



# Back-to-School Bravery

Kalamata is a curious kid who is nervous to start her new school. She uses the power of memory and the magic of food to find out that being brave, even when you feel nervous, is the most delicious adventure a kid can have. Come along and do some activities that will help you find your back-to-school bravery.





# Special Food For Your Special Day

Kalamata learned that food has the magic to help you feel brave. Get with your grown-up and tell us what food you want for your first day back to school.

**Breakfast:**

**Lunch:**

**After-School Snack:**

**Dinner:**

**Special Dessert:**



# Kalamata's Lunch Box

Kalamata is excited to meet fellow fearless food adventurers at lunch. Design and color a lunch box, and imagine what curious, courageous and compassionate friends you will meet.



# Word Find

Kids everywhere have special lunches that help them feel brave.  
Find these popular lunch items from around the world.

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

Empanada

Sambar

Plantain

Tofu

Pita

Sadza

Kimchi

Orzo

# Al-mazing Maze

Al Dente is hungry, help him make his way through school lunches to find the leftovers that he loves.



# Cool Ice Breakers

Al Dente is famous in Kalamata's house for his hilarious jokes.  
Take these to school to help break the ice with new friends.

Why did the kid eat his homework?

***Because his teacher said it was a piece of cake.***

Why did the teacher wear sunglasses to school?

***Because her students were so bright.***

What is the smartest insect?

***A spelling bee.***

What do you call an alligator detective?

***An investi-gator.***

What do you call an alligator who is also your friend?

***A paligator.***



**Your Turn!**



# The Language of Lunch

When she goes under her table, Kalamata's imagination takes her all over the world. Here are a few ways she's learned to say lunch in different languages. Can you say them all?

**"almoço"**

(al-mo-su) Portuguese

**"matiya unavu"**

(matiya unavu) Tamil

**"jeomsim"**

(jeom-sim) Korean

**"almuerzo"**

(ahl-mwehr-soh) Spanish

**"pietus"**

(pi-etu) Lithuanian

**"hirugohan"**

(hiru-gohan) Japanese

**"'aina awakea"**

(ah-aye-nah ah-way-kee-ah)

Hawaiian

**"pranzo"**

(pran-zo) Italian