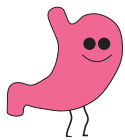


Rise[®]

AGAINST HUNGER



HAPPY TUMMY TREASURE HUNT

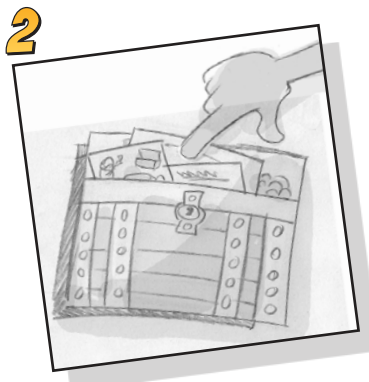
CIK021-EC-GRO

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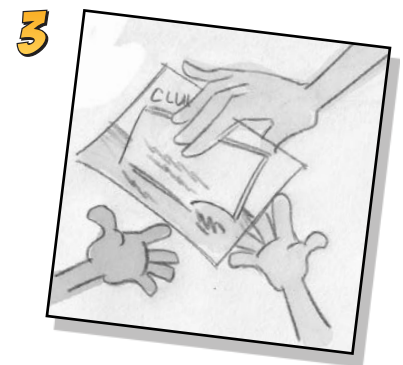
8 MINUTE SETUP



1. Print this PDF. Clues print two to a page. Cut the pages in half then hide the clues according to instructions at the bottom of each.



2. The answer key (last page) tells you where to hide treasure, which can be anything (a dollar bill, stickers, tickets, etc.)



3. Keep the answer key with you in case the kids need help solving a clue. Give the kids clue # 1 and away they go!

TIPS:

- * Write a kid's name atop each clue to discourage squabbles. Assign trickier clues to older kids, easier to younger, and activity clues to everyone.
- * If any clue hiding place (bike, PJs, etc.) does not exist in the home, simply pocket that clue. When the time comes, tell the kids to do an activity to get it (i.e. jumping jacks).

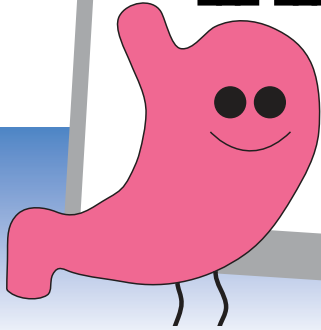
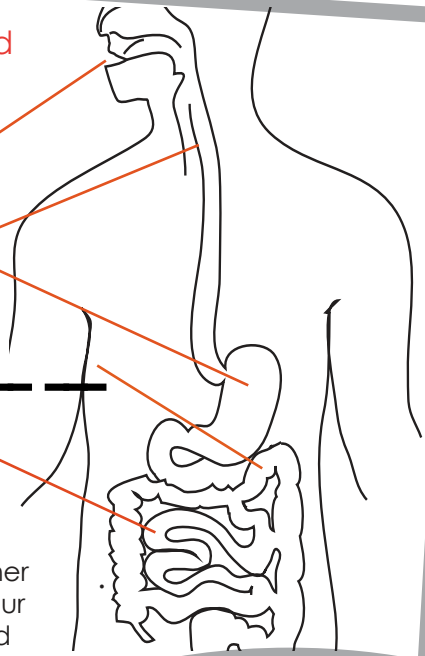
Happy Hunting!

CLUE #1

NAME: _____

Fill in the names of parts of the digestive tract, and the boxes will spell the location of your next clue!

S				M				
				M				H
E	S	O						
		Large		I			S	I
Small	I			T				N
				E				E



Each part of your digestive tract plays an important role in digesting food. Your mouth chews, your stomach breaks food down further using acid and movement. Nutrients from your food are absorbed in your small intestine, and waste is sorted and excreted in the large intestine.

HUNT LEADER: Give this clue to the kids to begin the hunt.

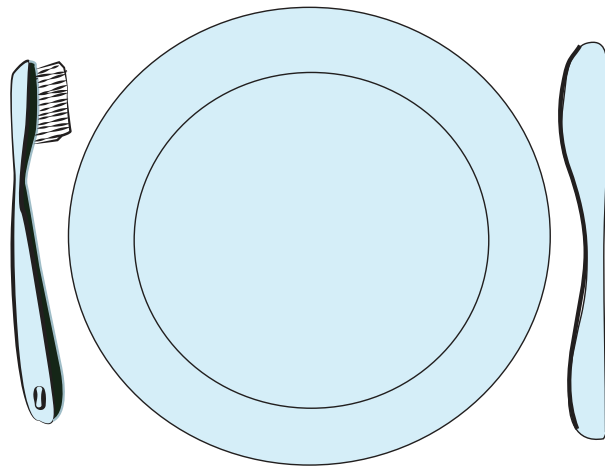


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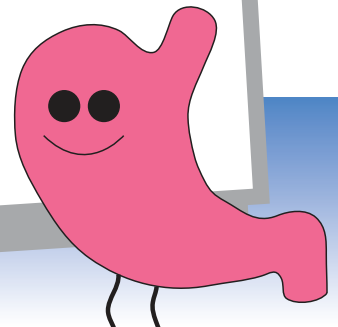
NAME: _____

CLUE #2

A healthy digestive system converts the food we eat into energy that our bodies use to fuel everything we do - playing, walking, even thinking. Without this fuel we could not live.



What do you see above that can keep your mouth healthy?
Find this in your house and you will find your next clue.



HUNT LEADER: Hide this clue near coats.

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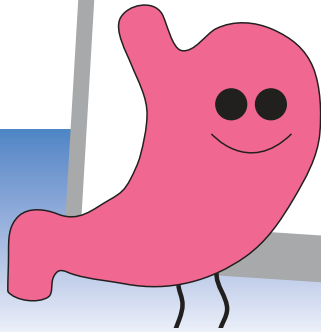
CLUE #3

NAME: _____

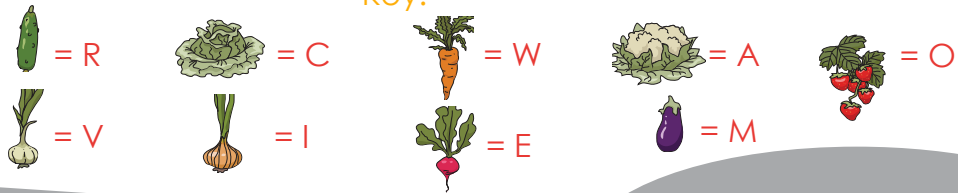
While a toothbrush can help keep our mouth healthy, there is no such thing as a 'stomach-brush.' Eating vegetables is one of the best ways to keep your digestive system healthy.



Using the key, decode the message above to learn the location of your next clue!



Key:



HUNT LEADER: Hide this clue near a child's toothbrush.



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NAME: _____

CLUE #4

Healthy foods like vegetables, fruit, meat and fish, provide important nutrients that are absorbed in your small intestine and keep your body working properly.

Put a ✓ next to the nutrients that are real and an x next to ones that are not. Count the ✓'s and use the key to find your next clue!

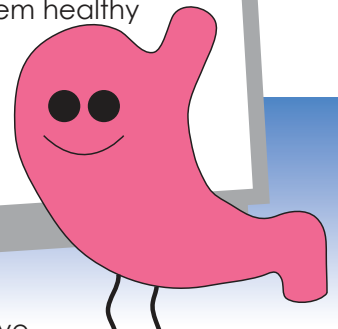
- Vitamin C - Found in fruit, this vitamin keeps your immune system healthy.
- Vitamin R - Found in radishes and rhubarb, this vitamin gives you rosy cheeks.
- B Vitamins - Found in vegetables and meats, these vitamins give you energy.
- Calcium - Found in leafy vegetables and milk, this mineral builds strong bones.
- Vitamin D - Found in sunshine, this vitamin keeps your immune system healthy and also helps you build strong bones.

Key:

3 ✓'s = Bed

4 ✓'s = Socks

5 ✓'s = Watering Can



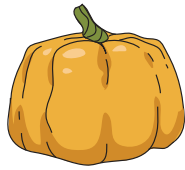
HUNT LEADER: Hide this clue in the microwave.

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CLUE # 5

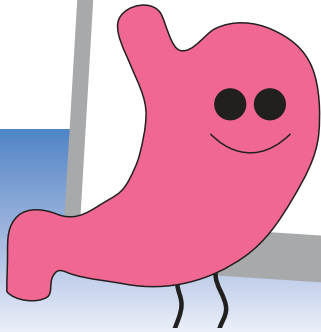
NAME: _____

Which foods are considered fruit or vegetables? Circle these and count your circles to find your next clue!



Key:

2 Circles = Shoes 3 Circles = Oven Gloves 5 Circles = Pantry
4 Circles = Microwave



HUNT LEADER: Hide this clue with a child's socks.



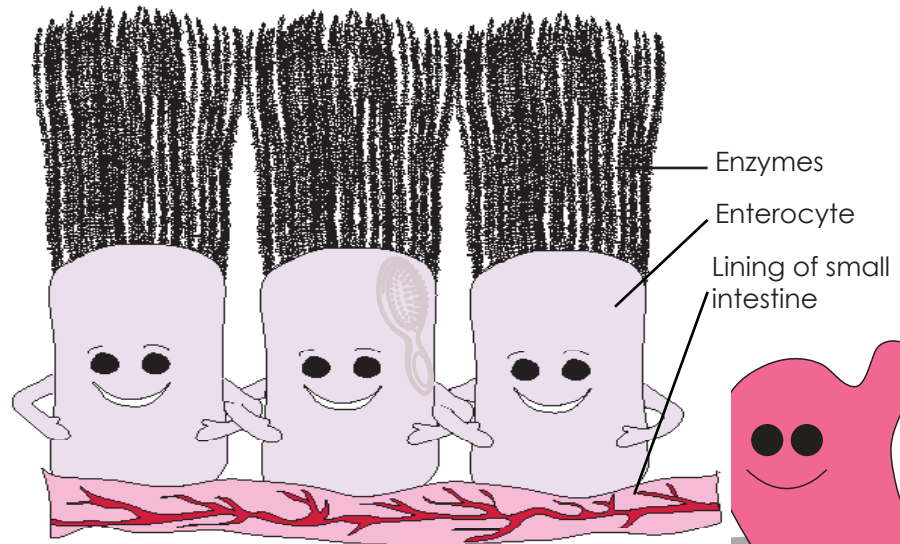
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NAME: _____

CLUE # 6

How do you absorb nutrients? In your small intestine, cells called enterocytes catch food particles in hairlike tentacles; enzymes on those tentacles absorb the nutrients and pass them through the enterocyte into the bloodstream.

Find the hidden object in the picture to know the location of your next clue.



HUNT LEADER: Hide this clue in the pantry.

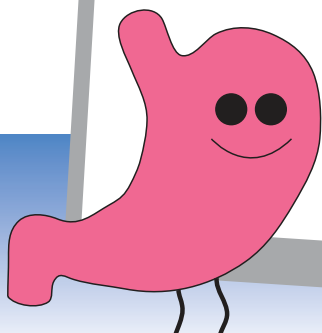
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CLUE # 7

NAME: _____

Decode the message below and then do the activity the message instructs to receive your next clue!

Have a healthy snack.



HUNT LEADER: Hide this clue near a hairbrush.



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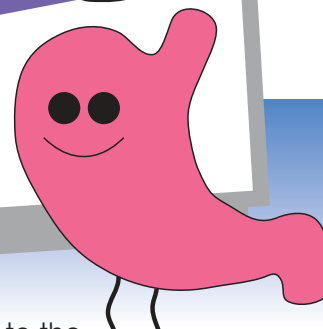
NAME: _____

CLUE # 8

How can we stay healthy? One way is to eat lots of fruit and vegetables, but which ones are best? The answer is to fill your plate with a rainbow! Different colored fruits and vegetables provide different nutrients and enzymes, all of which you need to stay healthy.



Using crayons or pens, color each food item, then show your work to the hunt leader to receive your next clue.



HUNT LEADER: Hold onto this clue and give it to the kids after they have a healthy snack.

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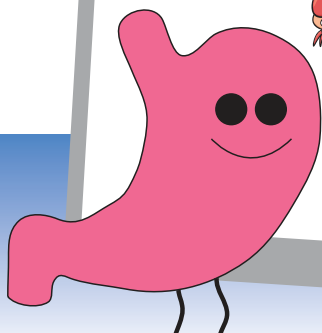
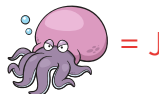
CLUE # 9

NAME: _____

Fish can be delish, and good for you too! As well as protein and vitamins, some fish contains omega-3 fatty acids which keep your brain, heart, joints and many other things in your body.



Key:



HUNT LEADER: Hold onto this clue and give it to the kids after they color the vegetables from the previous clue.



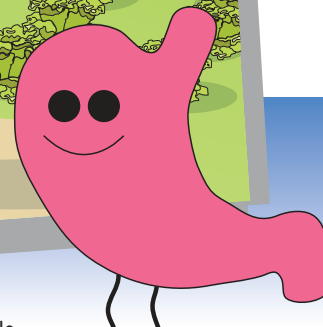
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NAME: _____

CLUE # 10

A bunny's favorite food is vegetables. If there are 872 lettuces growing in a field, and a hungry bunny eats 128, how many lettuces are left for the farmer? The key will give your next clue location!

722 = Dishwasher 744 = Mailbox
801 = Gloves 43 = Bath Mat



HUNT LEADER: Hide this clue with a child's PJs.

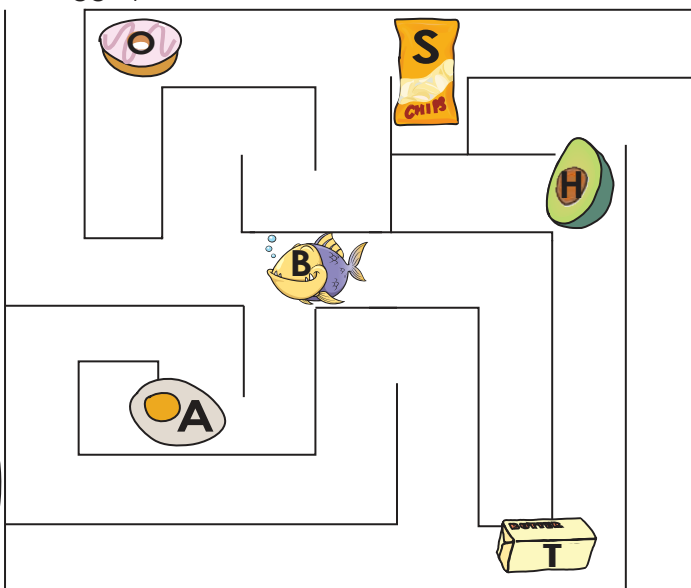
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CLUE # 11

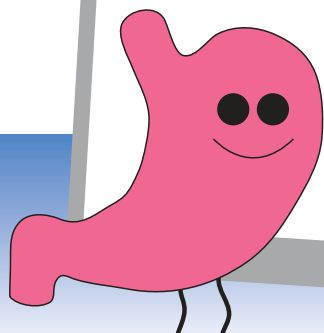
NAME: _____



There are healthy fats and bad fats. Generally speaking, fats found in wild fish, eggs, pasture-raised meats and butters, nuts and vegetables like avocados, are essential to your health.



Find your way through the maze; avoid the bad fats and pick up letters on good fats to spell the location of your next clue!



HUNT LEADER: Hide this clue in the mailbox.



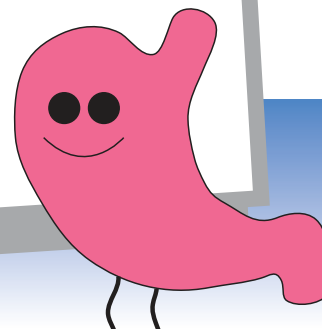
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NAME: _____

CLUE # 12

Solve the riddle to know the location of your treasure!

There are lots of foods that are good for our tumms,
Like veggies, and as a general rule,
These cannot be stored in a cupboard or box
Where can these be kept nice and cool?



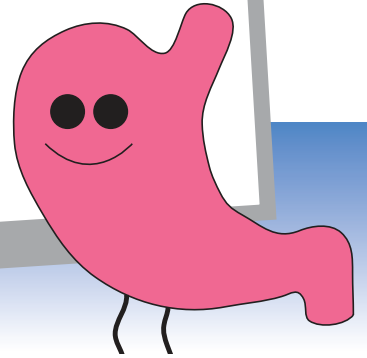
HUNT LEADER: Hide this clue in a bath.

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ANSWER KEY

Keep this with you in case the children need help solving clues:

- Clue 1 Answer: Coats
- Clue 2 Answer: Toothbrush
- Clue 3 Answer: Microwave
- Clue 4 Answer: Socks
- Clue 5 Answer: Pantry
- Clue 6 Answer: Hairbrush
- Clue 7 Answer: Have A Healthy Snack
- Clue 8 Activity: Color The Vegetables
- Clue 9 Answer: PJs
- Clue 10 Activity: Mailbox
- Clue 11 Answer: Bath
- Clue 12 Answer: Refrigerator (Hide Treasure Here)



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This treasure hunt is one of several created by Benecomms for organizations who are supporting efforts to feed hungry families while schools are shut down.

To find more organizations to support, and more treasure hunts to download, visit

<http://benecomms.io/treasurehunts>

Thank you.



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