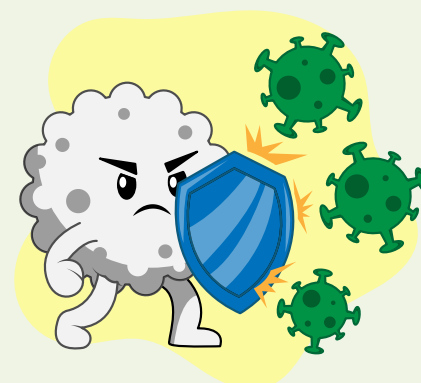
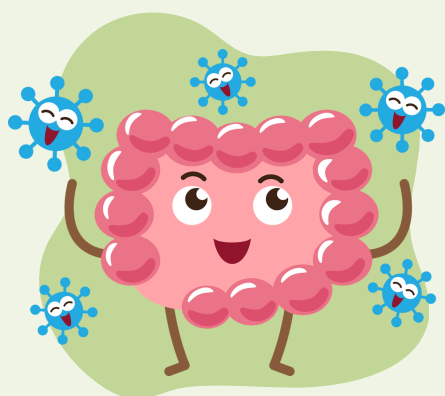




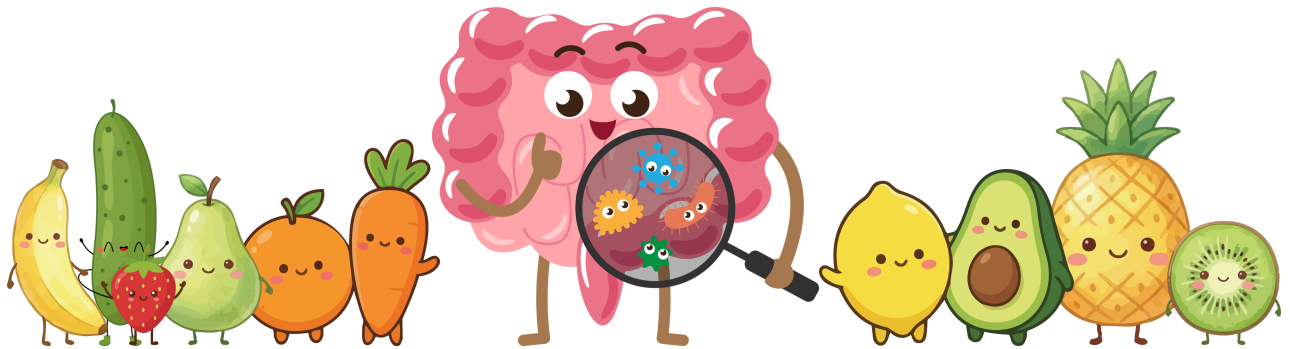
Ages 7 - 10

The Mighty Microbiome Whānau Pack



Welcome, Whānau!

Unleash the Power of Your Mighty Microbiome! In Years 4-6, your child is learning that they are the "Manager" of a massive, powerful ecosystem inside their tummy called the Microbiome. This team of trillions of microbes is so important that scientists call it a "second, super-smart brain".



Why Gut Health Matters for Years 4-6:

As tamariki (children) become more independent, understanding how their gut affects their Energy and Emotions is a total game-changer. This pack helps them take the lead in the kitchen to feed their "Mighty Microbes" the fuel they need to keep them focused, happy, and ready for anything.

Bringing the "Microbial City" Home

Health starts in the kitchen, and this pack is designed to bring the science of the classroom to your dinner table. We have included two gut-loving recipes that are:

1. **High in Fibre:** The essential fuel the Gut Buddies need to thrive.
2. **Diversity Boosters:** Packed with a rainbow of colours to increase microbial variety.
3. **Whānau Friendly:** Delicious, simple, seasonal, affordable, and flexible meals that the whole household can enjoy together.

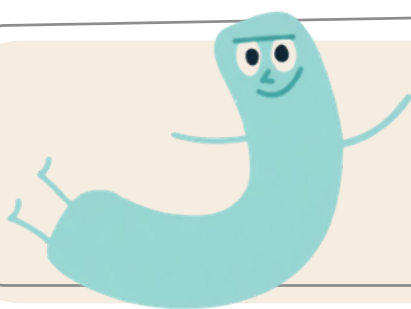
We encourage you to invite your child to be the "Head Kitchen Helper" when preparing these dishes. It is a fantastic opportunity for them to show you which ingredients are Biff's Fibre Fuel or Lacy's Live Food right in your own pantry!

Meet your Microbes!



Biff the Bifidobacterium: Biff is the team's biggest fan of fibre. He loves munching on vegetables and whole grains to stay strong and sends happy signals to your brain.

Lacy the Lactobacillus: Lacy is a legend at absorbing nutrients and making warm, fuzzy feelings. She is a "Live Food" buddy found in things like yoghurt.



Roz the Roseburia: Roz is the "Germ Kicker." She helps our immune system fight off bad bugs to keep us from getting sick.

Bax the Bacteroides: Bax is the team's Protector! He protects you from pathogens (bad bacteria and viruses) and makes sure there is plenty of good food to share with the other team members.



Social Spotlight

We love seeing our ākonga in action!

Whether you are masterfully demonstrating your Rainbow Fried Rice, showing off a Mighty Berry Mug Cake, or sharing a "Kitchen Bloopers" that made the whole whānau laugh, we want to celebrate your journey.

You can join our community by sharing your photos and videos on our social media! Or, write a short story or keep a diary of your kitchen experiences and share with us via email at EATucation@getafeed.co.nz

Follow **EATucation** & **GutFoundationNZ** on Instagram or Facebook & tag us in a pic or video showcasing your kai & go in the draw to win a \$150 Supermarket Voucher for your whānau!



Te Reo Kai

Try using these Te Reo Kai words to empower your tamariki as "Head Kitchen Helpers" while fueling their Mighty Microbes!

Kai (Food)

Muka (Fibre)

Kīnaki (To add, ingredients)

Panana (Banana)

Hihī (To sizzle)

Hua whenua (Fruits of the land)

Whakarānu (To mix together)

Pātaka (Pantry or storehouse)

Kapu (Cup)

Āheahea (Rainbow)

Tunu (To bake, cook, roast)

Hua rākau (Fruits of the trees)

Nā tō rourou, nā taku rourou ka ora ai te iwi

With your food basket and my food basket, the people will thrive



The Mood & Food Connection

Did you know that 95% of your "happy chemical" (serotonin) is made in your gut? Your tummy and your brain are connected by a high-speed message highway called the Vagus Nerve. This nerve is like a two-way superhighway: it sends information from the gut to the brain, and instructions from the brain back down to the gut.

When our microbes are well-fed with Biff's Fibre Fuel, they send "Good Vibes" messages to our brain. This helps us feel calm, focused, and ready to learn. But when the gut is unhappy, the messages can become "noisy," making us feel foggy or grumpy.

Sometimes the highway gets jammed with "stress traffic." You can help calm your Vagus Nerve and signal to your brain that everything is okay by using these techniques:

- **Belly Breathing:** Place your hands on your belly. Breathe in slowly through your nose, making your belly push your hands out. Exhale slowly through your mouth. This physical movement literally presses on the Vagus Nerve to tell it to "relax."
- **The Cold Splash:** Splashing very cold water on your face for a few seconds can "reset" the Vagus Nerve, lowering your heart rate and calming the gut-brain signals.
- **Humming or Singing:** The Vagus Nerve passes right by your vocal cords. Humming your favourite song or singing out loud creates vibrations that stimulate the nerve and promote a sense of peace.

Mood Food Chat - Talking to Tamariki

Use these quick prompts to connect your child's feelings to their "Mighty Microbiome":

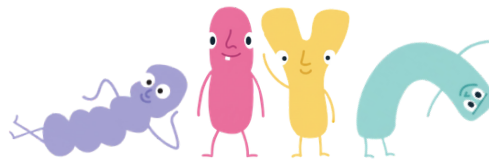
Feeling Great: "You're so focused! I bet Biff is sending some awesome 'Happy Signals' after that high-fibre lunch."

Feeling 'Off': "Feeling a bit foggy? Let's try some belly breathing to clear the static on your 'Phone Line' before we grab a healthy snack."

Nervous Butterflies: "Those butterflies in your tummy are just your brain sending an 'Action Message' down to your gut team!"

Eat the Rainbow!

Eating a wide range of colours isn't just about making your plate look good, it's about giving your body a full spectrum of different "phytonutrients." Each colour group contains specific natural compounds that do different jobs, from purple foods that boost brain power and memory, to green veggies that help your muscles recover and keep your nervous system calm. By 'Eating the Rainbow,' you ensure your Gut Buddies stay diverse and healthy, which directly impacts your energy and mood. Just like in life, diversity is the key to success - eating as wide a variety of whole foods as possible is the best way to feed all the different gut bugs in your microbial city!



Here is how each colour helps:

Red foods like tomatoes, red peppers, and strawberries help your heart stay healthy, protect against some cancers, and boost your immune system with vitamin C.



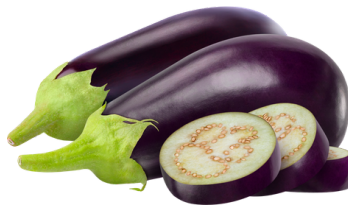
Orange and **Yellow** foods like carrots, kūmara, pumpkin, oranges, and bananas are good for your eyes and immune system thanks to vitamin A. They also have vitamin C and potassium.



Green foods like spinach, kale, and broccoli help your body repair and grow cells with folate, and are important for strong bones. They provide iron, vitamin K, and calcium.



Blue and **Purple** foods like blueberries, eggplant, and purple cabbage support our brain health & protect the heart with powerful antioxidants. They also have vitamins C and K.



White and **Brown** foods like cauliflower, garlic, and mushrooms have compounds that fight bacteria and reduce inflammation.



Fruit and Veggie Tracker

Use this colour guide for your provided fruit and vegetable tracker.

Every time you eat a meal, check if you've included a variety of colours and see if you can tick the "Rainbow" by getting at least 75% of your whānau to try the different fruit or vegetables on the plate.



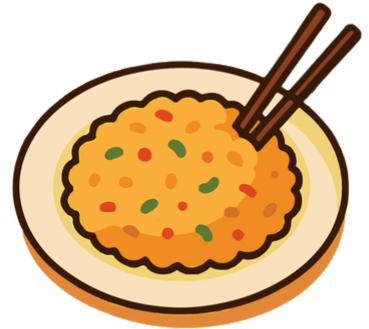
Rainbow Fried Rice

Chilling cooked rice in the fridge turns it into Resistant Starch. This "tough traveller" survives digestion to feed the special microbes deep in your gut, making yesterday's rice the ultimate fuel for your internal team!

Yield: 3-4 servings

Ingredients

- 2 cups cooked and cooled brown rice (about 400g) – chilled, leftover rice works best
- 1 can chickpeas, rinsed and drained (400g)
- 2 cups Rainbow Veggie Confetti (diced carrots, corn kernels, frozen peas, finely chopped broccoli stalks, spring onions) (240g)
- 1 tablespoon oil (15g)
- 2 tablespoons low-salt soy sauce (30ml)
- 1 teaspoon grated ginger (2g)
- 1 teaspoon grated garlic (2g)



Method

Sizzle:

- Heat oil in a large pan over medium-high heat.
- Cook the grated ginger, garlic, and chopped broccoli stalks for 2 minutes.

The Rainbow:

- Add the rest of the Rainbow Veggie Confetti and chickpeas.
- Stir-fry until the vegetables are bright and tender.

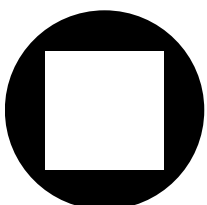
The Rice:

- Add the cold rice and soy sauce.
- Mix everything together well until the rice is heated through.

Diversity Boost:

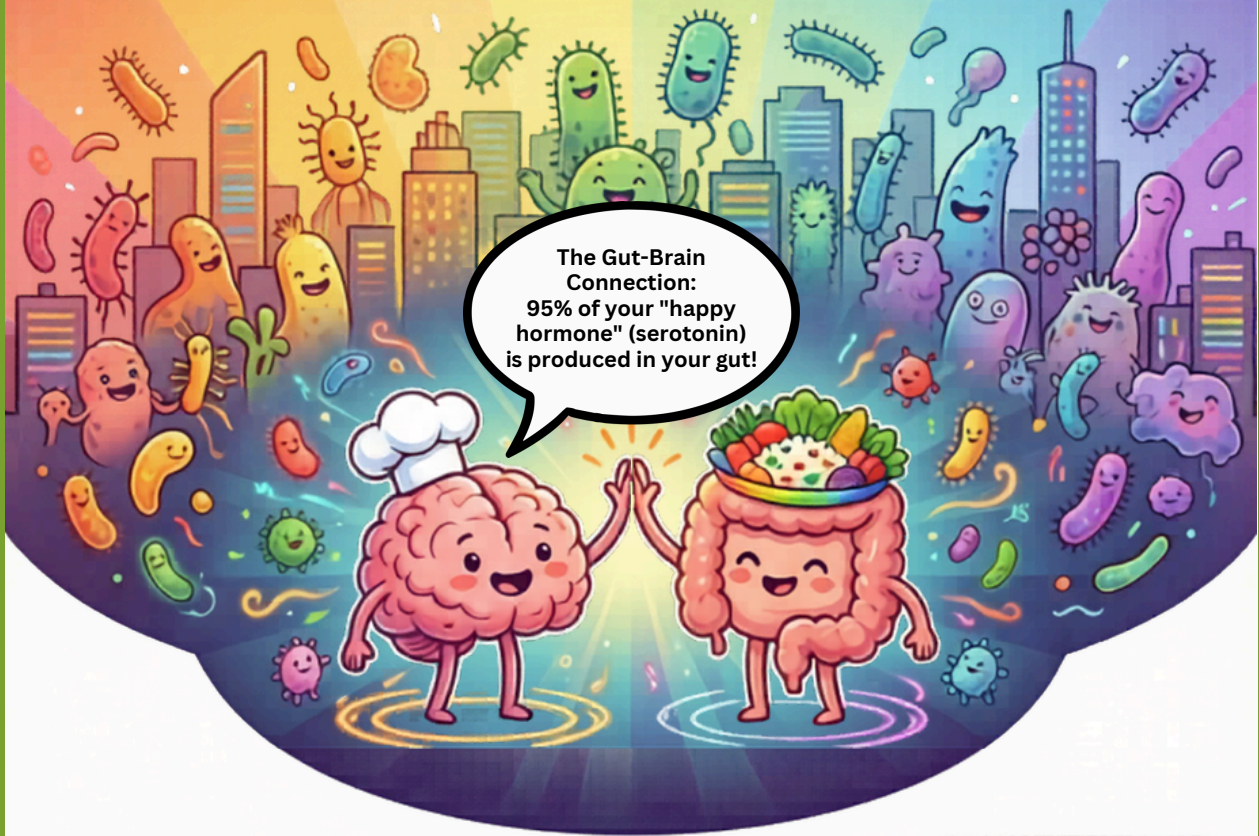
- Stir in a spoonful of kimchi or sauerkraut at the end for added flavour and gut health benefits.

Serve warm and enjoy!



Scan the QR codes to step into the kitchen with Chef Matt! Watch him bring our recipes to life and discover even more tips for mastering your veggies.

Rainbow Fried Rice: Fuel Your Microbial City!



1. The Prep & The Cook



Gather Your Rainbow Ingredients



2 cups chilled brown rice



1 can chickpeas



2 cups "Veggie Confetti"
carrots, corn
peas, broccoli,
onions



Sizzle & The Rainbow

Sauté ginger, garlic, and broccoli stalks for 10 minutes before frying the remaining colourful vegetables.



The Rice & Diversity Boost

Mix in rice and soy sauce until hot; stir kimchi or sauerkraut for a probiotic finish.

Flavour Makers (Te Reo Kai: Kinaki)

Oil:
1 tablespoon (15g)
To sizzle the aromatics

Soy Sauce (low salt):
2 tablespoons (30ml)
For savory seasoning

Ginger & Garlic:
1 teaspoon each (2g)
Grated for immune-boosting flavour



2. The Outcome - Why Your Gut Wins

Mood Menu



The Rainbow Effect



Different colours provide phytonutrients that protect brain cells and help you stay focused.

Muka (Fibre) = Microbe Fuel



High-fiber ingredients like chickpeas and brown rice are the essential fuel for "helper" microbes.

Mighty Berry Mug Cake

A warm, high-fibre fuel in just 2 minutes!

Yield: 1 mug cake

Ingredients

- 3 tablespoons wholemeal flour (24g)
- 2 tablespoons rolled oats (14g)
- 1/2 teaspoon baking powder (2g)
- 1/2 teaspoon ground cinnamon (1g)
- 1/2 ripe banana, well-mashed (60g)
- 1 tablespoon Greek yoghurt (15g)
- 1 tablespoon milk of your choice (15ml)
- 1/4 cup frozen berries (40g)

Optional: 1 teaspoon honey or maple syrup (7g) if banana is not very ripe

Method

Mix Dry Ingredients:

- In a standard microwave-safe mug, whisk together wholemeal flour, rolled oats, baking powder, and cinnamon.

Add Wet Ingredients:

- Stir in mashed banana, Greek yoghurt, and milk until combined.
- The batter should be thick but moist.

Fold:

- Gently fold in the frozen berries.

Cook:

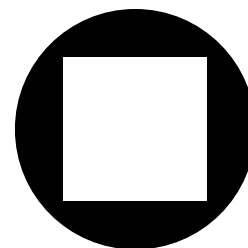
- Microwave on high for 90 seconds to 2 minutes.
- Start with 90 seconds - the top should look set and springy to the touch.

Rest:

- Let the mug cake sit for at least 1 minute before eating to allow steam to finish cooking the center and improve texture.

Serving Suggestion:

- Top with a dollop of Greek yoghurt and a sprinkle of chopped walnuts or sunflower seeds for extra flavour, crunch and nutrition.



The Mighty Berry Mug Cake: Fuel for Your Microbial City



GUT-BRAIN
CONNECTION

GATHER YOUR GUT-HEALTH FUEL

THE 5-STEP METHOD

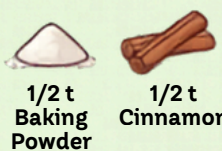
THE DRY & WET BASE



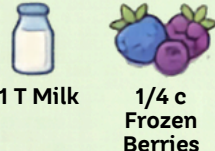
3 T Wholemeal Flour
2 T Oats



1/2 Mashed Banana
1 T Greek Yoghurt



1/2 t Baking Powder
1/2 t Cinnamon



1 T Milk
1/4 c Frozen Berries

MIX, STIR, AND FOLD

Whisk dry ingredients in a mug, stir in wet, then gently fold in berries.



THE 90-SECOND ZAP

Microwave on high for 90s-2m until the top is set and springy.



HIGH FIBER FUEL
FOR 'HELPER'
MICROBES

(Oats/Berries)



GOOD FOR EYES
& IMMUNE SYSTEM



SERVING SUGGESTION:
Enjoy your Mighty Berry Mug Cake with a spoonful of yoghurt and nuts!

THE ESSENTIAL 1-MINUTE REST

Let it sit for 60 seconds so steam can finish cooking the center.



Kai Connection Challenges

Get the whole whānau involved with these "Gut Buddy" approved activities and tick the box once you're done!



The "Label Detective": Grab three items from the pantry. Can you find the one with the most "Muka" (Fibre) per 100g? (Hint: Biff loves anything with more than 5g of fibre!)



The "30-Plant" Quest: Scientists say a "Mighty Microbiome" loves diversity. Can your whānau eat 30 different types of plants in one week? (This includes veggies, fruit, nuts, seeds, grains, and even herbs!).



The Sous-Chef Handover: Teach a parent or sibling the "Claw" or "Bridge" knife grip while prepping a rainbow salad.



Scraps to Gold: Find a part of a vegetable usually thrown away (like broccoli stalks or cauliflower leaves). Can you find a way to chop them up and include them in tonight's dinner?



Microbe Mapping: Draw a map of your dinner plate. Label which foods are "Fuel" for Biff and which ones are "Shields" for Bax. See if you can cover the whole plate in different "Microbe Zones."



The Fermentation Station: With an adult, try a tiny taste of a "Live Food" like sauerkraut or kimchi. How does the "tangy" taste feel on your tongue? That's the sign of Lacy's active microbe friends!



The "Dirty Hands" Challenge: Spend 20 minutes in the garden or a local park. Can you find where Obi the Soil Scientist is working? Digging in healthy soil or planting a seedling helps expose you to good "outside" microbes that train your immune system.

