, usually between 6.00-9.00 in the morning.



Chapter 4

Get Ready! - Session Two

Breakfast is important

It is important for all agents to eat a healthy, balanced breakfast every morning because:

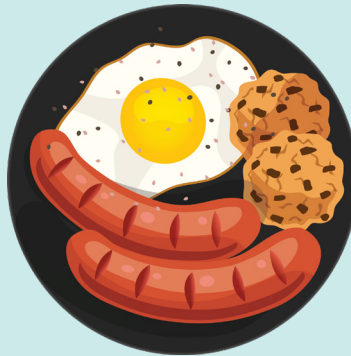
1. _____
2. _____
3. _____

Select the healthiest breakfast option to make a good start for a morning mission by circling the letter!



A

Steamed rice
Fried chicken
Fried nuggets



B

Sausages
Sunny side up egg
Cookies



C

Lontong sayur
Marinated egg
Slices of cucumber

Chapter 5

Food Investigation

Make a habit of reading food labels.

Choose and compare two packaged foods that you like from home for your investigation exercise like Max and Lisa. Check the condition of both the packaged foods to make sure they are still sealed. Check their labels for the permit to produce, ingredients lists, expiry date and halal certification. Write down the information you can find on the table below.

Label Information	Food 1	Food 2
Product Name		
Nutrition Facts		
List of Ingredients		
Expiry Date		
Halal Certification		

What do you think about the two packaged foods that you found? Do they both have sufficient information?

After your investigation, which of the two options is the healthiest to choose from? Explain your reasons.

What do you think about the level of hygiene of the unpackaged foods that you often find outside your home?

Write down the five important pieces of information on the box (to the right) that can help our agents make a healthier decision on snacks.

1. _____
2. _____
3. _____
4. _____
5. _____

2

1

4

5

3

Nutrition Facts
Serving Size 10 oz.
Serving Per Container 5

Amount Per Serving		Calories 200		Calories From Fat 200	
		% Daily Value*			
Total Fat	10 g			35%	
Saturated Fat	1.5g			11%	
Trans Fat	0.0 g				
Cholesterol	0 mg			1%	
Sodium	210 mg			15%	
Total Carbohydrate	15 g			3%	
Dietary Fiber	2 g			3%	
Sugars	3 g				
Protein	30 g				
Vitamin A	3%	Vitamin C	3%		
Calcium	6%	Iron	6%		

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2500	1500
Total Fat	Less Than	50g	25g
Saturated Fat	Less Than	55g	15g
Cholesterol	Less Than	35mg	15mg
Sodium	Less Than	15mg	50mg
Total Carbohydrate	Less Than	300g	350g
Dietary Fiber	Less Than	20g	40g

PROD : 31/12/2020
EXP : 31/12/2022

Produced by:
TAJR Food Pty, Ltd
Central Jakarta
10230

TAJR FOOD

FLASH FOOD

Ingredients: Flour, Sugar, Animal Fats, Cheese Powder, Glucose Syrup, Skimmed Milk Powder, Salt, Pepper, Raising agents, Meat flavour, Tomato flavour, Chilli Flavour, Thickening agent, Tomato sauce, Onion powder, Oil.

Chapter 6

The Testing Room – Session One

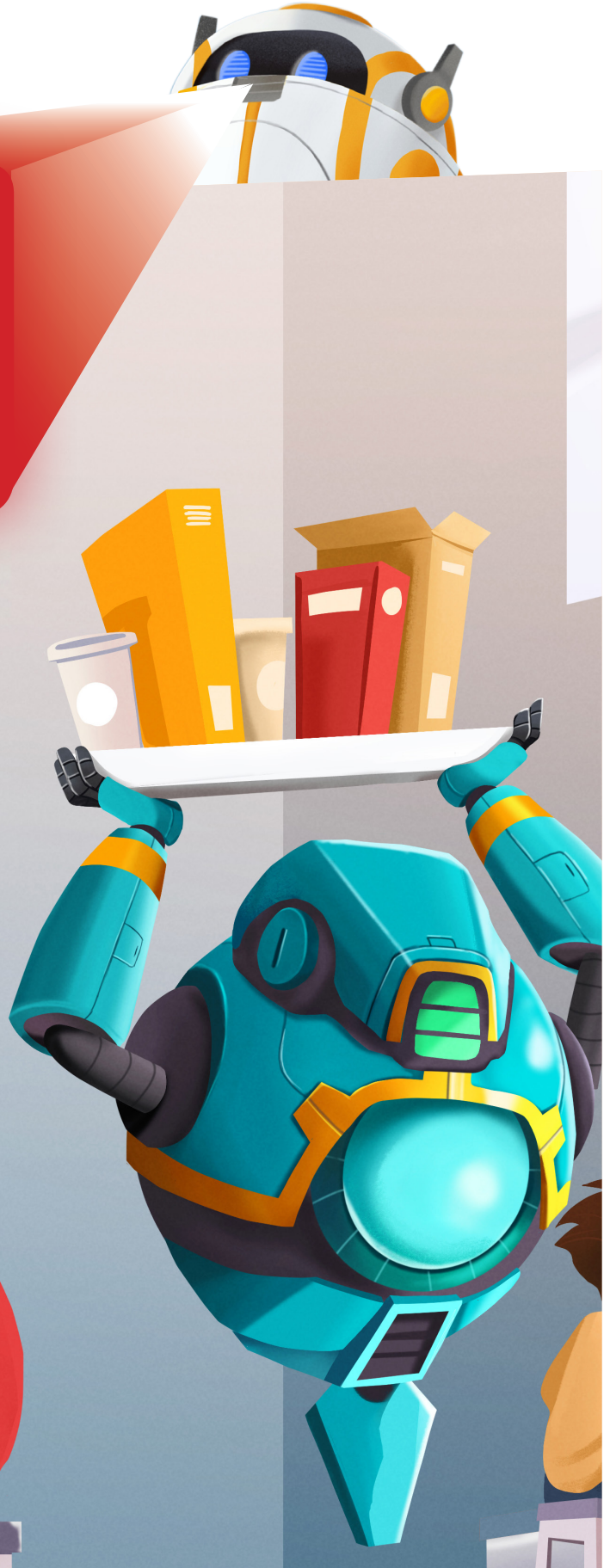
In the table below, list examples of healthy and unhealthy food choices. The first few have been sorted for you.

Healthy Snacks	Unhealthy Snacks
Tofu	Oily snacks
Banana	Fatty snacks
Rice	Sugary snacks



Did you know that sugar can be listed on a food label by other names, such as corn syrup, sucrose or glucose?

Oh no!
There are many
unhealthy snacks
being served
to the children!
Can you help
spot them
in the picture
on the
next page?





Burger & Hotdog

Ayam Kuispi

Fresh Juice!
BACKGROUND

Bobo

Burger & Hotdog

Ayam Kuispi

Bubble Tea

a Babe

ICE CREAM
LIKE

Apotek



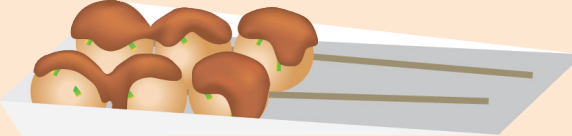

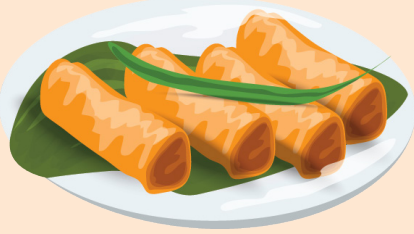
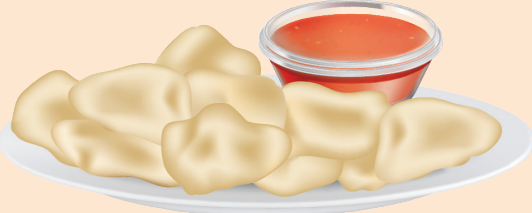
Nasi uduk



Chapter 6

The Testing Room - Session Two

Oh no! Max is in the Testing Room and needs some help to remove the unhealthy snacks from Ben Tajir's production. Circle the snack that you believe to be less healthy, and check off what makes it unhealthy from the list of options.

 <p>Fried meatball</p>	<p>Tell Max why one of these snacks needs to be removed.</p> <p>This item has too much:</p> <ul style="list-style-type: none"><input type="radio"/> sugar<input type="radio"/> salt<input type="radio"/> fat<input type="radio"/> artificial flavouring
 <p>Prawn skewer</p>	
 <p>Vegetable spring roll</p>	<p>Tell Max why one of these snacks needs to be removed.</p> <p>This item has too much:</p> <ul style="list-style-type: none"><input type="radio"/> sugar<input type="radio"/> salt<input type="radio"/> fat<input type="radio"/> artificial flavouring
 <p>Cireng</p>	

Tell Max why one of these snacks needs to be removed.

This item has too much:

- sugar
- salt
- fat
- artificial colouring



Pudding



Cotton candy

Tell Max why one of these drinks needs to be removed.

This item has too much:

- sugar
- salt
- fat
- artificial colouring



Coloured drink



Water

Choose healthy snacks and don't forget that snacks stop us from eating too much in one meal. They only need to be small to reduce our hunger!



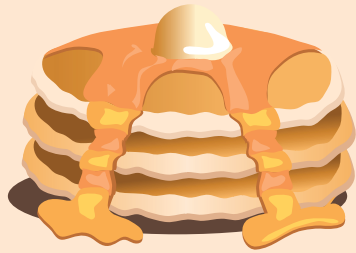
Help Lisa change Max's lunch box from the unhealthy food to the healthy one. Can you draw or write down examples of a healthier choice?

 <p>Fast food</p>	
--	--



 <p>Powdered drink</p>	
---	--





Sugary cakes



Bubble tea drink



Watch out for drinks with bright colours or snacks with a strong taste of salt or preservatives.

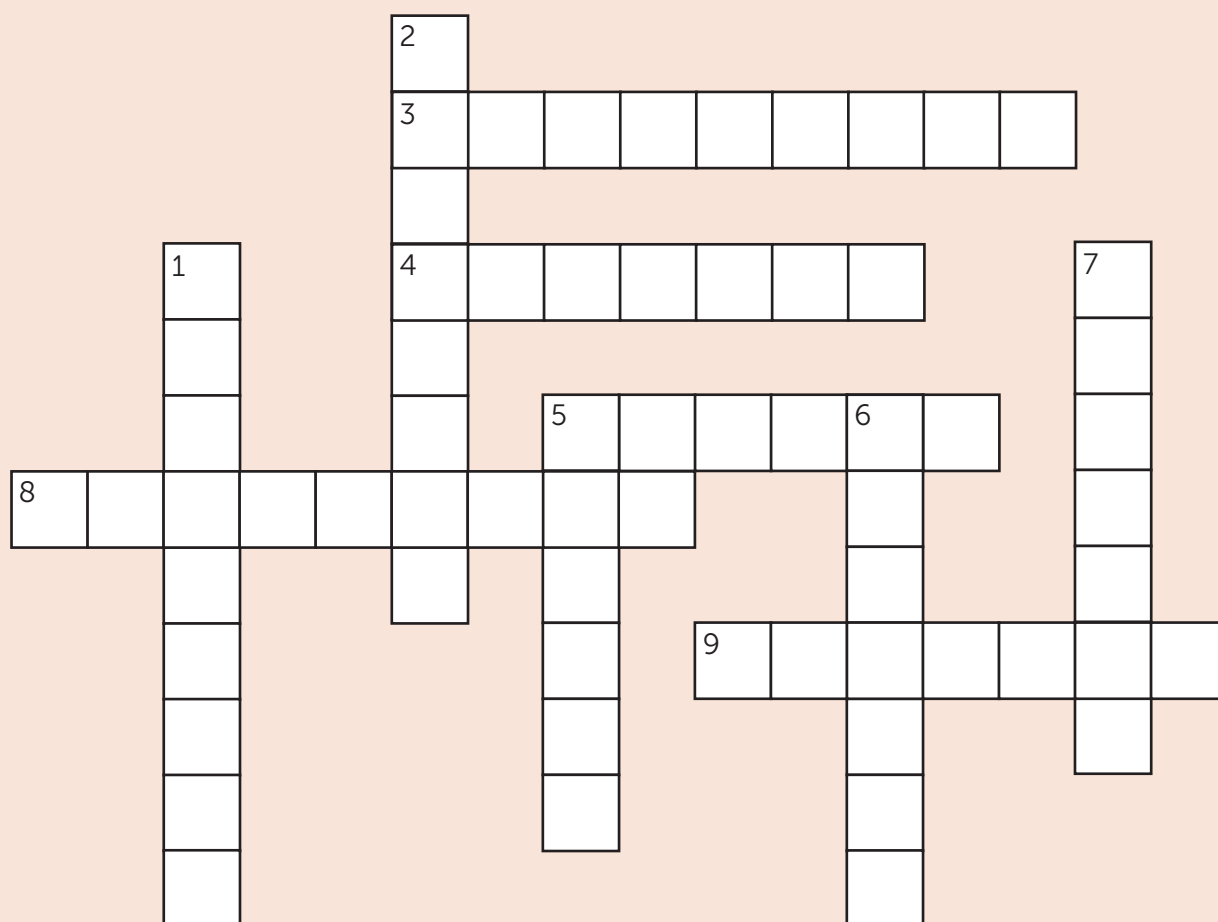


Chapter 7

Chased!

How to stay active

An agent must stay active to keep their body and mind sharp and ready. Read the clues on the next page to complete the crossword puzzle below about exercise and physical activity.



Regular physical activity can help us keep our healthy and ideal body weight.

Clues

Down

1. Tending to plants
2. Sport that involves water, which can be done indoors or outdoors
5. Sport between two teams collecting scores from kicking goals
6. Moving on foot, at a speed faster than a walk
7. Moving from one point to another on foot, in slow speed or fast

Across

3. You need to do this before doing any sport
4. Cleaning the floor with soap and water
5. The option of going up without using an elevator
8. A game with rackets in which a shuttlecock is played back and forth across a net
9. Movement that you do with music, that makes you happy

Provide three reasons why all agents need to undergo regular physical exercise.

Can you mention some examples of daily physical activity?



Physical Activity is any activity that involves your body muscles. Even sweeping the floor is a physical activity.

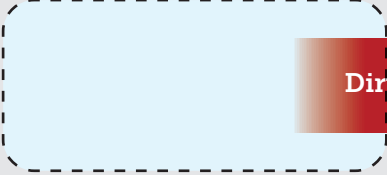
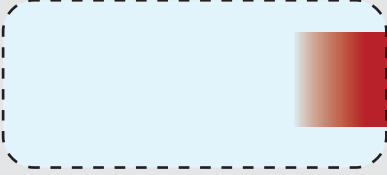
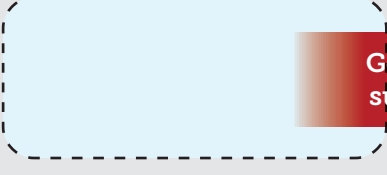
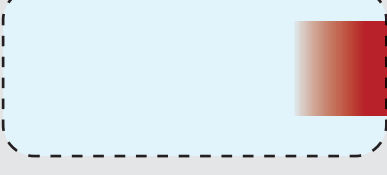
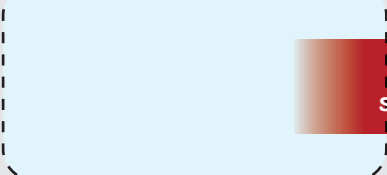
Sports are a form of physical activity that is specifically done regularly to keep your body healthy.

Chapter 8

Clean Up!

Do you know how to keep yourself clean?

As an agent, you must be alert to prevent problems from occurring! How can we avoid the problems below? Fill in the first box with which body parts we need to keep clean. You can refer to Page 63 in *The Secret Power of Balanced Nutrition Storybook*.

	Dirt under fingernails	Worms more likely to spread
	Plaque on teeth & gum disease	Rotting teeth and bad breath
	Germs spreading on surfaces & in the air	Illness spreading quickly
	Unwashed & unbrushed hair	Itchy scalp and head lice
	Dirt & germs staying on clothes	Bad body odour and rashes from dirty skin

Washing your hands with soap and running water for 60 seconds is effective in stopping germ spreading and infections.



Just as it is important to keep your body clean, agents need to ensure our environment is kept safe and clean too. List a few examples of what you can do or have done to look after these environments.

School	Home
Keeping the school environment clean	Throwing away garbage, sweeping the floor

Choose one.
Littering is quite okay.

no! yes!

Explain why.

Chapter 9

Losing Hope

Your family and friends have your back!

Just like Lisa has Max and Nu3O to support her during challenging times, draw yourself and write the names of people in your life that support you! You can name friends, family members or even teachers that you trust.



Choose one.

Crying = loser behaviour

no! yes!

Explain why.

**Do you know
that doing a
good thing can
also make us
feel happy?**



Learning to maintain your health, both physical and emotional, is one of the most important habits any agent can learn. By developing healthy habits now, you can help build your mental health and well-being to become a Star Agent.

For good mental health, it is important to:

Talk about or express your feelings.

Who do you feel comfortable talking to? _____

Get enough sleep of 8-9 hours a day.

How many hours of sleep do you get now? _____

Spend time with friends and families.

What activity can you do with your family?

Learn new skills.

What is a new skill you would like to learn?

Relax and enjoy your hobbies.

What are your hobbies? _____

Exercise regularly and eat healthy meals.

Use Score card in Chapter 10, Session 2.

How many points did you get? _____

Chapter 10

Cyber Fight! - Session One

Your habits shape your future!

To make sure we don't end up like Ben Tajir, we need to start creating good habits now. Use the Agent's Score card on Page 36-37 and start creating healthy habits today. This is a similar program that Max and Lisa were given during their training!

Physical

Example: I will try to go for a walk with my family.

Nutrition

Example: I will try to drink 6-8 glasses of water every day.

Relationships

Example: I will try to ask a family member about their day, each day this week.

**Don't forget
to incorporate
the 10 Balanced
Nutrition Codes.**



Chapter 10

Cyber Fight! - Session Two

Through your training, you have learned all about living a balanced and healthy lifestyle. Create a picture of a healthy and fun environment, something like the picture below, but create it according to what you imagine to be a healthy and fun environment. You can choose one of the 10 Balanced Nutrition Codes as your picture theme.





G2 SQUAD SCORE CARD FOR BALANCED NUTRITION

	Healthy breakfast = 1 point Never skip a healthy breakfast any day.	1 glass of water = 1 point Drink 6-8 glasses a day.	1 serving of fruit = 1 point Eat 2-3 servings a day.	1 serving of vegetables = 1 point Eat 3-4 servings a day.	
WEEK	BREAKFAST	DRINKING WATER	FRUIT	VEGETABLES	
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

LET'S KEEP A SCORE CARD AS PART OF YOUR TRAINING AS A SECRET AGENT OF BALANCED NUTRITION. TRY TO COLLECT MORE POINTS EVERY DAY TO **BE HEALTHIER!**



	15 minutes of activity = 1 point Do 30 minutes or more of activity.	0 serving = 2 points 1 serving = 1 point 2 servings = 0 point It's better to enjoy more vegetables and fruit as snacks.	Washing hands with soap and running water, 1 time = 1 point Wash your hands before and after each meal.		
	ACTIVITY	UNHEALTHY SNACKS	WASH HANDS WITH SOAP	TOTAL	PARENT'S INITIAL
			+ = 60 seconds	/25	
			+ = 60 seconds	/25	
			+ = 60 seconds	/25	
			+ = 60 seconds	/25	
			+ = 60 seconds	/25	
			+ = 60 seconds	/25	
			+ = 60 seconds	/25	

Draw your own version of a healthy and fun environment.



Chapter 11

Mission Accomplished!

Keep up your good habits!

After all the training and hard work, you and the team accomplished the mission together! You have done so well, Commander Joko wants all the other agents to live a healthy lifestyle too. Fill in the circles below for all agents to follow in your footsteps.

As a fully fledged agent, what advice do you have for future agents to try to keep their energy up for the day?

Eating a variety of food from Tumpeng Gizi Seimbang

I stay healthy by...

New agents has just joined the G2 Squad. They can be in training for several hours a day and often have secret missions to go on. They have been quite tired at school and find it hard to concentrate on their work. They often skip breakfast when they're in a rush and drink energy drinks for sugar rush.

What should they do?



Just because this mission is over, doesn't mean you need to stop being healthy. Spread and share what you've learned to pass on the healthy messages to others!

Agents' 10 Balanced Nutrition Codes:

1. Consume diverse food.
2. Limit sugar, salt and fat.
3. Do regular exercise and maintain a healthy weight.
4. Choose high-protein food.
5. Wash hands with soap for 60 seconds with clean running water.
6. Make a healthy breakfast a daily habit.
7. Drink enough safe water.
8. Eat a lot of vegetables and fruit.
9. Read food labels.
10. Enjoy food and be grateful for it.



Two futuristic UI panels. The top panel features a lightbulb icon and the text 'TITLE 1/1/1' followed by placeholder text: 'Lorem ipsum dolor sit amet, consectetur elit, sed diam nonummy nibh euismod laoreet dolore magna...'. The bottom panel features a line graph icon and the text 'TITLE 1/1/1' followed by placeholder text: 'Lorem ipsum dolor sit amet, consectetur elit, sed diam nonummy nibh euismod laoreet dolore magna...'.



Agent's notes

Use these pages to write down information that you've learned in your *Secret Power of Balanced Nutrition* adventure with Max, Lisa, Nu3O, your teacher and friends.

Chapter 1

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Chapter 2

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Chapter 3

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Agent's notes

Chapter 4

Chapter 5

Chapter 6

Chapter 7

Agent's notes

Chapter 8

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Chapter 9

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Chapter 10

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Chapter 11

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