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.
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.

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

<table>
<thead>
<tr>
<th>Triguna Makanan</th>
<th>Function</th>
<th>Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Growth</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Regulation</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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.
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.

<table>
<thead>
<tr>
<th>1. Eggplant</th>
<th>2. Banana</th>
<th>3. Fish</th>
<th>4. Rice</th>
</tr>
</thead>
</table>
Tumpeng Gizi Seimbang

- Vegetables
- Carbohydrates
- Protein
- Fruit

Sugar-Salt-Fat

unhealthy area
healthy area
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.
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.

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Eggplant</td>
<td>2.</td>
<td>Banana</td>
</tr>
<tr>
<td>3.</td>
<td>Fish</td>
<td>4.</td>
<td>Rice</td>
</tr>
<tr>
<td>5.</td>
<td>Broccoli</td>
<td>6.</td>
<td>Apples</td>
</tr>
<tr>
<td>7.</td>
<td>Cauliflower</td>
<td>8.</td>
<td>Eggs</td>
</tr>
<tr>
<td>11.</td>
<td>Spinach</td>
<td>12.</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>17.</td>
<td>Bread</td>
<td>18.</td>
<td>Beef</td>
</tr>
<tr>
<td>23.</td>
<td>Tofu</td>
<td>24.</td>
<td>Oranges</td>
</tr>
</tbody>
</table>
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.
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

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 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.

<table>
<thead>
<tr>
<th>Label Information</th>
<th>Food 1</th>
<th>Food 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Product Name</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutrition Facts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>List of Ingredients</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Expiry Date</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Halal Certification</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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. __________________
In the table below, list examples of healthy and unhealthy food choices. The first few have been sorted for you.

<table>
<thead>
<tr>
<th>Healthy Snacks</th>
<th>Unhealthy Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tofu</td>
<td>Oily snacks</td>
</tr>
<tr>
<td>Banana</td>
<td>Fatty snacks</td>
</tr>
<tr>
<td>Rice</td>
<td>Sugary snacks</td>
</tr>
</tbody>
</table>

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?
Max dan Lisa membantu anak-anak mengenali makanan yang tidak sehat di kantin dan kios. Lingkari sebanyak mungkin makanan tidak sehat yang kamu temukan!
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.

<table>
<thead>
<tr>
<th>Snack</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fried meatball</td>
<td>Tell Max why one of these snacks needs to be removed.</td>
</tr>
<tr>
<td></td>
<td>This item has too much:</td>
</tr>
<tr>
<td></td>
<td>○ sugar</td>
</tr>
<tr>
<td></td>
<td>○ salt</td>
</tr>
<tr>
<td></td>
<td>○ fat</td>
</tr>
<tr>
<td></td>
<td>○ artificial flavouring</td>
</tr>
<tr>
<td>Prawn skewer</td>
<td>Tell Max why one of these snacks needs to be removed.</td>
</tr>
<tr>
<td></td>
<td>This item has too much:</td>
</tr>
<tr>
<td></td>
<td>○ sugar</td>
</tr>
<tr>
<td></td>
<td>○ salt</td>
</tr>
<tr>
<td></td>
<td>○ fat</td>
</tr>
<tr>
<td>Vegetable spring roll</td>
<td>Tell Max why one of these snacks needs to be removed.</td>
</tr>
<tr>
<td></td>
<td>This item has too much:</td>
</tr>
<tr>
<td></td>
<td>○ sugar</td>
</tr>
<tr>
<td></td>
<td>○ salt</td>
</tr>
<tr>
<td></td>
<td>○ fat</td>
</tr>
<tr>
<td></td>
<td>○ artificial flavouring</td>
</tr>
<tr>
<td>Cireng</td>
<td></td>
</tr>
</tbody>
</table>
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!

<table>
<thead>
<tr>
<th>Tell Max why one of these snacks needs to be removed.</th>
<th>Pudding</th>
<th>Cotton candy</th>
</tr>
</thead>
<tbody>
<tr>
<td>This item has too much:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- salt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- fat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- artificial colouring</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tell Max why one of these drinks needs to be removed.</th>
<th>Coloured drink</th>
<th>Water</th>
</tr>
</thead>
<tbody>
<tr>
<td>This item has too much:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- salt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- fat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- artificial colouring</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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?

- Fast food
- Powdered 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.
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
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.

<table>
<thead>
<tr>
<th>School</th>
<th>Home</th>
</tr>
</thead>
<tbody>
<tr>
<td>Keeping the school environment clean</td>
<td>Throwing away garbage, sweeping the floor</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

I’m quite comfortable talking with...

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? ________
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.
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
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.

<table>
<thead>
<tr>
<th>WEEK</th>
<th>BREAKFAST</th>
<th>DRINKING WATER</th>
<th>FRUIT</th>
<th>VEGETABLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>🍲</td>
<td>🥤</td>
<td>🍑</td>
<td>🥒atoes, 🍅tomato,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>🌽cabbage, 🥒carrot</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>🍲</td>
<td>🥤</td>
<td>🍑</td>
<td>🥒atoes, 🍅tomato,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>🌽cabbage, 🥒carrot</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>🍲</td>
<td>🥤</td>
<td>🍑</td>
<td>🥒atoes, 🍅tomato,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>🌽cabbage, 🥒carrot</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>🍲</td>
<td>🥤</td>
<td>🍑</td>
<td>🥒atoes, 🍅tomato,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>🌽cabbage, 🥒carrot</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>🍲</td>
<td>🥤</td>
<td>🍑</td>
<td>🥒atoes, 🍅tomato,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>🌽cabbage, 🥒carrot</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>🍲</td>
<td>🥤</td>
<td>🍑</td>
<td>🥒atoes, 🍅tomato,</td>
</tr>
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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.

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>UNHEALTHY SNACKS</th>
<th>WASH HANDS WITH SOAP</th>
<th>TOTAL</th>
<th>PARENT'S INITIAL</th>
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</table>
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...

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.
Agent’s notes

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

Chapter 1

Chapter 2

Chapter 3
Agent’s notes

Chapter 4

Chapter 5

Chapter 6

Chapter 7