



WORKBOOK

Healthy Lifestyle and Vital Citizenship



*supermarket
safari*

TOOLS FOR T

Tools for becoming a T-Shaped professional



Co-funded by
the European Union



Colophon

Virtual Experience & Workbook

On behalf of:

Tools for T

In partnership with

Educem

Firda

MCAST

Joannes Kajoni

Mathemagenisis

Kaunas Education Center of Technologies

Realisation:

VROND.nl

Learning Hub Friesland

Editors:

Johan Brinkman

Denise Brilman

Judith Kamphuis

Special thanks to:

European Union



Hey there!

Welcome to your Supermarket Safari Workbook! 🚀

In this book, you'll dive deeper into the world of healthy and sustainable eating. You've already seen and learned a lot, but now we're going to take it a step further!

What are you going to do?

Complete the Tasks:

- During the Supermarket Safari, you'll be told when to do what. Check the tasks and get to work on the indicated pages.

Your Personal Mission:

- Look at your own health habits. What can be improved? At the end of this booklet, challenge yourself to improve something in your life.

Become a Food Expert:

- Through the knowledge assignments, you'll learn even more about healthy and sustainable food. You'll find this info in the videos and during the Virtual Experience.

Practical Tips:

- This book is full of smart tips. Easy and quick to apply for a healthier lifestyle.

Cool Apps:

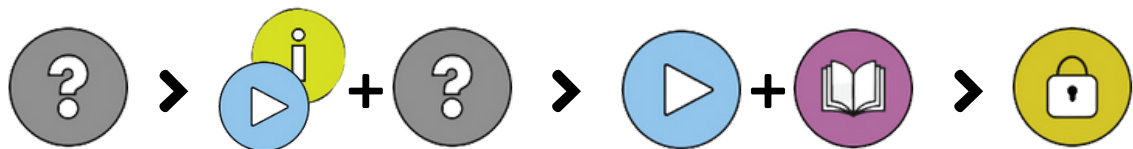
- Discover apps that help you make better food choices. Scan the QR codes for quick downloads.

In short:

This workbook is your tool to discover everything about healthy and sustainable eating. With fun tasks and handy tips, we will help you learn more about good nutrition and the Food Pyramid.

Ready, set, go!

Short explanation of the experience



We start each scene with a starter question. These earn you points.

After the starter question, there will be a video or photo to assist you with the knowledge question. Beware: a wrong answer means losing points!

After answering the knowledge question, you will see a video. Listen carefully! What you hear will be necessary for completing this activity book.

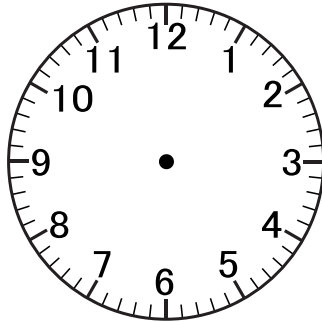
All done? Time for the breakout question! Need help? Check your phone in advance.



Bedroom

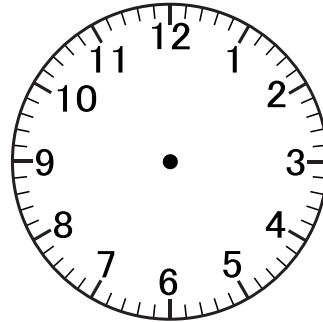
Assignment 1

Example



Color in the time you slept last night

Example



Color in the time you would like to sleep, if you had a say in it.

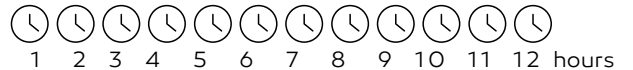
Assignment 2

Colour in the clocks (1 clock = 1 hour) and the bars to give the answers.

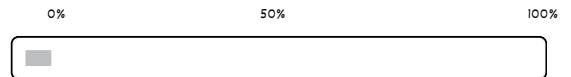
How many hours did you sleep?



How much is the average according to the infographic in the experience?



How many people think they get enough sleep?



How many people want to improve the quality of their sleep, according to the infographic?



Assignment 3

Do you think you get enough sleep? YES / NO

Write down two ways you can improve the quality of your own sleep:

*Look at the cellphone in the experience for tips

Kitchen

Assignment 1

Mark your answers

Would you rather....

- | | | |
|--|-----------|--------------------------------|
| Shop each day for your meals or | OR | plan ahead for the whole week? |
| Go to the supermarket | OR | buy your groceries online? |
| Eat a homemade pizza | OR | order one online? |
| Use a recipe | OR | improvise during cooking? |
| Would you rather buy fresh ingredients | OR | freezer products? |
| Cook once and eat the same meal all week | OR | cook every day? |

Assignment 2

Write down what you ate yesterday. Or, if you don't remember, for a regular day.

Circle if they were healthy or not. If not: Do you have a healthy alternative?

Day	Meal	Healthy?	Healthy alternative
Breakfast		Yes/No	
Lunch		Yes/No	
Dinner		Yes/No	
Snacks		Yes/No	
Drinks		Yes/No	

Assignment 3


Name 3 benefits of meal prepping that resonate with you.

*Look at the cellphone in the experience for tips

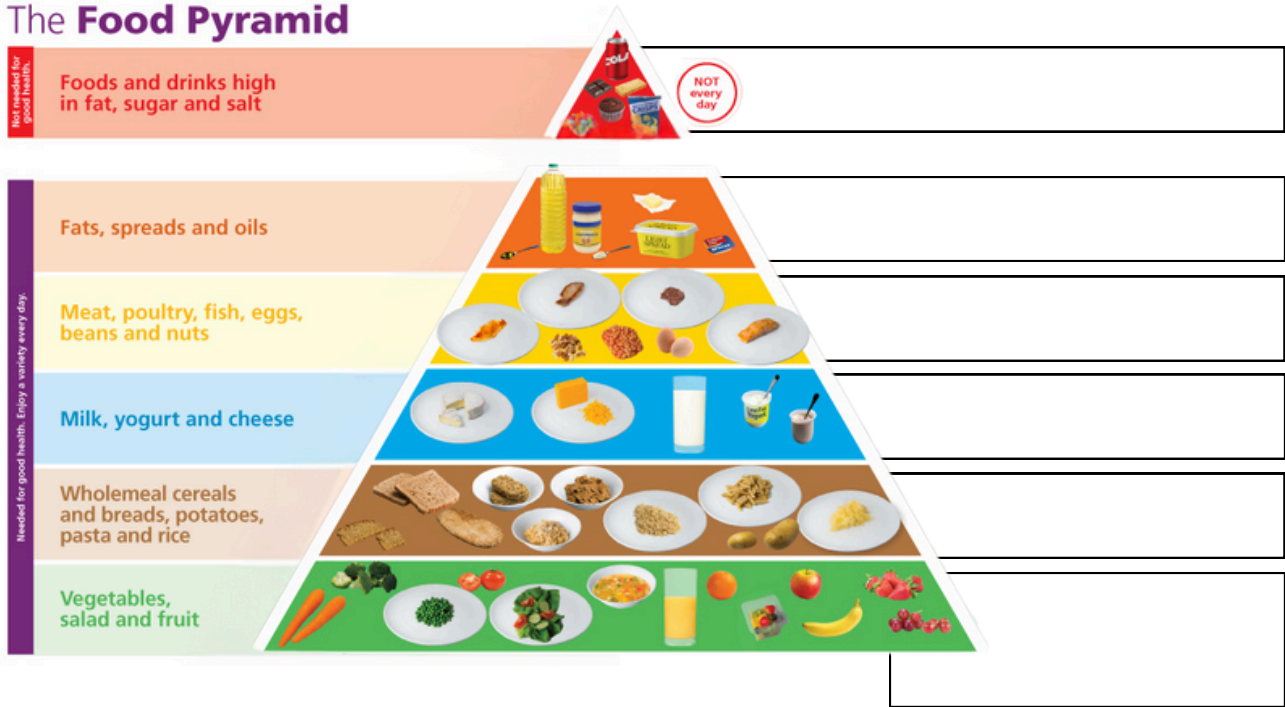
Information desk

Assignment 1

Look back at the previous page (5) of this workbook.

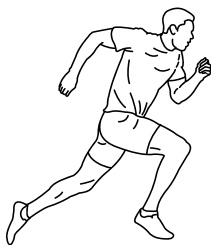
Look at your meals from yesterday, write down where they belong in the food pyramid. 

The Food Pyramid



Assignment 2

How many calories you need each day depends on your age, gender, activity level and body size. Link the right calorie intake with the right persons by drawing a line. Calories can be used more than once.



Athletic male student



Child



Retired man



Female desk worker

1200-1400 kcal

1800-2000 kcal

2500-3000 kcal

Gym

Assignment 1

How much do you exercise during the week? Write down your habits.

Do you...	< 15 min a week	15-30 min a week	30-45 min a week	> 45 min a week
Walk				
Cycle				
Fitness				
Team sports				
Other (fill in)				

According to the experience, how much exercise is recommended each week? _____ hours

How much do you exercise in total according to the filled-in table above? _____ hours

Assignment 2

What are two steps you could take to move more or improve your workouts?

What would you like to change? What do you need to do to realise that? When are you gonna do this? When are you happy?

*Look in the experience for tips

Assignment 3

Exercise and food complement each other in a healthy lifestyle. Scan the QR code and watch the video. Pick 2 different foods you like and put them on the grocery list.



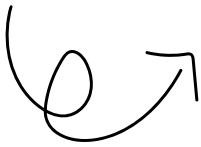
List of Carbohydrates pre-workout food
(for lasting energy):

List of Proteins for post-workout meal
(for recovery):

Fruit and vegetables

Assignment 1

Scan the QR code and make a shopping list of your three favourite fruits and veggies that are in season in YOUR country right now!



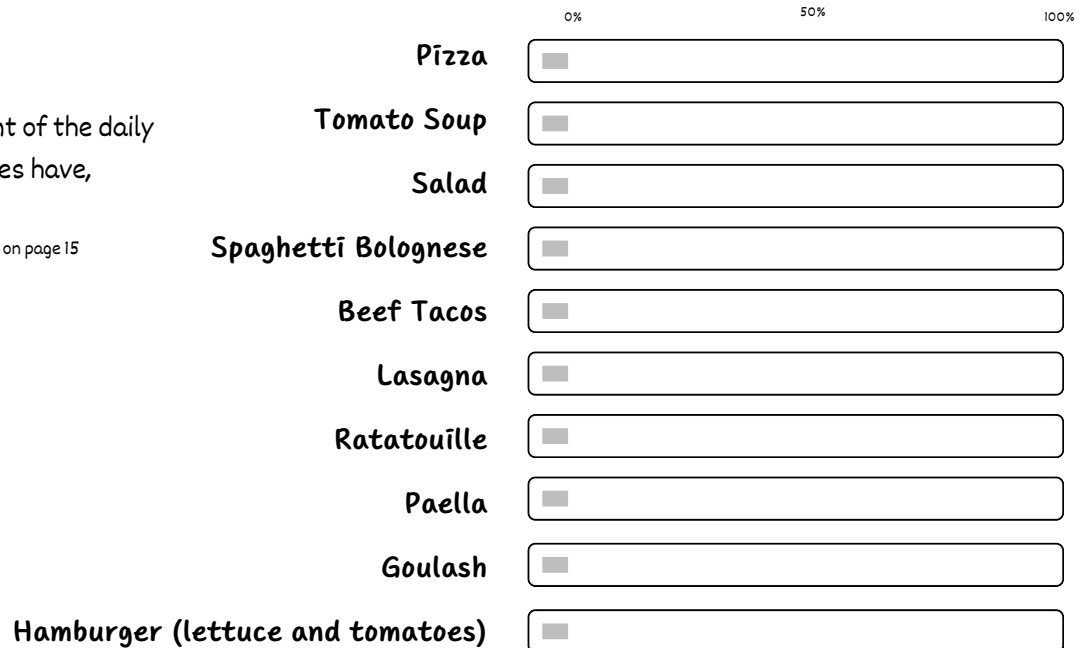
Shopping list:

- 1.
- 2.
- 3.

Assignment 2

Fill in how much percent of the daily intake the next 10 dishes have, according to you.

*You can check the correct answer on page 15



Assignment 3

Fruit and Veggie habits. Check the boxes of the statements that fit you!

- I bring fruit to school as a snack.
- I prefer a healthy sandwich over another sandwich or snack.
- I sometimes consciously choose vegetarian options.
- I eat at least two different kinds of fruit every day.
- My dinner always includes a portion of vegetables.
- I like to try out new types of fruits and vegetables.
- During breakfast or lunch, I regularly eat fruit or vegetables (e.g., in a smoothie or on bread).
- I snack on vegetables like carrots, cucumber, or bell pepper instead of chips.
- When I eat out, I often choose a dish with lots of vegetables or a green salad.

Did you know? Buying local and seasonal fruits and vegetables helps reduce your carbon footprint and supports local farmers. Plus, it's fresher and tastes better!

Take a BREAK

You have been working hard! But as much as the right balance is important in a healthy diet, it's also important to take a break every once in a while to freshen up your mind.

We have two different exercises for you, to relax. You can choose which one you would like to do!

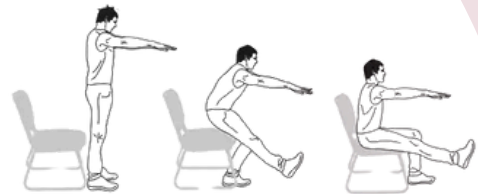


Brain workout

P	H	I	B	P	H	Y	J	V	D	D	H	R	R	Y	Z	J	J
E	S	I	C	R	E	X	E	S	J	D	S	S	F	T	Z	X	C
Z	C	G	U	S	Q	B	K	G	I	V	I	L	N	A	R	Y	C
F	O	C	L	Q	D	I	N	V	M	N	F	O	Y	P	T	H	O
T	X	N	R	A	T	I	Z	T	U	C	I	S	O	V	L	T	N
O	U	D	E	C	W	M	A	Q	A	T	U	T	E	V	T	L	S
O	P	R	H	E	U	R	S	L	A	P	A	G	Q	M	Z	A	C
L	B	E	H	B	A	N	O	X	E	E	E	V	R	I	T	E	I
S	N	C	K	G	A	R	A	R	M	T	G	Y	O	E	Q	H	O
F	J	Z	U	E	I	L	M	R	A	U	R	R	X	X	W	K	U
O	A	S	B	E	E	A	O	B	O	T	A	I	F	E	K	W	S
R	K	Y	S	R	R	W	L	S	I	R	I	A	L	T	H	M	Y
T	O	S	J	K	J	E	K	U	B	T	N	D	L	O	S	W	D
E	V	U	E	P	S	N	R	L	H	G	K	D	L	M	K	M	W
O	Q	T	B	K	I	F	X	F	B	W	J	E	E	J	C	M	S
C	R	Z	Y	R	R	P	P	M	D	S	T	U	N	X	A	L	F
D	M	E	D	V	D	X	T	E	S	D	N	I	M	X	N	X	T
K	S	M	D	I	M	A	R	I	P	D	O	O	F	B	S	S	T

- BEANS
- CHEWING
- DRINKS
- FISH
- GRAIN
- MEAT
- RELAXATION
- SUPERMARKET
- WHOLE
- BREAD
- CONSCIOUS
- EXERCISE
- FOODPIRAMID
- HEALTHY
- MINDSET
- SNACKS
- TOOLSFORT
- CALORIES
- DAIRY
- FAT
- FRUIT
- KITCHEN
- NUTS
- SUGAR
- VEGETABLES

Chair workout



20 chair pistol squats



20 knee crunches

20 leg extensions



20 chair tricep dips

Write down your score here

Continue

You can finish the experience or take a longer break and finish another day. Either way, please write down your score so far. (Top right corner of the experience)

Bread

Assignment 1

A. Below you find 5 recipes for different kinds of bread and their characteristics. Write on top: which bread belongs to which recipe: White, Rye, Multigrain, Sourdough and Whole Wheat.

[]	[]	[]	[]	[]
<u>Ingredients</u>	<u>Ingredients</u>	<u>Ingredients</u>	<u>Ingredients</u>	<u>Ingredients</u>
-Rye Flower -Yeast -Salt -?	-Any flour -Sourdough starter -Salt -?	-White flour -Yeast -Salt -?	-Mix of wheat, Barley & Oats -Yeast -Salt -?	-Whole wheat flour -Yeast -Salt -?
☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆
<u>Characteristics</u> High in fiber, which supports digestive health Rich in magnesium and B vitamins	<u>Characteristics</u> Easier to digest due to the fermentation process. Contains beneficial probiotics	<u>Characteristics</u> Low in fiber Often higher in sugar and fat	<u>Characteristics</u> High in fiber and various nutrients from different grains Supports heart health and stable blood sugar levels	<u>Characteristics</u> Helps with digestion and maintaining stable blood sugar levels

B. There is one ingredient missing from all lists. Watch the video and fill in the missing ingredient.

C. Which bread do you think is the healthiest?

Rank the bread with stars: 1 (least healthy)-5 (very healthy)

Assignment 2

Bread can be an important part of a balanced diet for several reasons.

Bread is a significant source of carbohydrates, which are the body's primary energy source. This is especially important for maintaining energy levels throughout the day.

Whole grain breads, in particular, are high in dietary fiber, which aids in digestion, helps maintain a healthy gut, and can prevent constipation. Fiber also helps you feel full longer, which can aid in weight management.

There are other products with lots of fibers and carbohydrates which you can eat instead of bread.

Find a recipe you like, with one (or more) of the next ingredients, for breakfast or lunch:



Brown Rice
77g carbohydrates
3,5 g fibers



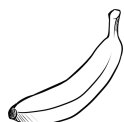
Oats
66 g carbohydrates
10 g fibers



Chickpeas
61 g carbohydrates
17 g fibers



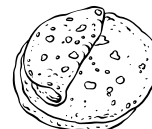
Whole wheat pasta
30 g carbohydrates
3,7 g fibers



Banana
23 g carbohydrates
2,6 g fibers



Black beans
63 g carbohydrates
15 g fibers



Tortillas
39 g carbohydrates
5 g fibers



Sweet potatoes
20 g carbohydrates
1,9 g fibers

Name of recipe:

Dairy



Assignment 1

Scan the QR code and watch the video to answer the next question.

- A. Put the steps of the process of making milk in the right order (1 to 5)
 B. Match the steps in the process of making milk to the explanations (A to E)

No.		Letter
<input type="checkbox"/>	Packaging	<input type="checkbox"/>
<input type="checkbox"/>	Separating the cream	<input type="checkbox"/>
<input type="checkbox"/>	Pasteurization	<input type="checkbox"/>
<input type="checkbox"/>	Testing the milk	<input type="checkbox"/>
<input type="checkbox"/>	Homogenization	<input type="checkbox"/>

A

The milk passes through a very small gap, breaking up larger fat droplets to prevent cream from forming on the surface.

B

This ensures the milk has the desired quality and does not contain unwanted substances like antibiotics.

C

The milk is heat treated to kill harmful bacteria and reduce microorganisms, ensuring it is safe to drink and has a longer shelf life.

D

The milk is handled under strict hygienic conditions to prevent recontamination and protect against light and oxygen.









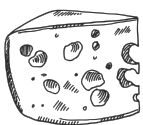
E

The milk is divided into skimmed milk and cream by a centrifugal separator.

Assignment 2

Connect the dairy products with the right percentage of fat they contain.

*You can check your answers in the back of the booklet


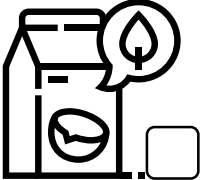

	1%	
Skimmed Milk	2%	Heavy cream
	3%	
Semi-skimmed Milk	4%	Icecream
	15%	
Whole Milk	18%	Sour Cream
	30%	
Butter	30%	Yogurt
	80%	
Cheese		

Note: A blue line connects the 30% fat percentage to the Heavy Cream carton.

Assignment 3

The production of dairy has a huge impact on the environment. That's why some people prefer to use dairy-free milk alternatives.

- ✓ Check the box if you have tried this alternative
- Circle the drinks that you would like to try.

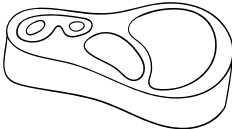

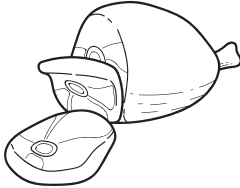



	<input type="checkbox"/>		<input type="checkbox"/>
Almond Milk		Soy Milk	
	<input type="checkbox"/>		<input type="checkbox"/>
Coconut Milk		Rice Milk	

Meat & Fish

Assignment 1

A. Write down how many servings you think you eat of the following products each week

B. Check the boxes if it's more or less than the recommended amount for each week

How many servings?			Less	Recommended servings	More	
<input type="text"/>	Red Meat Beef, pork, mutton, goat, or horse meat.		Serving size: 50-75 g	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>	Poultry chicken and other poultry		Serving size: 50-75 g	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>	Processed meat (with spices, salt, etc.). slices of chicken breast with, for example, garden herbs, but also bacon, roulade, ham, pâté, meatballs, burgers, sausages.		Serving size: 50-75 g	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>	Fish salmon, herring, white fish, and tuna		Serving size: 100 g	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>	Meat substitutes: tofu, tempeh, vegetable burgers, vegetarian minced meat.		Serving size: Beans en lentils: 120 g Nuts and seeds: 40 g Tofu and Tempeh: 130/85 g	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>	Eggs You can find eggs in a variety of dishes.		Serving size: 2 eggs	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Assignment 2

Meat (especially red meat) has a huge impact on the environment. If you want to reduce this impact, while still eating meat, try to choose products with an eco label. These options are often healthier as well.

Scan the QR code.

Which labels do you recognize from your country?



Draw one of the logos you recognize and explain what it is for?

Cash Register

Assignment 1

Buying local is not only good for the environment, it also means that the product is fresher. Which of the following products CANNOT be sourced locally in your country and needs to be imported? Circle them



Potatoes



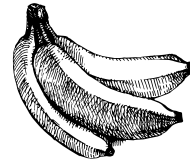
Cashew



Dairy Products



Tomato



Banana



Pear



Honey



Corn



Lettuce



Wheat



Coffee



Cacao

Assignment 2

In this experience you learned more about making good choices. Select which product from each row you would like to keep on your grocery list, based on nutritional value.

Cross out the unhealthy choice, based on what you have learned through this experience.

(Check the previous pages for tips)

~~Cross of the unhealthy choice~~

Fruit juice OR Cola

Page 6

Spaghetti Bolognese OR
Hamburger with lettuce and tomato

Page 8

Whole wheat bread OR
Multigrain bread

Page 10

Cheese OR Ham

Page 11/12

Crisps OR Mixed nuts

Page 12

Yogurt OR Icecream

Page 11

Banana OR Pear

Page 13

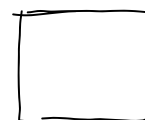
Assignment 3

Nutri scores on products are a rating system that shows you how healthy a product is compared to other similar products.

If you would give yourself a nutri score, based on your current snacking habits, what would it be?

A = Very healthy

E = Very unhealthy



Kitchen



Assignment 1

Scan the QR code, take the test and fill in the spiderweb.



MY POSITIVE HEALTH

ADOLESCENTS 16-25 YEARS

- Taking care of yourself
- Being able to work or study
- Knowing your limitations
- Knowledge about health
- Ability to plan
- Being able to ask for help
- Smoking, alcohol and drug use



DAILY LIFE

- Social contacts
- Being taken seriously
- Doing fun things with other people
- Belonging
- Self-expression
- Meaningful relationships
- Receiving support and understanding from others

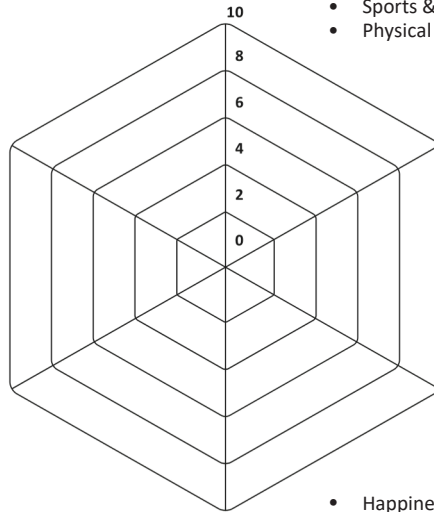


PARTICIPATION



MY BODY

- Feeling healthy
- Having energy
- No physical complaints or pain
- Eating healthily
- Sleeping
- Fitness
- Sports & exercise
- Physical appearance



MY FEELINGS AND THOUGHTS

- Concentration
- Managing your feelings
- Feeling positive about life
- Accepting yourself
- Confidence in yourself
- Dealing with change
- Being in control



MEANINGFULNESS

- Leading a meaningful life
- Having confidence in the future
- Having zest for life
- Having goals and dreams
- Making choices
- Accepting situations
- Gratitude



QUALITY OF LIFE

- Happiness
- Enjoyment
- Experience balance
- Feeling safe
- A pleasant environment
- Housing and living environment
- Making ends meet

The following is particularly important to me _____

Assignment 2

A. What stands out in your completed health web?

In which area of your health could you use some improvement?

B. Name one or two small changes you can make in your life to start living a healthier lifestyle.

FINISH

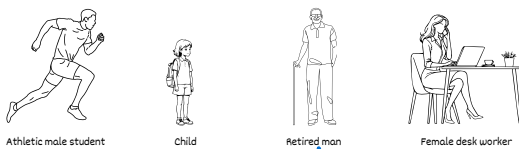
Congratulations! You've made it to the end!
I hope you learned a lot about healthy lifestyles and that you have written down 2 small changes, to make your current lifestyle even better!

Please write down your finale score below!



ANSWERS

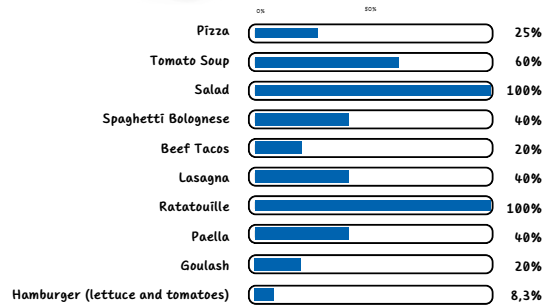
Information Desk



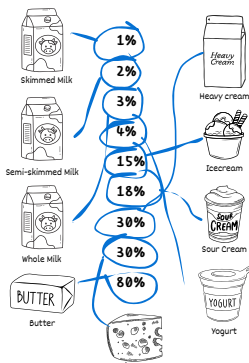
Athletic male student Child Retired man Female desk worker



Fruit & Vegetables



Dairy



Cash register



These 4 products are not produced in Europe.
Other products are common in the European Union.

- ~~Cross of the unhealthy choice~~
- Fruit juice OR Cola
- Spaghetti Bolognese OR Hamburger with lettuce and tomato
- Whole wheat bread OR Multigrain bread
- Cheese OR Ham
- Cheese OR Mixed nuts
- Yogurt OR Icecream
- Banana OR Pear



TOOLS FOR T
Tools for becoming a T-Shaped professional

HEALTHY LIFESTYLE



START



go to **EDU.NL/WPDCA**

Please use headphones for this experience