

FUN with FOOD

Discover the World of Food
with Finn the Food Explorer





This delicious
adventure book
belongs to:




Hi I'm Finn, a food explorer!
Shall we go on an adventure
to find different foods together?



Look! This treasure map shows us what we should eat.
That's how we can get all the nutrients we need!

My Healthy Plate





Let's begin in the
Veggie Jungle,
where there are lots
of greens to discover!

Veggies contain
vitamins, minerals
and fibre.



Look! A Rainbow of
Fruit and Vegetables to
keep the doctor away!
Fruit and vegetables
make sure your eyes
and heart are healthy
every day.

Some fruit and vegetables
are missing their colours!
Can you colour them?

A colorful illustration for a children's book. In the center, a young boy with dark hair, wearing a red shirt and green overalls, sits inside a green bean-shaped spaceship. The spaceship has a small antenna on the left and four circular lights on the bottom. He is holding a yellow banana and a green pea. The background is a bright blue sky with white clouds. In the upper left, a variety of fruits are scattered, including strawberries, watermelon, lemons, oranges, grapes, and bananas. On the right, a large green beanstalk grows from the ground, with several green peas hanging from its vines. The ground at the bottom is a mix of yellow and green, suggesting a field or garden.

Let's hop into the
Bean Spaceship at the
end of the rainbow!

Just like meat and fish,
beans contain protein which
helps our muscles grow.



Tempeh



Tofu



Baked Beans



Dhal



Yong Tau Fu



Chapati



Ayam Penyet



Chicken Chop



Can you match the ingredients to the local dishes they can be found in?

Time for a swim with the fishes in the water!

Do you know them by their size, shape and colour?



Tilapia



Red Grouper

Eating fish can protect
our heart, because they
are rich in good fat.



Yellow Tail

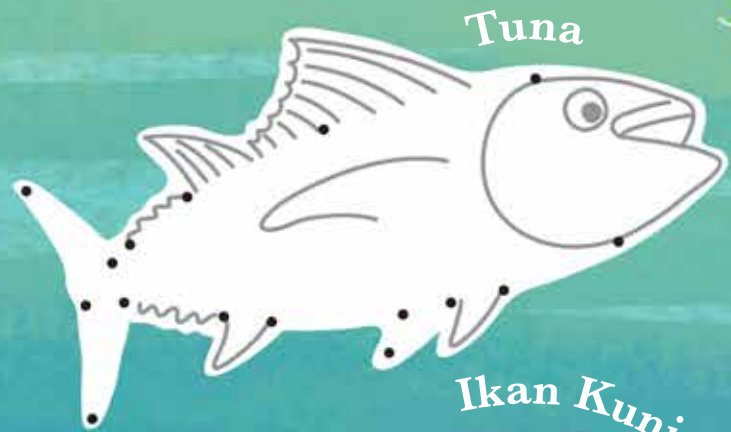


Ikan Bilis

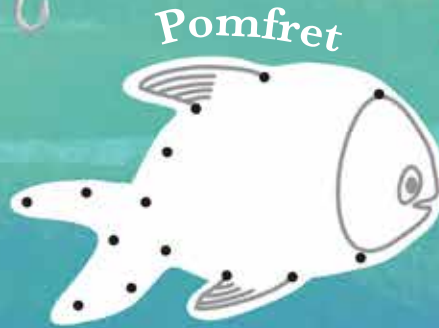


Sea Bass

Mr. Fisherman catches fish with a hook and line, basket or a fishing net!



Tuna



Pomfret



Ikan Kuning



Sardine



Silver Herring

Some of the fishes I'm trying to catch are missing. Can you connect the dots to help me find them?

Animals on a farm provide us with the meat we eat.

These are...

Can you fill in the missing letters?

Cattle B _ _ F

Pigs P _ RK

Chickens

Ducks

P _ ULT _ Y



Goats

M _ TT _ N

and Sheep!

L _ MB

Our friends are having a campfire over there!
Let's take some meat with us and share it with them.

I don't eat pork.

Farah
Muslim

We avoid beef and may avoid
meat entirely on "fasting" days.

Rajesh and Roshan
Hindu and Sikh

I may also
avoid beef.

Mei
Buddhist

I eat kosher meat
and avoid eating
meat and dairy
products together.

Matthew
Jew

I may avoid
eating meat
on Fridays and
during Lent.

Rebekah
Catholic



The milk in this pond keeps
our teeth and bones strong.

This way, we can run,
jump and skip all
day long!

Can you find and circle
the teeth and bones
hiding here?

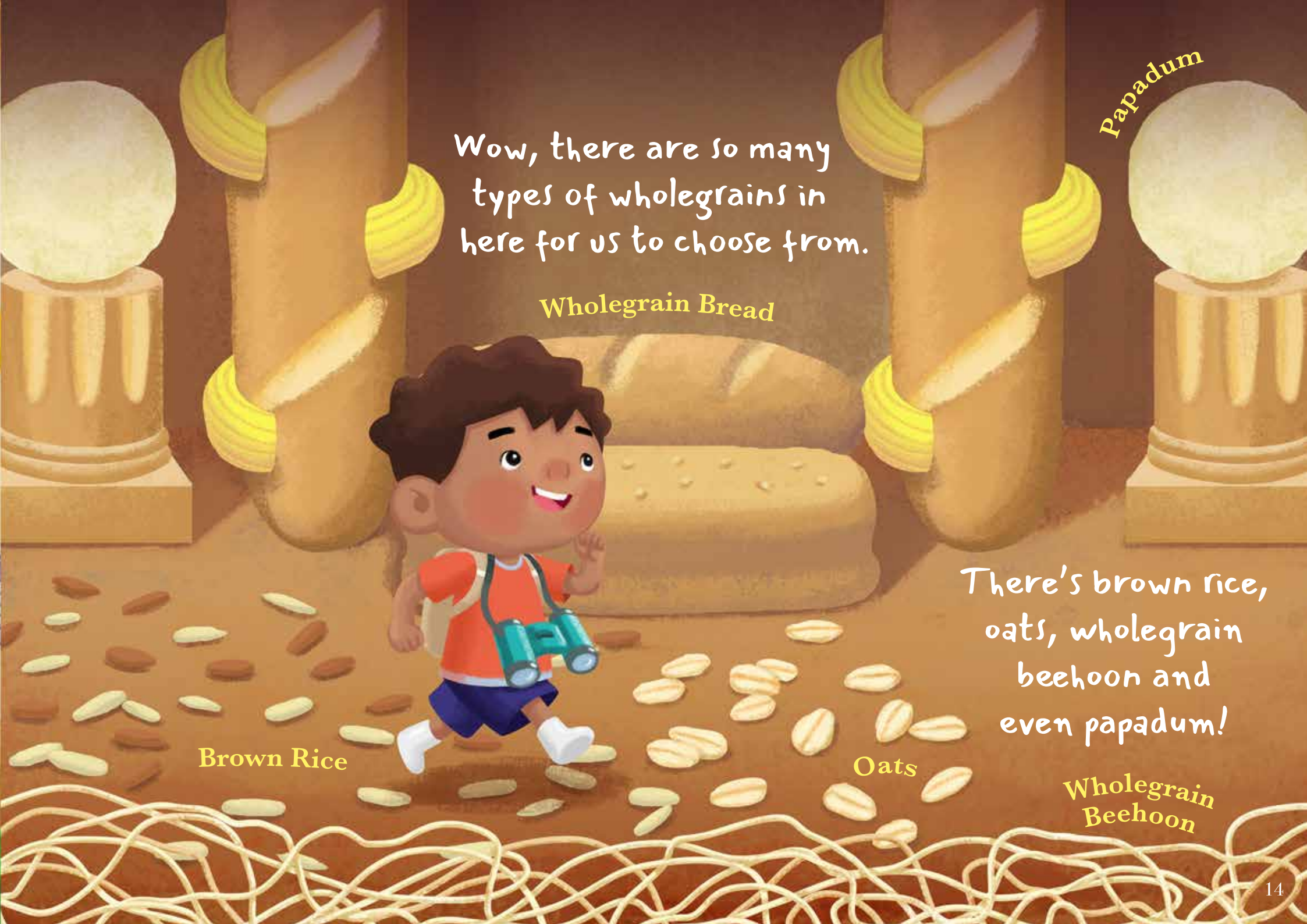


Look! The knights
have opened the gates
to the wholegrain
castle for us!

Welcome to our castle!

There's a mission
waiting for you on
the kitchen table...

Wholegrains give us energy
to think, breathe, and play!



Wow, there are so many types of wholegrains in here for us to choose from.

Wholegrain Bread

Papadum

There's brown rice, oats, wholegrain beehoon and even papadum!

Brown Rice

Oats

Wholegrain
Beehoon

Finn has discovered a crown!

Can you decorate it with the wholegrains
you can find in your kitchen?

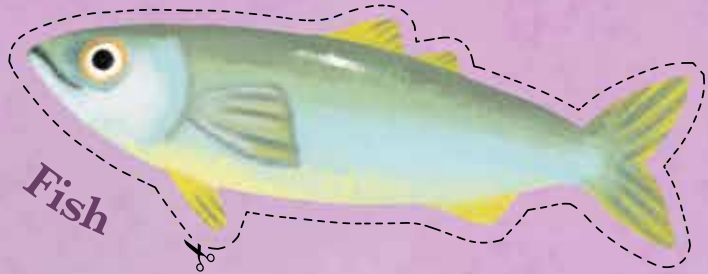




Oh good!
We've also found
so many types of food
but they are on the
wrong parts of
the plate.



Cut and paste these food items on
My Healthy Plate on page 18!



Fish



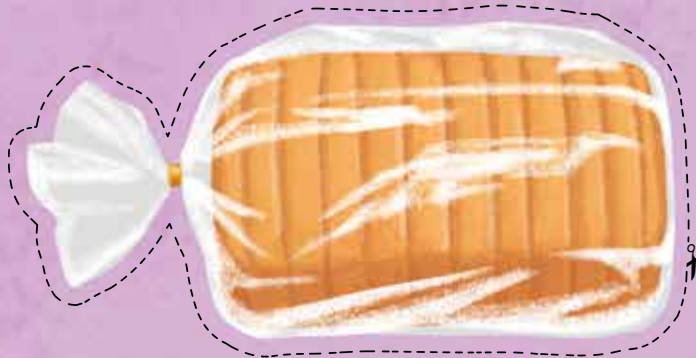
Brown Rice



Broccoli



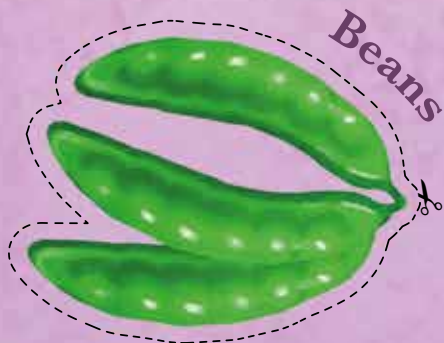
Wholegrain Noodles



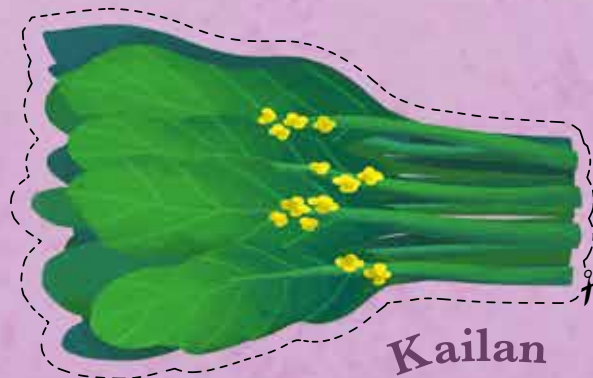
Wholegrain Bread



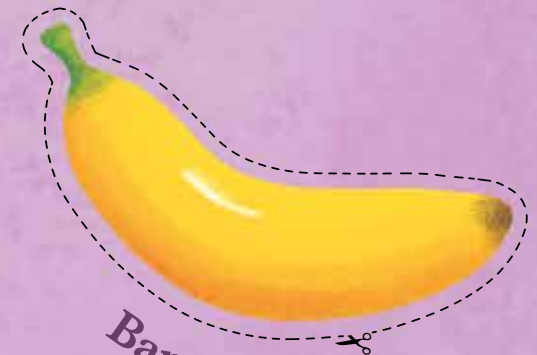
Apple



Beans




Kailan



Banana

My Healthy Plate



A vibrant, cartoon-style illustration. In the center, a young boy with dark skin and curly hair, wearing a red shirt and blue pants, sits happily in a green beanstalk boat on a blue river. He has binoculars around his neck. To the left, a large blue teapot with a pink floral pattern is pouring water into a yellow cup. Below it are a purple patterned cup and a yellow cup. A red and white striped teacup is also visible. The background shows a green landscape with rolling hills, several green trees, and a blue sky with white clouds. The overall scene is bright and cheerful.

Time to head home on a
boat ride on the water!

Water helps carry food around
our body, brings waste out,
and controls our temperature.

We lose water when
we breathe out and
when we go to the toilet.



This is why after our long adventure,
we should drink more water!

Try this secret water recipe!

HERB-INFUSED WATER

- 1 Add fresh herbs into a pitcher
- 2 Let them infuse overnight
- 3 Add a few slices of cucumber



We've completed our food adventure
with the "My Healthy Plate" treasure map.
Now we're stronger, taller and happier!

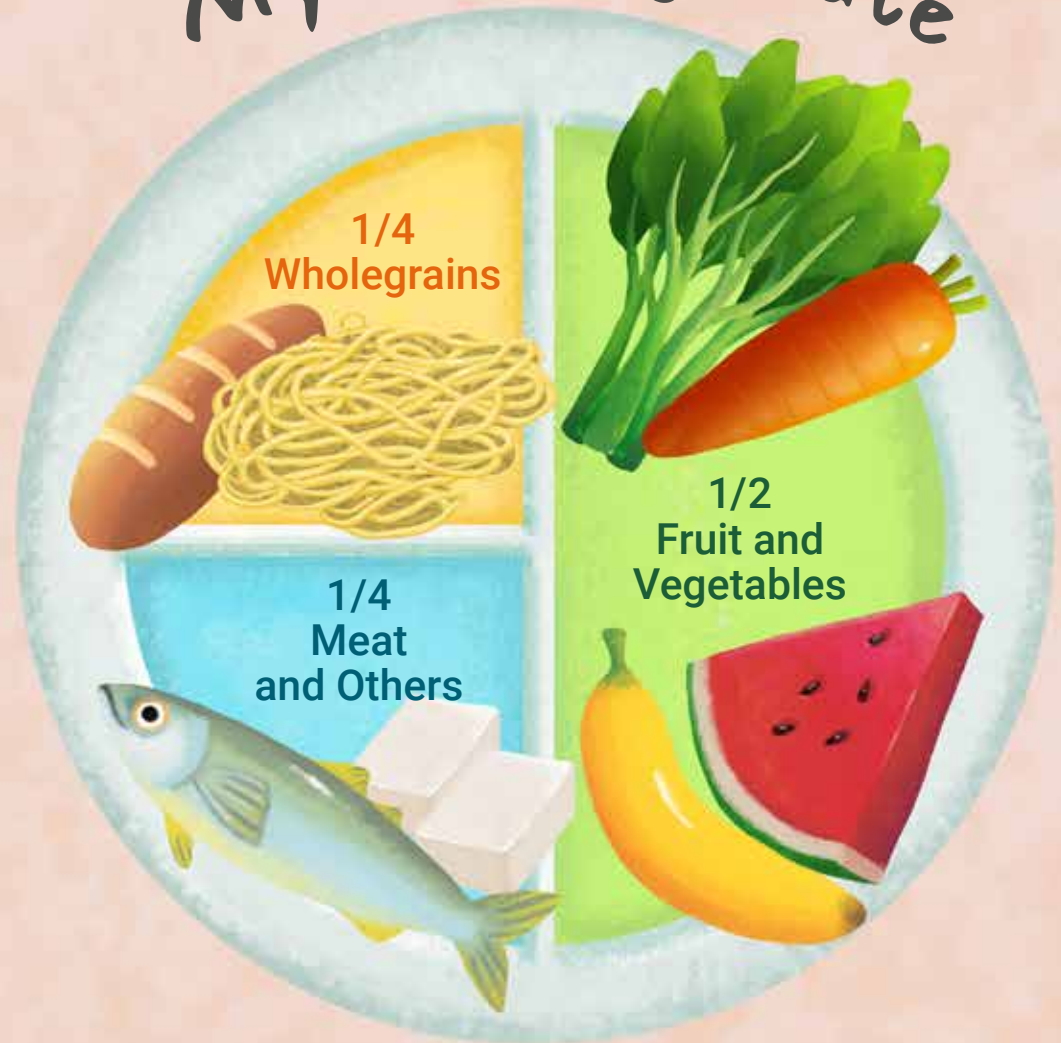




Let's end our journey on a colourful note!

Can you make Finn as colourful as this plate of healthy foods?

My Healthy Plate





NOTE TO PARENTS

Parents serve as a child's first teacher and role model. Research has shown that children do better when their parents are engaged in their child's learning journey, playing an important role in instilling positive attitudes and values towards their child's learning and life.

We hope this book will be a helpful and enjoyable way to help your child make healthy lifestyle choices from young, and reinforce healthy eating habits that will last into adulthood.

Enjoyed this book?

Scan and let us know your feedback here!



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