

THE INCREDIBLE BRAIN FOOD PACK



#BRAINFODPACK

FIND THE PRODUCT MADE FROM WHEAT

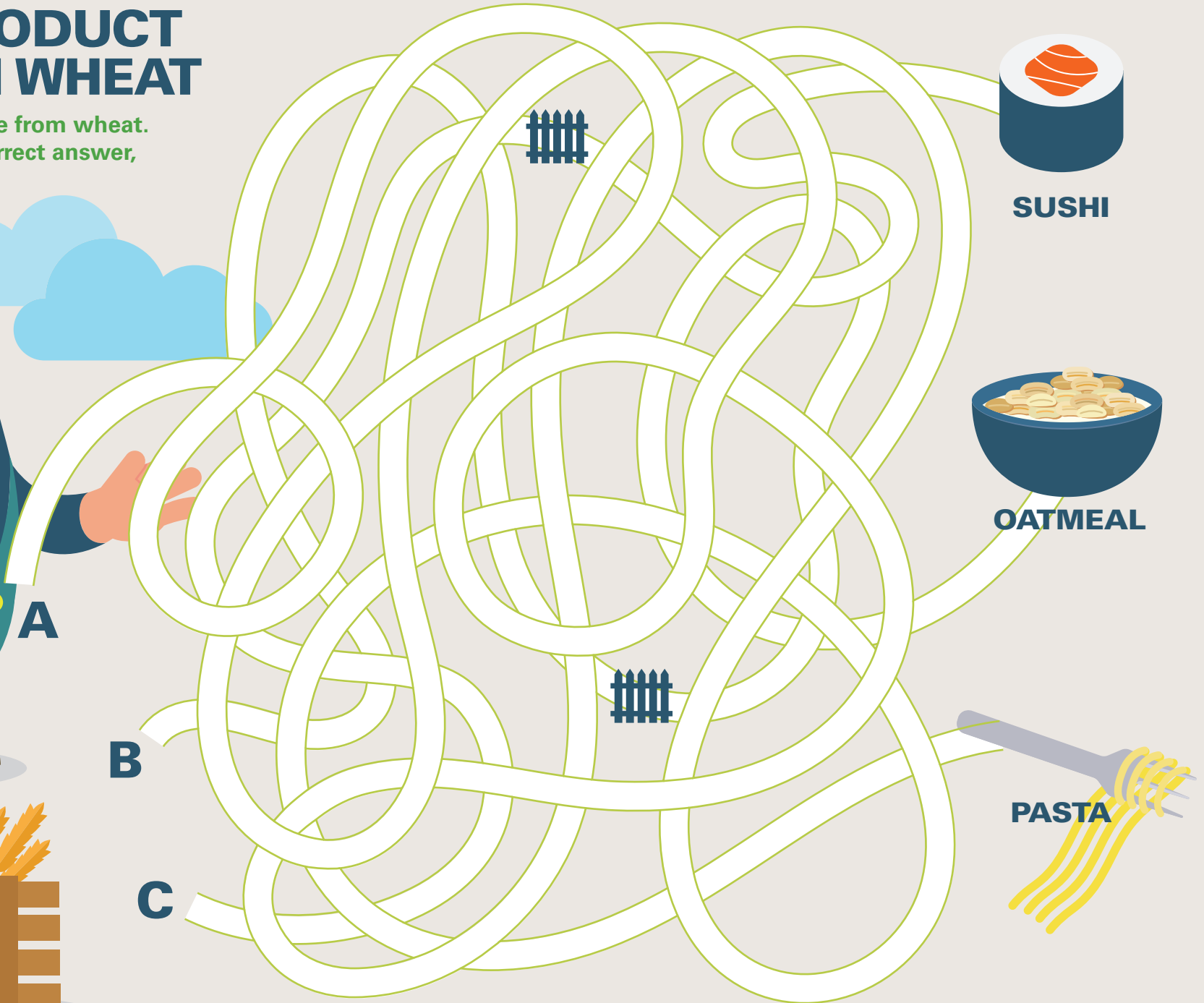
One of these products is made from wheat.
Only one path leads to the correct answer,
is it A, B or C?



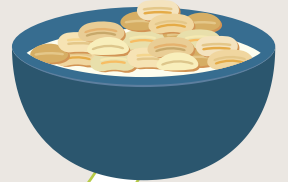
A

B

C



SUSHI



OATMEAL



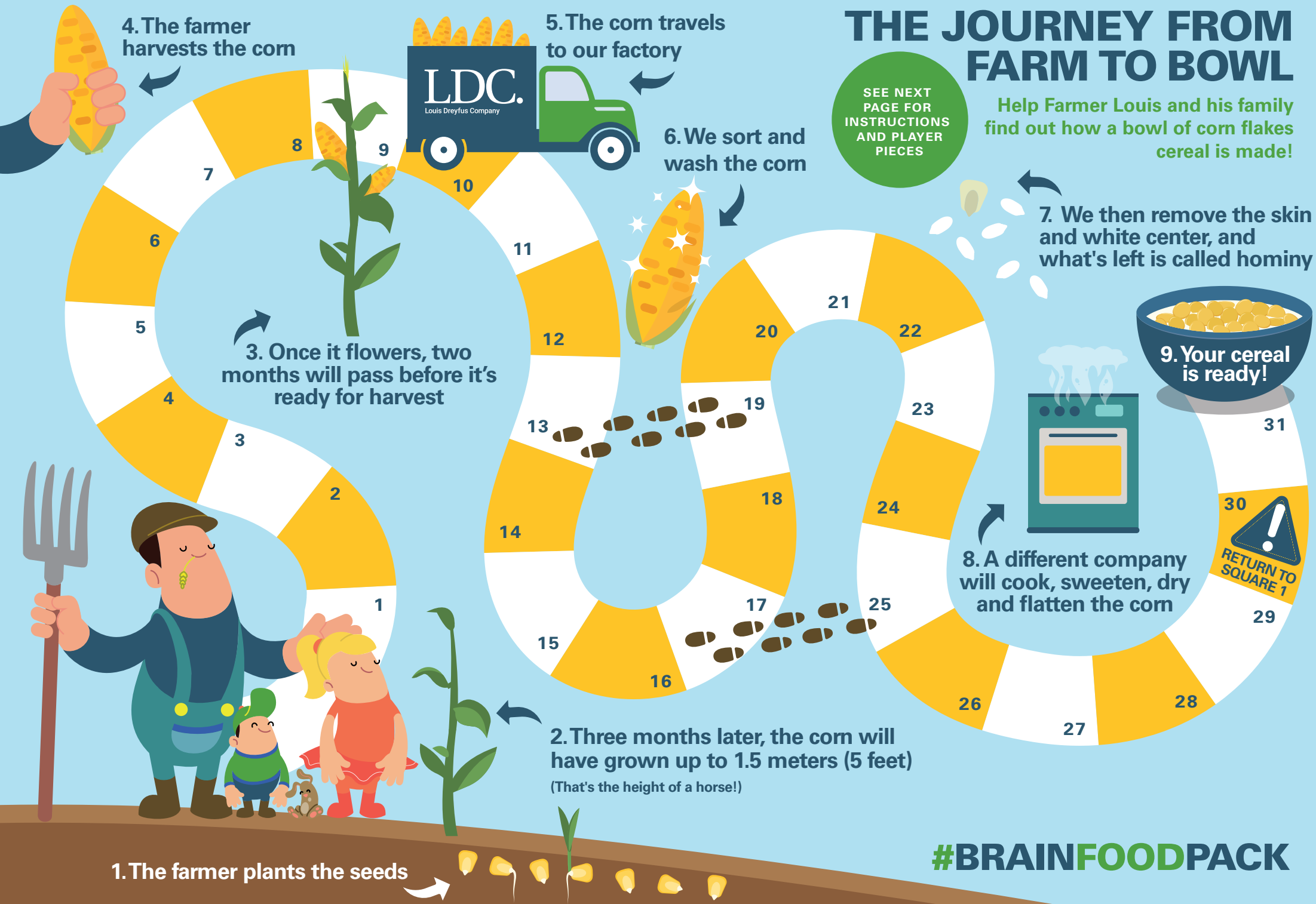
PASTA

#BRAINFOODPACK

THE JOURNEY FROM FARM TO BOWL

SEE NEXT PAGE FOR INSTRUCTIONS AND PLAYER PIECES

Help Farmer Louis and his family find out how a bowl of corn flakes cereal is made!

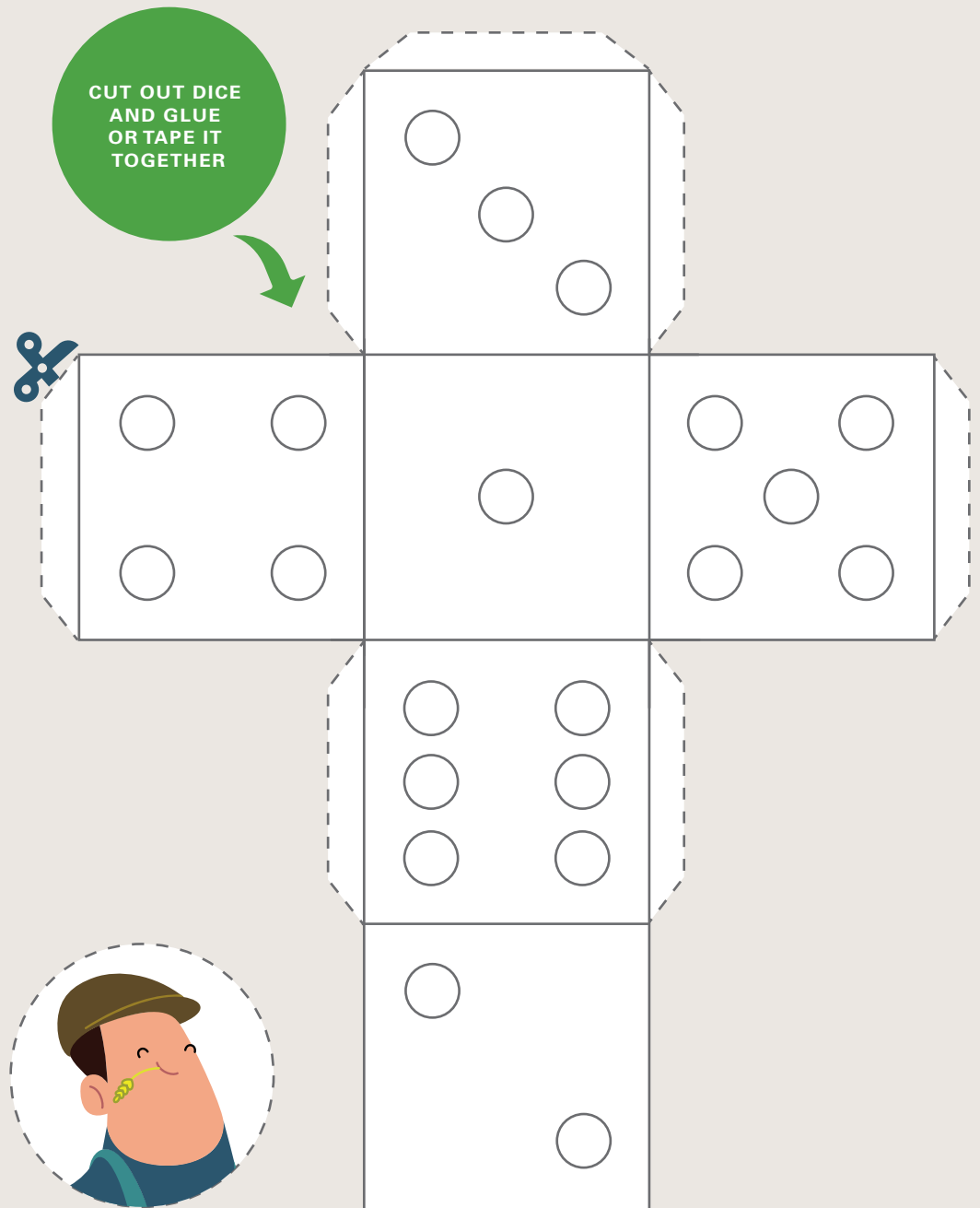


THE JOURNEY FROM FARM TO BOWL

HOW TO PLAY

- 1 Help Farmer Louis and his family find out how a bowl of corn flakes cereal is made!
- 2 Ask an adult to safely cut out the dice and player pieces (up to 4 players total)
- 3 Roll the dice and move your player piece - the youngest player rolls first!
- 4 If you land on the footprints follow wherever they lead. 
- 5 If you land on the danger sign  make your way back to square 1.

PLAYER PIECES



THE INCREDIBLE FOODIE QUIZ

How many of these foodie questions will you get right?
Compare your answers with your friends when you're finished!

1

HOW MANY
DIFFERENT COLORS
OF CHICKPEAS EXIST?

- A) 1 - Beige
- B) 3 - Red, beige and green
- C) 5 - Beige, black, green, red and brown

COLOR IN
YOUR
ANSWER

FACT:
DID YOU KNOW
THAT CHICKPEAS
ARE GLUTEN FREE?



2

DOES A WHOLE
ORANGE FLOAT
IN WATER?

- A) YES B) NO

3

CAN ORANGES
TURN GREEN?

- A) YES B) NO

4

HOW TALL DO
YOU THINK
SUGARCANE
CAN GROW?

A 4 meters
(13.1 feet)

B 3 meters
(9.8 feet)

C 2 meters
(6.5 feet)



Answer 1. 5 - beige, black, green, red and brown
Answer 2. Yes, a whole orange (with its peel) floats because its skin is filled with tiny air pockets that act like a pool float!
Answer 3. Yes! Oranges can turn from orange to green in warm temperatures to protect themselves from a sunburn, but taste the same!
Answer 4. Four meters (or 13 feet)! That's slightly smaller than a giraffe or a bit taller than an African elephant!

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DESIGN YOUR OWN FARM!

It's time to build your own farm. Draw in your favorite fruits and vegetables to grow, and some farm animals to keep! You can even draw your family visiting the farm!



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