

G2 SQUAD ADVENTURE

# THE SECRET POWER OF BALANCED NUTRITION

STOPPING A DANGEROUS  
FOOD SYNDICATE





**G2 SQUAD ADVENTURE**

**THE SECRET POWER OF  
BALANCED  
NUTRITION**

**STOPPING A DANGEROUS  
FOOD SYNDICATE**

For Primary School Children

A cartoon illustration of a young woman with dark hair in a ponytail, smiling. She is wearing a dark jacket. The illustration is set within a circular frame with a blue dashed border.

**G2 Squad Agent**  
**LISA**

A resident agent who is analytical, curious, athletic, and loves adventure and fruit.

A cartoon illustration of a young man with brown hair, wearing a blue jacket and goggles on his head. He is smiling and looking towards the viewer. The illustration is set within a circular frame with a blue dashed border.

**G2 Squad Agent**  
**MAX**

A newbie agent who is spontaneous, well-built, brave, enthusiastic, funny and loves food, especially fried chicken and pizza.



*Owner of Ben Tajir Food*  
**BEN**

A powerful food mogul who is cunning and manipulative in creating good-looking bad food.



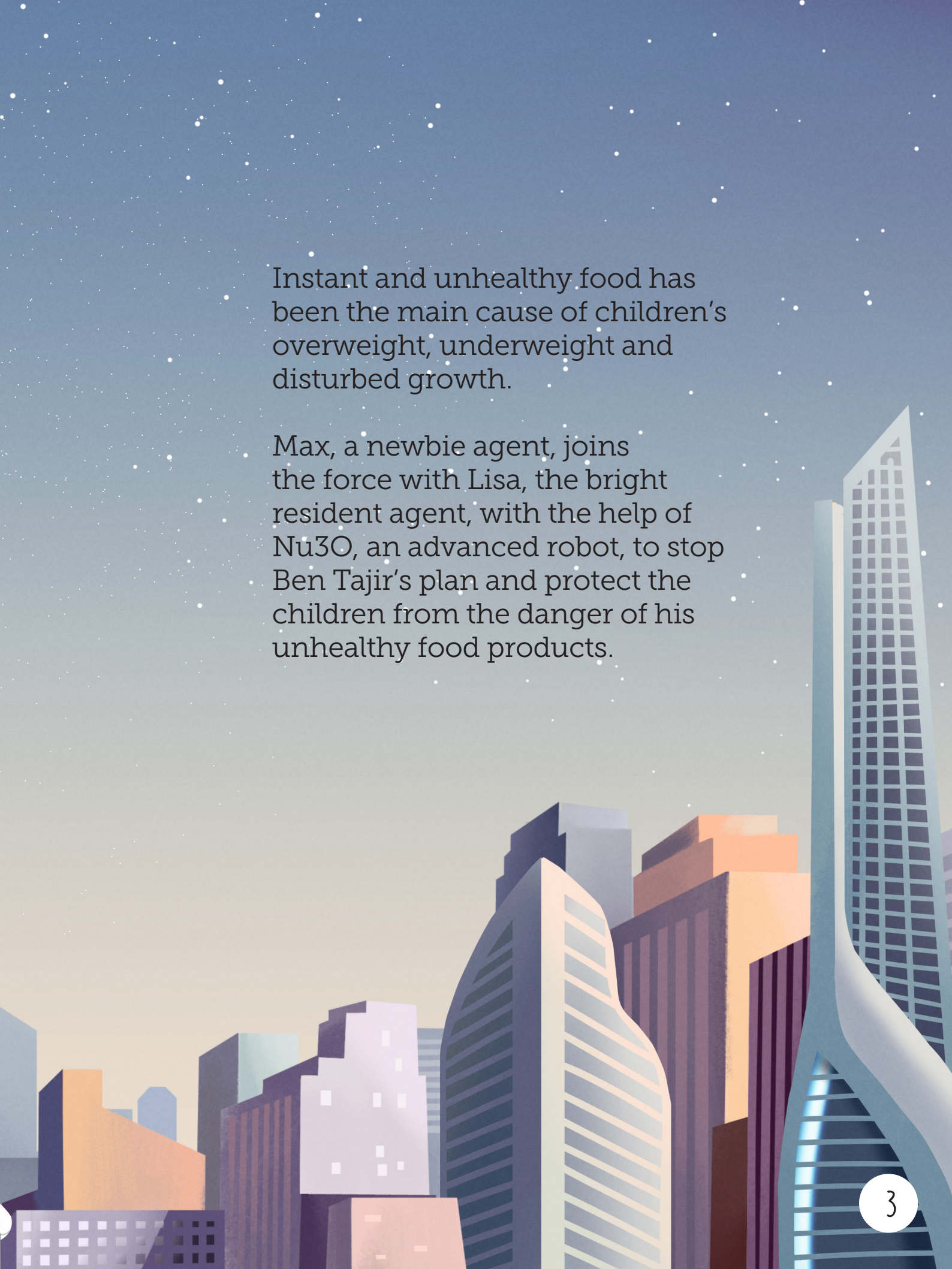
*G2 Squad EncycloBot*  
**NU30**

An advanced and friendly robot that knows almost everything about nutrition and strategies in missions.

# Cyber City

A futuristic city where almost everything is made electronically. It is hard for people to stay healthy because most of the food is processed and preserved using unhealthy chemical substances.

G2 Squad is a secret organisation with the ultimate mission to protect children from any threat that might harm their well-being. Currently, the most serious threat is Ben Tajir, a wealthy food mogul who has just released his instant food products into the market.



Instant and unhealthy food has been the main cause of children's overweight, underweight and disturbed growth.

Max, a newbie agent, joins the force with Lisa, the bright resident agent, with the help of Nu3O, an advanced robot, to stop Ben Tajir's plan and protect the children from the danger of his unhealthy food products.

# SECRET AGENT NOTES

As our agents lay their plan to investigate Ben Tajir and infiltrate the superblock, they'll learn many important stages that will help them become super agents. It's important that Max and Lisa remember each of these.

Can you help Max and Lisa become super agents by keeping an eye out for important steps, and taking a record in your very own Secret Mission Journal? Who knows? You might just be the next super agent!

## [Step 1]

...  
Understanding the concept of healthy eating.

## [Step 2]

...  
Understanding Triguna Makanan, food groups and Tumpeng Gizi Seimbang.

## [Step 5]

...  
Understanding how to read and interpret food labels.

## [Step 4]

...  
Understanding Isi Piringku guide and the importance of a healthy breakfast.

## [Step 3]

...  
Understanding the 10 Codes of Balanced Nutrition.



## [Step 6]

...  
Understanding the difference between healthy and unhealthy snacks.

## [Step 8]

...  
Understanding basic hygiene skills to minimise the spread of germs and infections.

## [Step 9]

...  
Understanding the connection between food, health and managing emotions.

## [Step 7]

...  
Understanding the importance of physical activity in our everyday lives.

## [Step 10]

...  
Understanding how a healthy lifestyle is better for me, the community and the environment.

## [Step 11]

...  
The importance of leading a healthy lifestyle and sharing the knowledge with the community.



## Chapter 1

# THE ALARMING BROADCAST

Max is so happy. Today is his first day joining G2 Squad. It has been Max's dream to join the squad. He was admiring the modern interior of the G2 office, when suddenly, a beeping sound came from a floating robot!

"Hello, Max. My name is Nu3O. I am your mobile encyclopedia. I can provide all the information you'll need in your training and missions." The robot beeps and speaks smoothly. "Wow, you know my name!" Max is really surprised.

Suddenly a teenage girl appears behind Nu3O. "Hello, Max. I'm Lisa. Nu3O knows a lot of things. Ask him anything, and he'll have all the answers!"





Just as Lisa finishes her sentence, a loud alarm sound comes from Nu3O.

“Warning! An alarming message has been spotted!” Nu3O says. The screen on Nu3O’s chest begins to flicker and play a broadcast. A young man appears on the screen.

“Hello great kids in Indonesia! Finally, the **flashfood** that we have been waiting for has arrived, called SUPA SPACE PIZZA! The coolest **flashfood** that suits super kids like you! Choose the awesome flavour that you love, we guarantee you’ll get so addicted to it!

Buy this **flashfood** now and feel super, immediately! Why bother with the hassle of eating rice, veggies or chicken if this is all you need? What more could you want: IT’S FAST, AND SUPER YUMMY!”





"That looks really fun!" Max says excitedly. "It does, but there are some suspicious points in there, aren't there, Nu3O?" Lisa is intrigued.

"Yes, it seems so. The young man speaking was Ben Tajir, instant food mogul. It looks like Ben Tajir is trying to get children to forget about healthy food and just eat this new product," says Nu3O while accessing data from his processor.

"What do you mean by that, Nu3O?" Max is confused.

"There seems to be some suspicious points in this message:

**Point 1: Food is not supposed to be addictive, and there is no food that can make you super.**

**Point 2: Why were we told not to eat healthy food?**

**Point 3: We are supposed to consume various foods for balanced nutrition, not just one food,"** Nu3O explains.

"Well, it sounds like it is a mission for us to find out about this curious flashfood!" exclaim Max and Lisa almost at the same time.

"Not so fast, agents," Nu3O says urgently. "You'll need to prepare yourself with knowledge of balanced nutrition for this mission. Let me show you a video that explains the importance of good and balanced nutrition."

The screen on Nu3O's chest is beeping again, then playing an interesting video. Max and Lisa watch closely.

*Two minutes later...*

"Now agents, are you ready for the training? Let's prepare you for your missions!" Nu3O commands.

## Chapter 2

# SECRET AGENT TRAINING

"Agents, welcome to your knowledge session! Now that you've done your physical training, let's get to know the important keys to be our fully licensed agents. Let's sit here and learn about the 3 food functions called Triguna Makanan," Nu3O instructs them to take a seat on the bench.

"Sir, yes sir!" Max and Lisa reply.

A beep and light projects graphs from Nu3O's screen. "First, look at this Triguna Makanan. There are 3 important functions of food that we need to understand," Nu3O explains.







"We need energy to do our activities every day, like a car needs its fuel. We can get that from a food source that contains carbohydrates, like rice, rice noodle, cassava, potato, corn or bread."

"Hey, I like bread and noodles!" Lisa cuts in cheerily.

"Well, that's your energy source, Lisa," Nu3O confirms. "Then we need vitamins and minerals to orchestrate every cell in your body to do its job, including fighting virus and infection. Those come from fresh vegetables and fruit."

"Chicken, meat, fish and tempeh are the ones that help you grow taller and stronger. They build your bones, muscle, teeth and skin," explains Nu3O.



## 3 FOOD FUNCTIONS



### ENERGY

Supplying energy for our activities, like talking, studying, playing, exercising.



### GROWTH

Helping our bodies grow every bone, tooth, muscle, skin and regenerate cells.



### REGULATION

Regulating all activities of our bodies to function well, including fighting virus and infections.



Carbohydrate



Protein



Fruit & Vegetables

"Fruit and vegetables can help me fight virus? I thought chicken and meat are the ones doing that!" Max sounds surprised.

"Actually, we need these three food functions combined to help increase the immune systems in your body to fight virus," said Nu3O.

"Also, these food sources are categorized into different groups," Nu3O continues.

**"The first group**, which provides energy, is called carbohydrates. The types of food in this group are rice, corn, cassava, yam, potatoes, noodles or bread.

**The second and third groups**, which provide vitamins and minerals to conduct food functions, are fruit and vegetables.

**The forth group**, which helps you grow, is called protein. It includes eggs, fish, chicken, tempeh, beancurd, beans, meat and dairy products.

It is important that we consume various types of food in a proper portion daily to make up our daily dietary needs," continues Nu3O.

"How do we know how much food from each group we need, Nu3O?" asks Lisa.

IT IS IMPORTANT  
TO CONSUME DIVERSE FOOD  
DAILY BECAUSE WE NEED  
DIFFERENT NUTRITION FROM  
EACH OF THE FOOD GROUPS.  
(NUMBER 1 BALANCED NUTRITION  
CODES). DON'T HESITATE TO  
TRY NEW THINGS!



"Let's have a look at this graph," Nu3O projects a graphic from his chest.

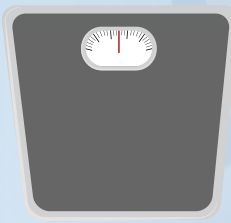
"This graph is a kind of nutrition guidance called Tumpeng Gizi Seimbang. It shows the amount of each type of food you should consume to reach your daily dietary needs. The bottom parts, which are the widest, show that these foods are best consumed at 3-4 portions. As Tumpeng Gizi Seimbang narrows toward the top, it shows how many food portions should be consumed daily."

"Consuming a variety of food sources from each food group is very important in keeping you healthy. The more diverse you eat, the more balanced your nutrition, which helps you to become a great secret agent!" Nu3O continues.

"As you can see, Tumpeng Gizi Seimbang shows various types of food in each group."



# TUMPENG GIZI SEIMBANG



WATCH YOUR BODY WEIGHT EVERY MONTH



DRINK WATER, 6-8 GLASSES/DAY



PRACTICE REGULAR PHYSICAL ACTIVITY



WASH HANDS WITH SOAP AND RUNNING WATER FOR 60 SECONDS

“Food diversification can be achieved by consuming a variety of food sources from each food group,” Nu3O continues.

“Oh, I can see from Tumpeng Gizi Seimbang that the food source that gives us energy is the one we need to eat the most. And besides eating right, we also have to do some exercise to stay healthy. I love exercise!” Max starts to understand.

“That’s right, Max. But remember to drink clean water regularly. Your body needs to be constantly hydrated, especially after doing your exercise, when your body loses a lot of water due to sweating,” Nu3O said cheerly.

“Yes, I can see why we need to drink water regularly. It’s actually good for my concentration too!” Max adds.

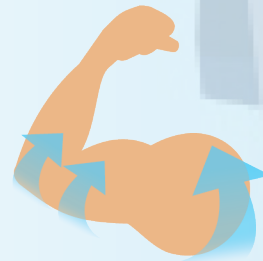




# 8 REASONS WHY WE SHOULD DRINK 6-8 GLASSES OF WATER DAILY



AVOIDS DEHYDRATION



IMPROVES MUSCLE GROWTH



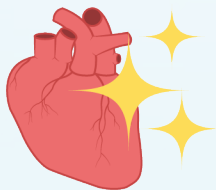
IMPROVES MOOD



REMOVES TOXINS



6-8 GLASSES OF WATER DAILY



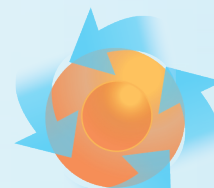
KEEPS HEART HEALTHY



IMPROVES CONCENTRATION



KEEPS SKIN MOIST



IMPROVES METABOLISM

## Chapter 3

# AGENTS' 10 BALANCED NUTRITION CODES

"So, Nu3O, is that all we need to know?" Lisa says impatiently. She really wants to jump into the mission.

"Have a look at these Agents' 10 Balanced Nutrition Codes. The codes are an important guideline for you to stay bright and healthy while doing your missions. Balanced nutrition means your body gets the proper amount of energy. Too much energy is not good for your health. Too little nutrition means you don't have enough to grow. Having balanced nutrition will help you to stay fit and healthy," Nu3O beeps and a projecting screen comes up.

"Please remember these Agents' 10 Balanced Nutrition Codes," says Nu3O.



## 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 flowing clean 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.



Surprisingly, Max and Lisa know the codes by heart!

"Impressive, agents! You are familiar with the Agents' 10 Balanced Nutrition Codes already! When did you learn that?" Nu3O says, surprised.

"Well, Lisa and I practiced with the memory card game we found. It was tricky, but fun!" Max replies.

"Yes, it makes it easier to memorise the codes," Lisa adds.

"Yes, your brain does its job well, thanks to all the high-protein food that help develop it optimally!" exclaims Nu3O.

"You mean high-protein food like fish? I'm not really into that, and the smell... I prefer chicken and beef any day!" says Max.

"Yes, Max. Fish in general is high in protein. But high-protein food is not only fish, but also tempeh, cheese, milk and eggs. **Having high-protein food in every meal will be great for your brain development, which is Agents Code 4,**" replies Nu3O.

"Fish actually tastes delicious, and they don't smell bad if they're fresh and the dish is prepared properly," says Lisa. "Next time I'll take you to eat my mom's famous fish curry, it's everyone's favorite!"

"I'll take that challenge!" Max replies. "Good, and I think as the **Agents' Code 10, that we should always enjoy the food we have and always be grateful for it,**" says Lisa.

"Okay great, agents, that's it for today. Now let us get a good rest. Tomorrow we start making a plan to deal with Ben Tajir," Nu3O beeps.

## Chapter 4

# GET READY!

Early in the morning, Nu3O sounds the alarm to wake the agents up. Max and Lisa wake up feeling excited.

"Wow, I am so ready to do this mission!" Lisa says cheerly.

"Me too! But maybe we should eat something first?" Max says, sounding hungry.

"That's right, agents. **As Agents' Code 6 says, "You should make a healthy breakfast a daily habit."**



Go to the agents' kitchen and prepare your breakfast," Nu3O commands them.

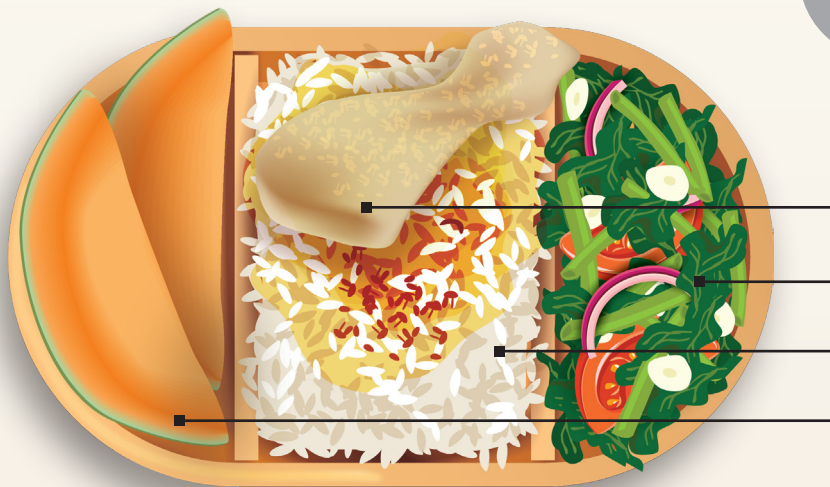
"And how do we do that, Nu3O?" Lisa asks.

"Use your knowledge of food diversity and food groups to determine portions for breakfast, using what we call Fill My Plate or Isi Piringku."

AGENTS' CODE 8:  
EATING A LOT OF  
VEGETABLES AND FRUIT  
ARE GOOD FOR YOU



# MY PLATE GUIDE FOR BALANCED NUTRITION



DRINKING WATER

CHICKEN OPOR

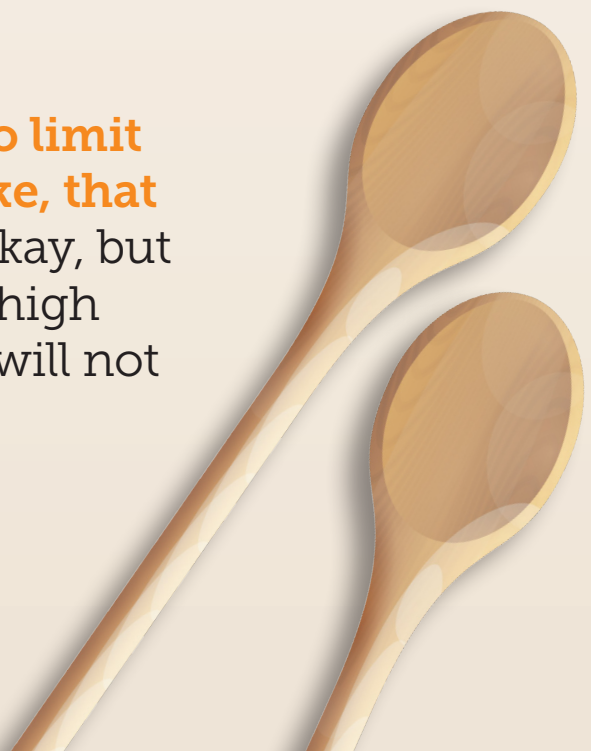
STIR FRY VEGETABLES

STEAMED RICE

A QUARTER OF CANTALOUPE

“Remember Tumpeng Gizi Seimbang and Triguna Makanan that we discussed? Isi Piringku will show you how much you should consume for each meal to have a balanced nutrition.

**Don't forget you also need to limit your sugar, salt and fat intake, that is Agents' Code 2.** A little is okay, but repeatedly eating foods with high content of sugar, salt and fat will not be good for your health.”







"So, to stay healthy I can only eat my favorite fried chicken once in a while?" Max sounds a little sad.

"Oh, come on, Max! If we're not healthy, we won't be able to do anything fun at all!" Lisa cheers him.

"It's true. The key here is balance. Also, don't forget to **drink plenty of water which is Agents' Code 7, and wash your hands with soap before and after each meal which is Agents' Code 5.** Oh, and remember, lunch and dinner should also consider balanced nutrition with variety of food from different food groups," Nu3O explains.

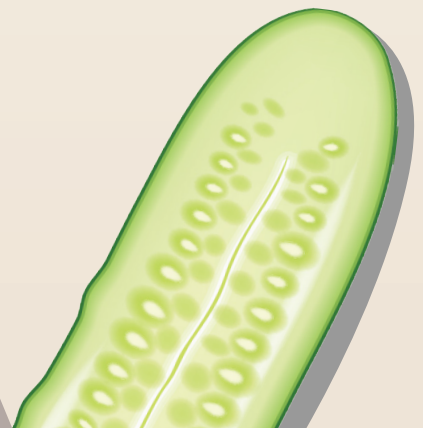
"I remember that **breakfast is the most important meal of the day. That's Agents' Code 6,** right?" Max reminds himself.

"That's right, Max. It's super important to have breakfast each day. I have run a number of tests on agents' performance and have found:

- **Agents who eat breakfast** are more likely to be able to meet their daily nutrients requirements.
- **Agents who eat breakfast** can concentrate longer and feel more energised, which positively affects their mission performance.
- **Agents who eat breakfast** are also able to maintain normal weight.
- **Agents who skip breakfast** get tired more easily and find it harder to focus their attention, which then resulted in poor mission performance," Nu3O explains.

"But I think it can be difficult to find or make something good and healthy to eat in the morning," Lisa disagrees.

"Actually, there are many easy and delicious breakfast suggestions that you can try:





- Coconut milk rice with cucumber, chicken and omelette
- Fried rice with sawi and sunny side up egg
- Chicken porridge
- Wholemeal toast with scrambled egg," explains Nu3O.

Max and Lisa proceed to assemble their breakfast and eat. After finishing breakfast, they start to plan their next move to deal with Ben Tajir.

"Okay, agents! First, we need to investigate the factory that Ben Tajir uses to produce his food. Maybe we can find something there that might lead to the truth behind this **flashfood**," Nu3O starts making a plan.

"But how do we get inside the factory? It must be heavily guarded," Lisa asks.

"I have studied the factory's plan.

There is a back door that we can enter. However, the door needs a password to open," Nu3O explains.

"And how do we get the password, Nu3O?" Max wonders.

“Luckily, the password is something that we have learned during your training, agents. It’s Tumpeng Gizi Seimbang. We need to assemble of Tumpeng Gizi Seimbang with the correct portions of all the food groups to open the door,” Nu3O explains.

Lisa is excited, “Ok, then let’s get to it, shall we?”

They start assembling the format of Tumpeng Gizi Seimbang. “Okay, the password is ready. Let’s get to the factory!” Max says.

MAX'S LUNCHBOX

A GLASS OF WATER



“Hold on, agents. I suggest you prepare yourselves for a long journey. Maybe we need to bring lunch, in case we have to go the whole day. You can use the same method you used for breakfast to assemble your lunchbox to ensure that you bring lunch with a good and balanced nutritional content,” Nu3O says, giving the agents a brilliant idea.

“Good idea, Nu3O!” Max and Lisa agree. “And while we’re on that, I think I’ll bring more snacks as well, just in case. You never know when you’ll feel hungry again. I mean, I’m always hungry after a long journey,” Max adds.

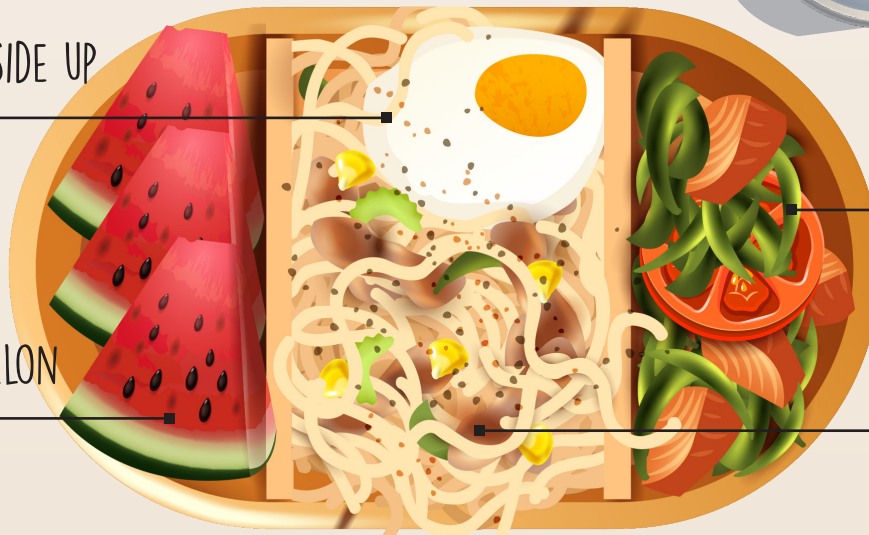
LISA'S LUNCHBOX

A GLASS OF WATER



SUNNY SIDE UP

WATERMELON



TUNA STIR FRY  
GREEN BEANS

CHICKEN CORN  
FRIED NOODLE


"Go on, Max, just make sure those snacks are healthy as well," Nu3O agrees.

They then assemble their lunch into lunchboxes and put them into their backpacks.

After everything is ready, Max, Lisa and Nu3O then go to the factory and locate the back door. Lisa holds up the image that has been cleared by Nu3O's data checker, and... the door doesn't open!

"Oh no, what's wrong with our password? How come it didn't open?" Lisa asks, disappointed.

Max has an idea, "Hmmm.. let me see, Lisa. Ben Tajir has been sending messages that is the opposite of what we should be doing. Maybe the password is also the opposite of the right one."

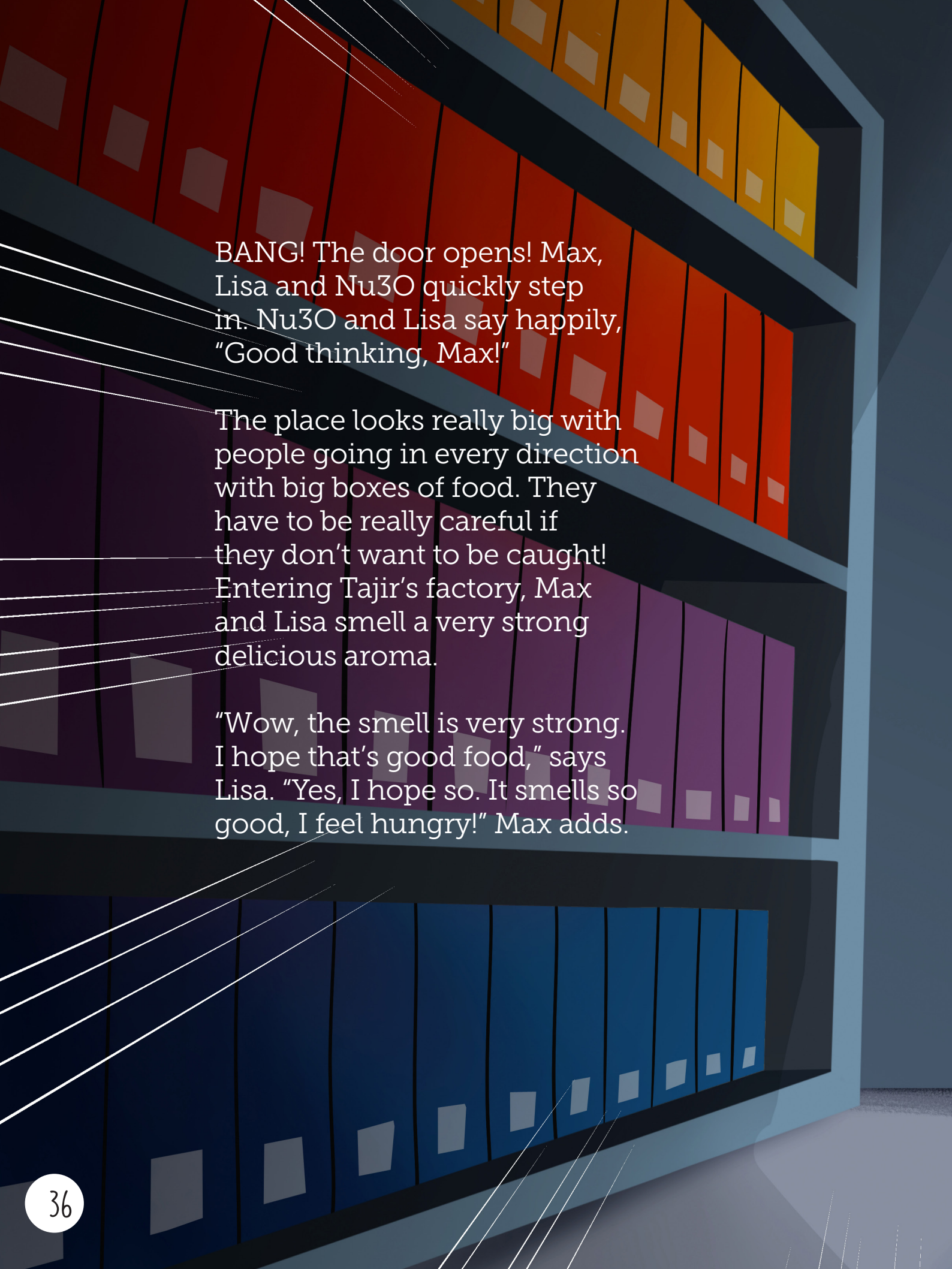
A stylized illustration of the Nu3O robot's head, featuring a white helmet with orange and black accents, and blue eyes. It is positioned on the left side of the page, partially overlapping the orange circle.

IF YOUR EATING  
HABIT IS LIKE BEN'S PYRAMID,  
THEN YOU SHOULD CHANGE AND  
FOLLOW THE REAL FOOD PYRAMID  
TO AVOID MALNUTRITION,  
OBESITY AND HIGH  
BLOOD PRESSURE.

"You mean we should spin it upside down so that salt, sugar and fat are placed on Tumpeng Gizi Seimbang - as the food we need to eat the most? But that is so unhealthy and bad!" Lisa shrieks.

"I think that's Ben's idea. Let me try," Max assures her.





BANG! The door opens! Max, Lisa and Nu3O quickly step in. Nu3O and Lisa say happily, "Good thinking, Max!"

The place looks really big with people going in every direction with big boxes of food. They have to be really careful if they don't want to be caught! Entering Tajir's factory, Max and Lisa smell a very strong delicious aroma.

"Wow, the smell is very strong. I hope that's good food," says Lisa. "Yes, I hope so. It smells so good, I feel hungry!" Max adds.



"Psttt, looks like there's a lot of packaged food here, all in very nice packaging! Let's check it out," Lisa whispers.



Chapter 5

## FOOD INVESTIGATION

Max and Lisa walk along the tall cabinet and are drawn to one of the shelves. Lisa reaches and takes one of the packages.

“Guys, this is the **flashfood** that we saw on the broadcast!” Lisa recognizes the packaging.

“It is! Look at the back of the packaging. You can see all the nutritional facts and ingredients. That’s how you can tell the difference between healthy food and unhealthy food. The unhealthy foods usually contain a high amount of sugar, salt or fat, or, even worse, all three of them and some artificial ingredients! Read the label and analyse,” Nu3O reminds them.

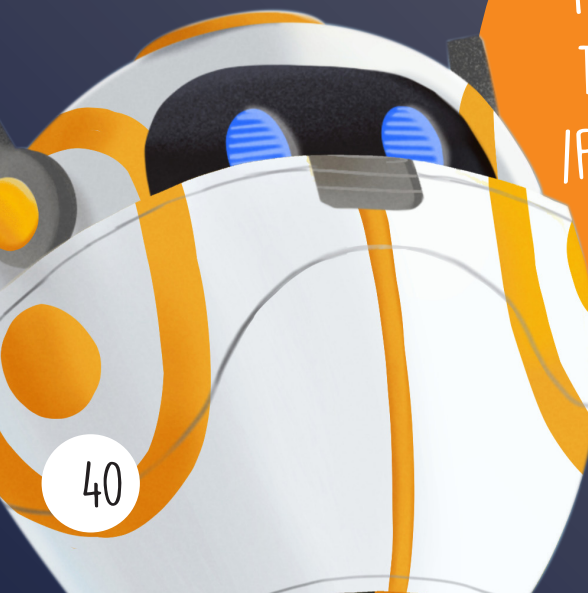




Nu3O continues, "You need to be more careful when you find snacks in attractive packages that claim to be healthy," Nu3O continues.

Nu3O points to the box Lisa is holding, "For example, this snack claims to help boost your energy. The truth is, this snack contains a lot of fat and artificial flavors. While fat does provide you with energy, too much of it could also cause you more harm than good. **Remember Agents' Code 2 to limit your salt, sugar and fat intake?**"

"Wow, that's dangerously misleading,"



SOME PACKAGED FOODS ARE ACTUALLY NUTRITIOUS, THAT'S WHY IT'S ALWAYS BEST TO READ THE LABEL TO FIND OUT WHAT IS BEST FOR YOU. IF YOU HAVE A CERTAIN ALLERGY, FIND MORE INFORMATION AND BE MORE CAREFUL TO FIND FOOD THAT IS HARMLESS TO YOU.

Max is surprised. "Yeah, we'd better pay close attention to these packages in the future," Lisa adds.

"Yes, reading the labels helps you set apart the healthy and unhealthy food. But, it is always better to consume food that you prepared from home that is according to Isi Piringku, because you know exactly what you put in there and how you prepared it. You can also be sure that you have washed your hands before preparing your food. Most importantly, your food doesn't contain artificial color, flavor and preservatives that are not allowed by The National Agency of Drug and Food Control of Indonesia or Badan Pengawas Obat dan Makanan (BPOM)," explains Nu3O.

"Oooh, this one contains artificial color, no wonder the colour is sooo vivid!" exclaims Max, looking at another box.

"And look at this instant food. It contains beef flavor without the real meat, artificial onions and tomatoes!" Lisa shakes her head. "So, what else can we get from the labels on the packaged food?" she asks.

Nu3O answers, "Here are some important things you need to look for on the labels:

1. **Name or brand** of the product
2. **Nutritional information**, which gives you information about what nutrients are in the food, such as vitamins and minerals.
3. **Expiry date**, or the 'Use By' date lets us know when it is still safe to consume the product
4. **List of ingredients**, which tells us if the food contains artificial ingredients such as flavour enhancers, and whether the food contains a lot of salt, sugar or fat. It also tells us if the food uses preservatives to help it stay fresher for longer
5. **Halal certification.**"

"Wow, I better read the label on packaged food next time! Especially if you are allergic to nuts or dairy products!" replies Max.

2. Nutritional information

1. Name or Brand

# SUPA SPACE PIZZA

**Nutrition Facts**  
Serving Size 10 oz.  
Serving Per Container 5  
Amount Per Serving

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

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

<b>Total Fat</b>	Less Than	2500	1500
Saturated Fat	Less Than	50g	25g
Cholesterol	Less Than	55g	15g
Sodium	Less Than	35mg	15mg
Total Carbohydrate	Less Than	15mg	50mg
Dietary Fiber	Less Than	300g	350g

Calories per gram  
Fat 7 Carbohydrate 8 Protein 6

**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.

4. List of Ingredients

3. Expiry Date



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

5. Halal certification

Produced by:  
TAJR Food Pty, Ltd  
Central Jakarta  
10230

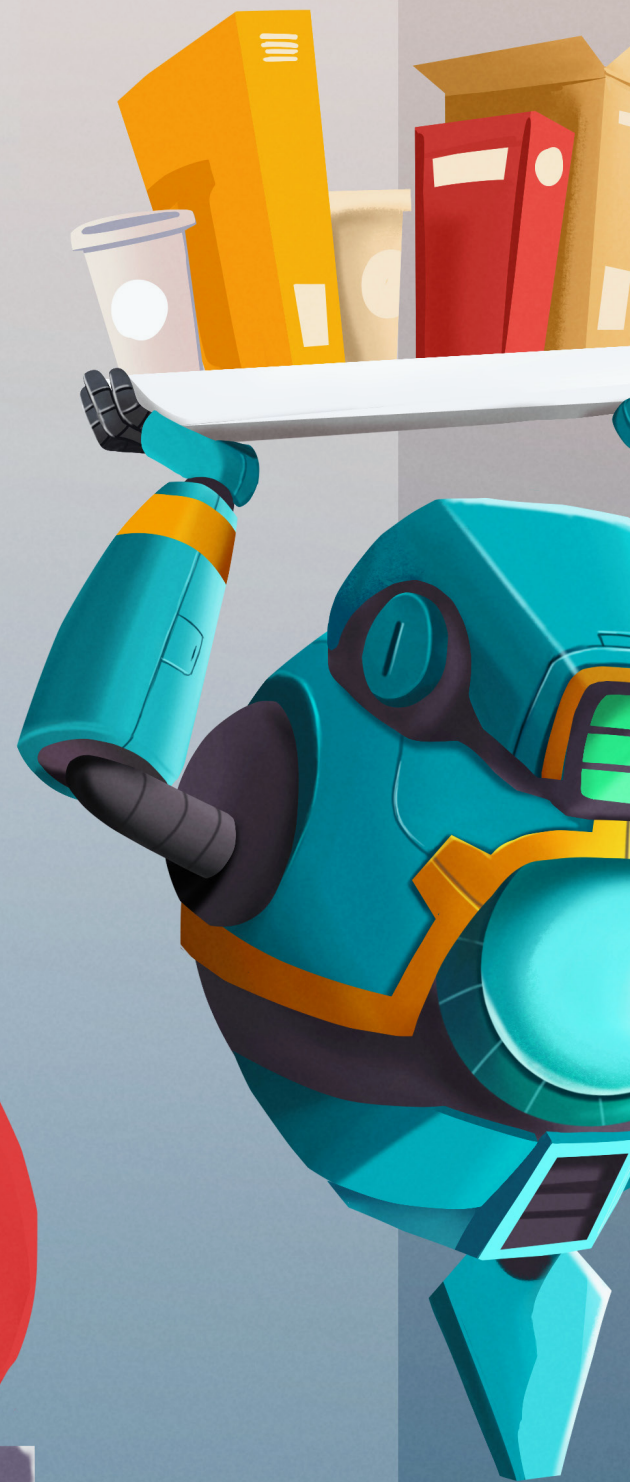
**TAJR FOOD**




## Chapter 6

# THE TESTING ROOM

After investigating the packaged foods, Max, Lisa and Nu3O go deeper into the factory. After several minutes, they come to a large hall. There are several long tables in the middle of the hall. Around the tables, dozens of children are sitting, eating foods prepared by Ben Tajir's robots that keeps moving back and forth.






An illustration of a school canteen. On the left, a large blue and yellow robot arm is visible. In the center, three children are sitting on purple stools. The child in the middle is eating a sandwich. On the right, a woman in a blue uniform is leaning over a counter, possibly serving. The background shows a large window with a grid pattern.

Max is amazed. "Wow, what kind of place is this?"

Nu3O is checking his database, "This section of the map is named 'Testing Area.' I think this is the place where Tajir tests his food products to children."

Lisa begins to feel angry, "He is really bad, isn't he? This hall is designed to look like a school canteen while it is actually a

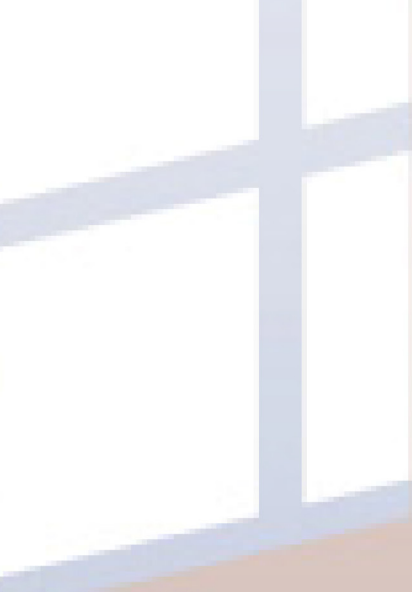


place where he experiments on these children! And look at those food and drinks! Colorful sweet drinks, crackers, fried snacks, chips, and lots of sweets! That food can't be healthy, right, Nu3O?" asks Lisa.

"Exactly! They definitely contain lots of sugar, salt and fat. That is the opposite of Agents' Code 2, I hope you remember that," Nu3O reminds them.

"We do, Nu3O. And not only that, I don't think those foods were prepared properly either. Those serving robots don't seem to be too concerned about hygiene or cleanliness at all! They just grab the foods using the same metallic hands that pick up the rubbish!" Lisa said shockingly.

"Guys, we need to help these children before they eat too much of those unhealthy foods," Max said. "Yes! Let's disable the robots so they



can't serve the food anymore,"  
Nu3O said firmly.

With Nu3O's help, Max and Lisa  
use their device to disable the robot  
servers.

"Hey, why did you do that? We are  
still hungry!" one child protests.  
"Yeah, we still want some more," the  
others agree.

"Guys, listen up. The food you  
are eating is unhealthy. You'll be  
unhealthy if you keep eating it," Lisa  
tries to explain.

"That's true. We are here to help you  
get healthy. Trust us, these foods  
are not good for you," Max helps,  
assuring the children.

They don't seem to want to listen,  
and ask, "Oh really? How do you  
know that?"

"Look, you see how these fried foods are glistening? That's a lot of excess oil, and it's not good for your health," explains Lisa.

"Yeah, and you can also see that those foods are not well covered on the shelf there. You can actually see some flies on them!" says Max.

The children look a little bit convinced by the team's explanation. "Hmfmf, okay then. But what should we eat now? We are still hungry!"

"Max, Lisa, didn't you pack more than enough snacks from G2? Would you mind sharing some for them, so that they eat healthy snacks?" Nu3O suggests.

"Oh, right, Nu3O, we don't mind at all. We'll do that!" reply Max and Lisa.





## Chapter 7

# CHASED!

Max and Lisa start distributing snacks to the children. At first, they are reluctant to receive it because it is not wrapped in colourful wrapping. But after they try the healthy snacks, they begin to change their minds, "Oh, wow, this chicken sandwich is delicious!"

"Yeah, and I never thought watermelons were really sweet either!"



They cheer and enjoy their new snacks.

“Good, it seems the children are enjoying the snacks, which means they will not eat Tajir’s products for a while. Let’s get out of here to plan our next move,” Nu3O says.

But just when they turn to leave, some guards suddenly appear and spot them!



"Hey, you! Stop right there!" one guard shouts. "Yikes! Let's get out of here, guys!" Max gets ready to run.

Max, Lisa and Nu3O don't waste any time. They dash off while the guards run after them. "Where should we go? This place is like a maze!" Lisa panics.

"I accessed the digital map of this place and found an escape route. It's full of obstacles that requires us to run, duck and jump for a while. Now, I managed to scan those guards and found out that they are not in good physical condition. Some of them are overweight, while some others are unfit. This escape route will exhaust them and deplete their energy. I just hope you guys are fit enough to do that!" Nu3O warns them.





"Yeah! I bet these guards spend their entire day sitting around, watching surveillance TV and eating fast food. No wonder they've become overweight and unfit," says Lisa.

"Yes. **That's why doing regular physical activity at least 30 minutes a day is important, as it says in the Agents' Codes 3.** It will help your body regulate the energy you get from your food and balance it with the energy you spend each day," says Nu3O.

"That's right, Nu3O! Thanks to the training, we are quite fit to do those challenges, right Lisa?" Max turns to Lisa.

"Yep! Lead the way, Nu3O!" cheers Lisa.



Max and Lisa hurry through the route that Nu3O shows. They run, duck and jump through some of the obstacles, then run, duck and jump again, and then they run, duck and jump some more! As predicted, the guards have a difficult time to catch up with them!

“Why are they so fast?” says one guard. “Oh, man, my heart is about to pop! I’m going to be out of breath soon!” says the other guard.

After what is seemingly a long time, they realize that the guards are no longer on their tail.

“Phew! That was some workout!” Lisa’s catching her breath.

“Yeah! I’m all sweaty and my heart is pounding so fast! But it feels good!” Max said cheerfully.

“Yep! Physical activities may seem exhausting, but they are actually good for your health. They help blood circulate, keep your heart in good condition, boost your immune

system to fight diseases better, and help maintain a normal body weight. They even help brighten your mood and make you feel happier.”

“Even simple daily physical activities such as walking up and down stairs, doing household chores, or fun activities such as dancing are usually enough to keep you healthy as well. And always drink water to keep yourself hydrated. You can see that those guards are not in the habit of keeping their health,” Nu3O points out.

Max said right away, “**Hey, watching your regular weight by doing regular exercise is Agents’ Code 3. Drink enough safe water is number 8!**”

“Yes, Max, and drink water instead of those cold, sweetened drinks. Those artificial sugars do you no good,” says Lisa.

"Hey, I'm not only catching my breath, but my clothes are all dirty and damp. I have to clean my gloves and boots," Lisa reminds them. "Can we get out of this place and find a place to clean up before we go to Tajir's headquarters?"

Nu3O agrees, "I also need to recharge my battery."

Max says right away, "Let's go!"

"Okay, I scanned the map of the surrounding area and spot this old lab that Tajir and his scientists don't use anymore. Maybe we can break into the lab, clean ourselves up, and find some Tajir Food uniforms to disguise ourselves so we can sneak into Tajir's headquarters," Nu3O explains.

With that sound plan, they move and head to the old lab.



Chapter 8

## CLEAN UP!

After they arrive at the old lab, Max and Lisa get ready to hit the shower.

"Remember, guys, shower thoroughly using soap. Wash your hair with shampoo. Don't forget to wash your hands with soap and running water for at least 60 seconds and clean your



fingernails as well. Germs and viruses stay up there. And then brush your teeth, and change into clean clothes afterwards." Nu3O is full of instructions.

Max shouts from the shower, "Why don't you take a shower, Nu3O? The water is so fresh!"

Nu3O answers, "Well, I'm a...." Lisa cuts him off. "It was a joke, Nu3O. Max was teasing you."

"Hahaha! But seriously, if you think about it, why do we need to clean ourselves up if we are about to go out and get dirty again? What's the point?" Max wonders.

"Well, when your body is dirty, it might accumulate a lot of bacteria and viruses. If these bacteria or viruses get into your body, it might cause you to get sick. Not to mention that you could also spread these viruses to other people close to you, like your family. You don't want to get them sick as well, right?" Nu3O asks, quizzing

LET'S PROTECT OUR FRIENDS AND FAMILY  
BY COUGHING AND SNEEZING THIS WAY:



COVER YOUR MOUTH  
WITH TISSUE.



COVER YOUR MOUTH  
WITH YOUR ELBOW.



USE FACE MASK.



# WHEN SHOULD WE WASH OUR HANDS?



AFTER  
COUGHING AND  
SNEEZING



Average human hands  
contains

**3,000**

bacteria and viruses

Wash your hands  
with soap for

**60 seconds**

with clean running  
water



BEFORE AND  
AFTER MEALS




AFTER  
PLAYING  
WITH  
ANIMALS

AFTER DOING  
OUTDOOR  
ACTIVITIES



AFTER USING  
THE TOILET

The background is a light blue gradient with several white bubbles of varying sizes. On the left side, there is a stylized illustration of a white bathroom sink with a white soap dispenser on the edge. The dispenser has a pump top and a label with horizontal lines. The sink is set on a dark blue surface. The overall style is clean and modern.

“Good point! So by maintaining our own personal cleanliness, we also protect our family and friends from getting sick!” Max begins to realise it is about more than just protecting himself.

“We also need to save water whenever we can. Like when we are putting soap or shampoo on our hair, we don’t really need the water running wasted, do we?” Nu3O asks.

Lisa and Max quickly realise and close up the tap right away. “No, we don’t Nu3O. We could save the use of water everyday, so we can have water for the future, too,” Lisa answers.

“True, we can also save it to preserve the environment,” Max adds.

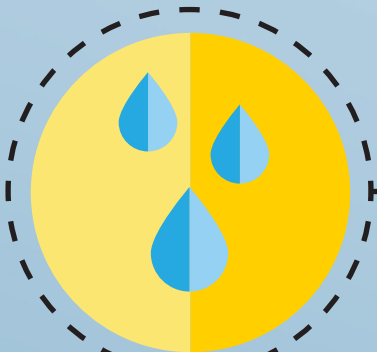
# LET'S KEEP OURSELVES CLEAN!



USE HEALTHY,  
CLOSED TOILETS.



WEAR CLEAN CLOTHES  
AFTER A BATH.



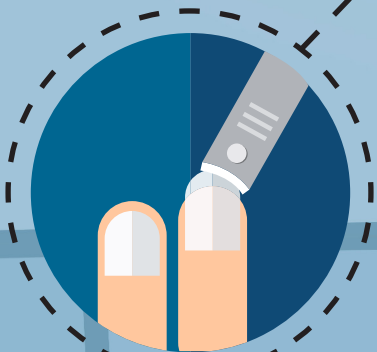
USE CLEAN WATER  
EVERY DAY.



TAKE A BATH TWICE A DAY.



WASH YOUR HAIR  
WITH SHAMPOO.



CUT AND CLEAN  
YOUR NAILS REGULARLY.



FLOSS YOUR TEETH AND  
BRUSH YOUR TONGUE.



BRUSH TEETH IN THE  
MORNING AND EVENING.

After they finish showering, brushing and washing their hands, Max and Lisa find some clean Tajir employee uniforms. They put the uniform on as a disguise.

"Okay, now we are ready to face Ben Tajir. Let's stop him and save the



children from unhealthy food once and for all!" Max says spiritedly.

"Yes, let's go!" Lisa answers. Max, Lisa and Nu3O exit the old lab and off they go to Ben Tajir's headquarters.



## Chapter 9

# LOSING HOPE

Max, Lisa and Nu3O arrive at Ben Tajir's headquarters. They observe before making their next step.

"Nu3O, there are a lot of guards in front! How do we get past? They look very menacing. I really don't think we can get past them!" Lisa starts to panic.

"Yes, Nu3O. There are too many. I don't think we can outrun them like before," Max adds.

Lisa starts feeling butterflies in her stomach. Suddenly things don't seem to be going her way. "We're not going to make it! They're going to capture us this time, and they will..."





Nu3O interrupts her assuringly, "Lisa, this is not your first mission and both of you have come prepared. You have gone through many trainings and have proven yourself to be a good agent. It is really good that you told Max and I how you are feeling. It's okay to feel nervous, but that's what your friends and family are here for.

You will do your best, and we will support you with any challenges you might face! Being more open and understanding of your emotions will help you keep good self esteem and a healthy mind," Nu3O says calmly.

"I agree with Nu3O, Lisa. Please, take the lead," Max assures her.

Lisa takes a breath and says, "Okay, here's our strategy. The front door is too heavily guarded, so we need to find another way in. Let's sneak to the back of the building and see if we can find another entrance."



“Good idea! Let’s go!” Max agrees.

Max, Lisa and Nu3O begin to sneak their way to the back of the building.

When they reach the back of the building, they are stunned when they see what is happening. “Look at that, behind the factory! They’re polluting the river with factory waste! So Ben Tajir is not only poisoning the children with his unhealthy food, he’s also polluting the environment! We really need to stop him!” Max almost shouts.

They move around to the other side of the building and find so many trucks

WHENEVER YOU FEEL  
DOWN OR PRESSURED,  
FIND SOMEONE CLOSE TO  
YOU AND TELL THEM  
HOW YOU FEEL.



coming in and out with black smoke coming out of their mufflers. Heavy machines and tractors are seen bulldozing the trees for what looks like an expansion. "No! Those tractors are destroying trees! There goes our source of good air and protection from a landslide!" Lisa is upset now.

"Yes, agents. This is outrageous. It's a senseless act of destruction.



This will degrade our environment in such a way that it would not be able to support us anymore in the near future. We need to stop this man!" Nu3O declares.

"Ok, let's use the truck to sneak into the building undetected," suggests Lisa, pointing to one of the truck that lines up towards Ben Tajir's headquarter.

They quickly hop onto the back of one of the trucks.



## Chapter 10

# CYBER FIGHT!

Inside, Max, Lisa and Nu3O hop out of the truck and continue on foot. They finally come into Ben Tajir's office. It's a very large room. Ben Tajir sits at his desk at the end of the room. When he spots them he isn't surprised at all.

"So, you're the cockroaches that try to ruin my business!" Ben laughs.

"Your operation is bad, Tajir! Your products ruin children's health, and your operation destroys the environment! You can't carry on doing that!" Max states.

"Hahahaha! I have the money and the power to do whatever I want. And no nosy agents can stop me!" Ben boasts.





"You are nothing but a big bully who abuses power to get what you want, no matter who gets hurt. Shame on you!" Lisa exclaims.

"And we are here to put a stop to it. Your days of destruction are over!" Max adds.

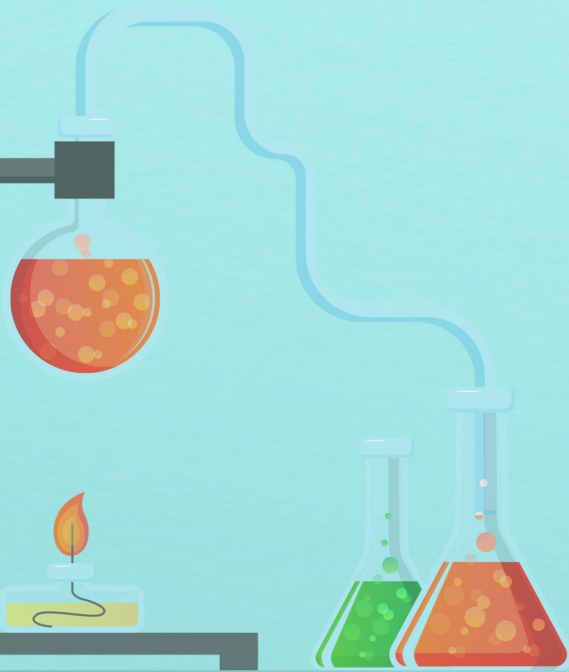
"Ah, is that so? And who's going to stop me? The three of you and what army? I have guards that will beat you and throw you out of the building like the cockroaches that you are!" Ben laughs.

"We've beaten your guards," said Nu3O calmly.

"Oh really? How about THESE guards?" says Ben Tajir while pushing a button on his desk.

Suddenly, the wall behind him opens. A group of robots float from the wall.





"Get rid of these intruders!"  
Ben commands.

"Nu3O, there's a lot of robots  
to deal with. What's the plan?"  
Max worries.

"Let me scan the robots." Nu3O  
scans the robots. "Okay, I think  
I can scramble their electronic  
chip to short circuit and shut the  
robots down." says Nu3O calmly.



"Okay, how do we do that?  
They are approaching, Nu3O!"  
Lisa panics.

"I sent the information to your  
cell phones. Use your cell phones  
to broadcast the informations  
at the robots using wi-fi signals.  
To do that, point your cell phone  
camera at the robot you want to  
target and press the OK button to  
send," says Nu3O calmly.

Max and Lisa snap out their cell  
phones and start targeting  
the robots.

And... it works! The robots vibrate violently as their databases get flooded by new conflicting information. Suddenly, one by one, the robots stop floating and drop to the floor.

"What have you done? How did you do that?" Ben panics.

"Well, you are messing with G2 Squad! Big mistake!" Max feels like they are winning.





Nu3O moves forward and seizes Ben Tajir before he has time to react. "Let go of me!" Ben Tajir struggles to escape.

"Ben Tajir, you're under arrest for spreading false messages on healthy eating and producing unhealthy food! Your business is over and you are going to jail," Lisa states firmly.



"Yeah, hahahaha, what can you do now, huh, you big bully? Not so powerful now, are you? Got nothing to say, now? No big laugh? Huh? Huh?" Max confronts him.

"Hey, Max, you should stop that. You are doing exactly what he was doing. You are bullying him. Agents of G2 Squad do not bully other people, no matter how bad they are," Nu3O reminds him.

"Okay, sorry Nu3O, I guess I got carried away," Max says regretfully.

"Hey, guys, look at this!" shouts Lisa. Lisa is sitting in front of Ben Tajir's computer.

"I found some documents that show that Ben Tajir didn't just run the food business.

He is also involved in producing cigarette that are distributed at many schools!

Even worse, these documents also show that he was putting drugs and alcohol inside some of his products!" she continues.

"Oh, wow, seriously?" Max is really shocked.

"That's true. We suspected that he has been running these side businesses for years. Imagine how many children he has poisoned with cigarettes and drugs. Drugs can also lead to some serious mental health problems. It seems there is no end to Ben Tajir's crimes. He deserves to be put in jail for a long time," Nu3O says seriously.

Max, Lisa and Nu3O take Ben Tajir into custody. He is arrested, and his factory is shut down. His business empire crumbles, and all of his products are confiscated from the market.

## Chapter 11

# MISSION ACCOMPLISHED!

Back at G2 Squad headquarters, Max, Lisa and Nu3O are debriefed by Commander Joko, the leader of G2 Squad.

“Well done, agents! You made us all proud! Not only did you stop Tajir’s plan to poison the children with unhealthy food, you also uncovered his other businesses of cigarette and illegal drug manufacturing. As you already know, cigarettes and drugs are very addictive and definitely very harmful for your health. Very good job, agents!” Commander Joko congratulates them happily.

“Thank you, sir,” Max says.

“The trainings and the Agents’ 10 Balanced Nutrition Codes also helped a lot to prepare us well,” Lisa adds.

## 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.


The image shows two futuristic, glowing blue UI panels. The top panel features a lightbulb icon in a circular frame, with the text 'TITLE 1/1/1' and 'Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh-euismod tincidunt laoreet dolore magna.' below it. The bottom panel features a line graph icon in a circular frame, with the text 'TITLE 1/1/1' and 'Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh-euismod tincidunt laoreet dolore magna.' below it. Both panels have decorative horizontal bars and a grid-like background.



"That's true, sir. They really prepared us well. We wouldn't have succeeded this mission if we didn't eat well or couldn't tell the difference between healthy and unhealthy food," adds Max.

"Also, all of the physical activities in the training prepared us to overcome most of the physical challenges," says Lisa.

"And don't forget, the training also helped you to form the habit of clean living, develop a healthy relationship with others, and encourage you to live in harmony with nature and take good care of your surroundings," says Commander Joko. "I believe the three of you deserve a commendation. All in all, good job!" Commander Joko continues.



"Thank you, sir!" Max, Lisa and Nu3O reply.

"You have made us all proud. Here at G2 Squad, it is our responsibility to protect children's well-being. In doing our job, we don't just chase bad guys like Ben Tajir. We help the government deliver health services to schools, such as immunization and deworming programmes."

"We also help carry out health check-ups for children regularly. It is every child's right to receive such treatments and check ups. Maybe we can put you both in the lead of our next programme with the government. How do you feel about that?" Commander Joko offers.

"It is our honor to be able to serve, sir!" Max and Lisa said respectfully.

“And don’t forget your Agents’ 10 Balanced Nutrition Codes. Those are the codes you need to live by every day, because they will help you to keep your body and mind healthy, and help you to become a better agent.”





"You should also teach people around you about the 10 Codes to help them maintain a healthy lifestyle," Commander Joko reminds them.

"Will do, sir!" Max and Lisa reply.

***SEE YOU ON THE NEXT MISSION!***









KEMENTERIAN  
KESEHATAN  
REPUBLIK  
INDONESIA



unicef   
for every child



World Food  
Programme

