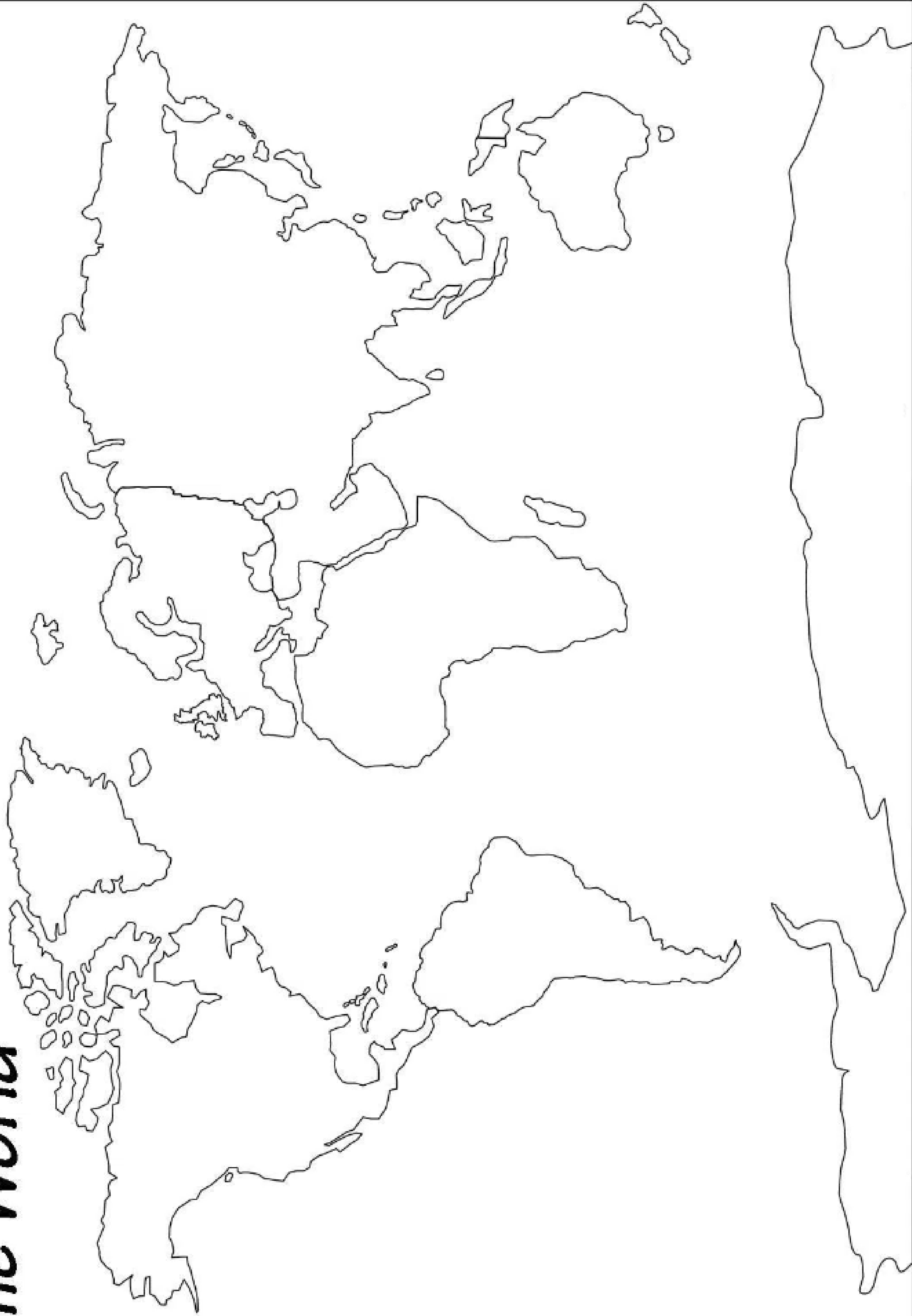


The cover features a light teal background with stylized green foliage on the left side, including palm fronds and broad leaves. In the center is a large, circular, lime-green seal with a serrated edge. Inside the seal, the words "CERTIFIED" and "JUNGLE EXPLORER" are written in a black, dotted, sans-serif font, curving along the top and bottom respectively. In the center of the seal is a white graphic of a pair of binoculars. Below the seal, the word "JOURNAL" is written in a large, black, dotted, sans-serif font. Above the final part of the word "JOURNAL", there is a thick black horizontal line followed by an apostrophe and the letter "S".

CERTIFIED
JUNGLE EXPLORER

—'S
JOURNAL

The World





Sloth

Omnivore Herbivore Carnivore

Toucan

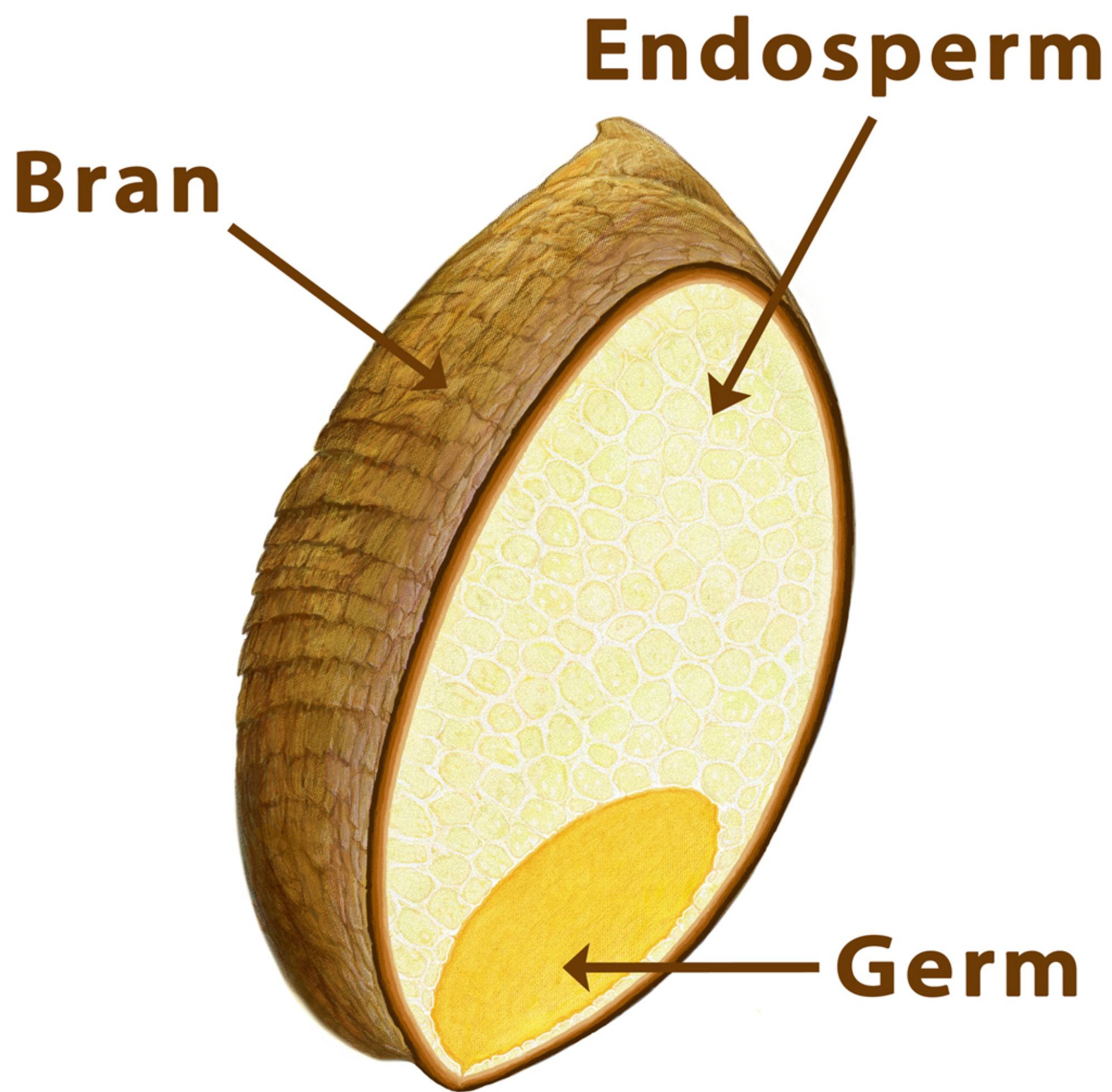
Omnivore Herbivore Carnivore



Jaguar

Omnivore Herbivore Carnivore





Grain Anatomy

WHOLEGRAINSCOUNCIL.ORG

A whole grain is spotted in its natural habitat!

A whole grain has all three parts of the grain, which contains fiber, energy, and B-vitamins.

Make sure at least half of your grains are whole!

Name

Observations



Name

Observations



Name

Observations



INGREDIENTS

YIELDS ABOUT 20 BITES!

- 2 RIPE BANANAS
- 2 CUPS OF ROLLED OATS
- 1/4 CUP OF ANY NUT BUTTER OR ALTERNATIVE
- 1/4 CUP HONEY
- 4 TABLESPOONS OF MINI DARK CHOCOLATE CHIPS
- 1/2 TABLESPOON CINNAMON

DIRECTIONS

1. MASH BANANAS IN A LARGE BOWL.
2. STIR IN ROLLED OATS, NUT BUTTER, HONEY AND DARK CHOCOLATE CHIPS.
3. SCOOP THE MIXTURE ONTO A LINED BAKING SHEET AND PLACE IN THE REFRIGERATOR FOR TWO HOURS.
4. AFTER TWO HOURS, REMOVE AND ROLL INTO BITE SIZE BALLS OR CUT INTO SQUARES.
5. STORE LEFT-OVERS IN THE REFRIGERATOR.



READ THE NUTRITION LABEL
OR LOOK FOR THE WHOLE
GRAIN STAMP ON PACKAGING!



DARK CHOCOLATE IS A GREAT
SUBSTITUTE FOR MILK
CHOCOLATE, IT CONTAINS
ANTIOXIDANTS AND IS
BELIEVED TO OFFER OTHER
HEALTH BENEFITS!

COOKING TIPS AND TRICKS



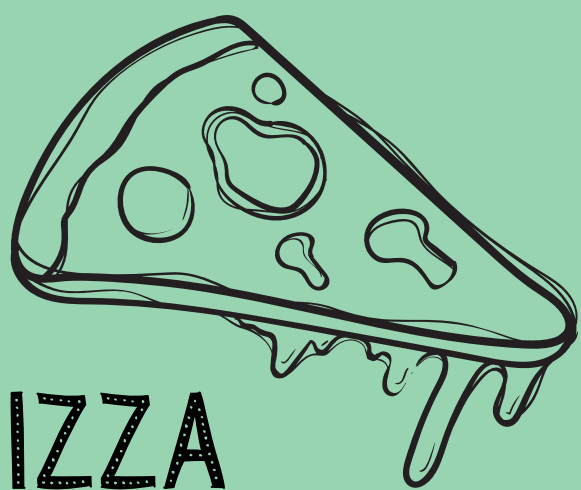
PLACE THE NUT BUTTER OF YOUR CHOICE
INTO THE MICROWAVE FOR 30 SECONDS SO
IT LIQUIFIES AND IS EASY TO MEASURE!



BANANA TURNING BROWN? POP IT INTO THE
FREEZER AND ADD IT TO SMOOTHIES TO LOCK IN
ALL THOSE VITAMINS AND MINERALS!

FIND AND COLOR THE PROTEINS RED AND GRAINS BLUE!

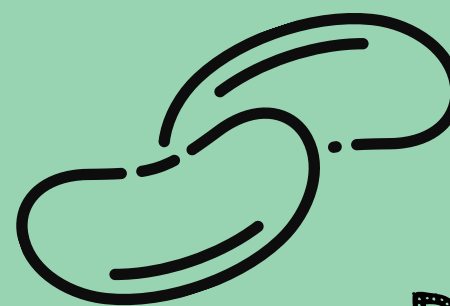
PIZZA



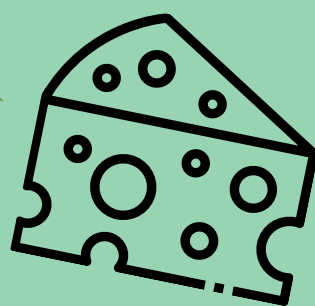
MUFFIN



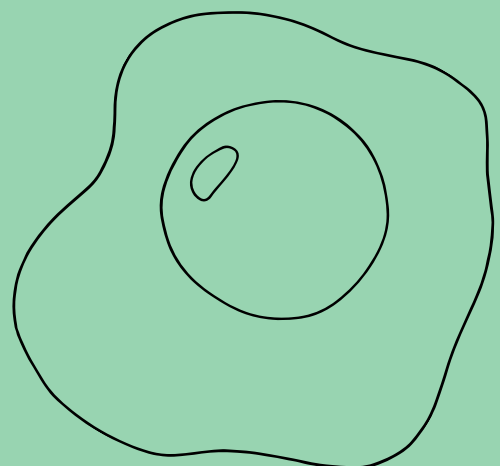
BEANS



CHEESE



EGG



BREAD



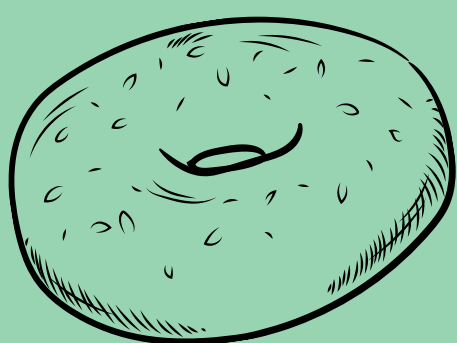
PASTA



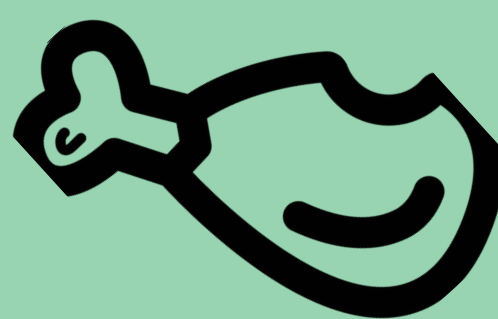
CROISSANT



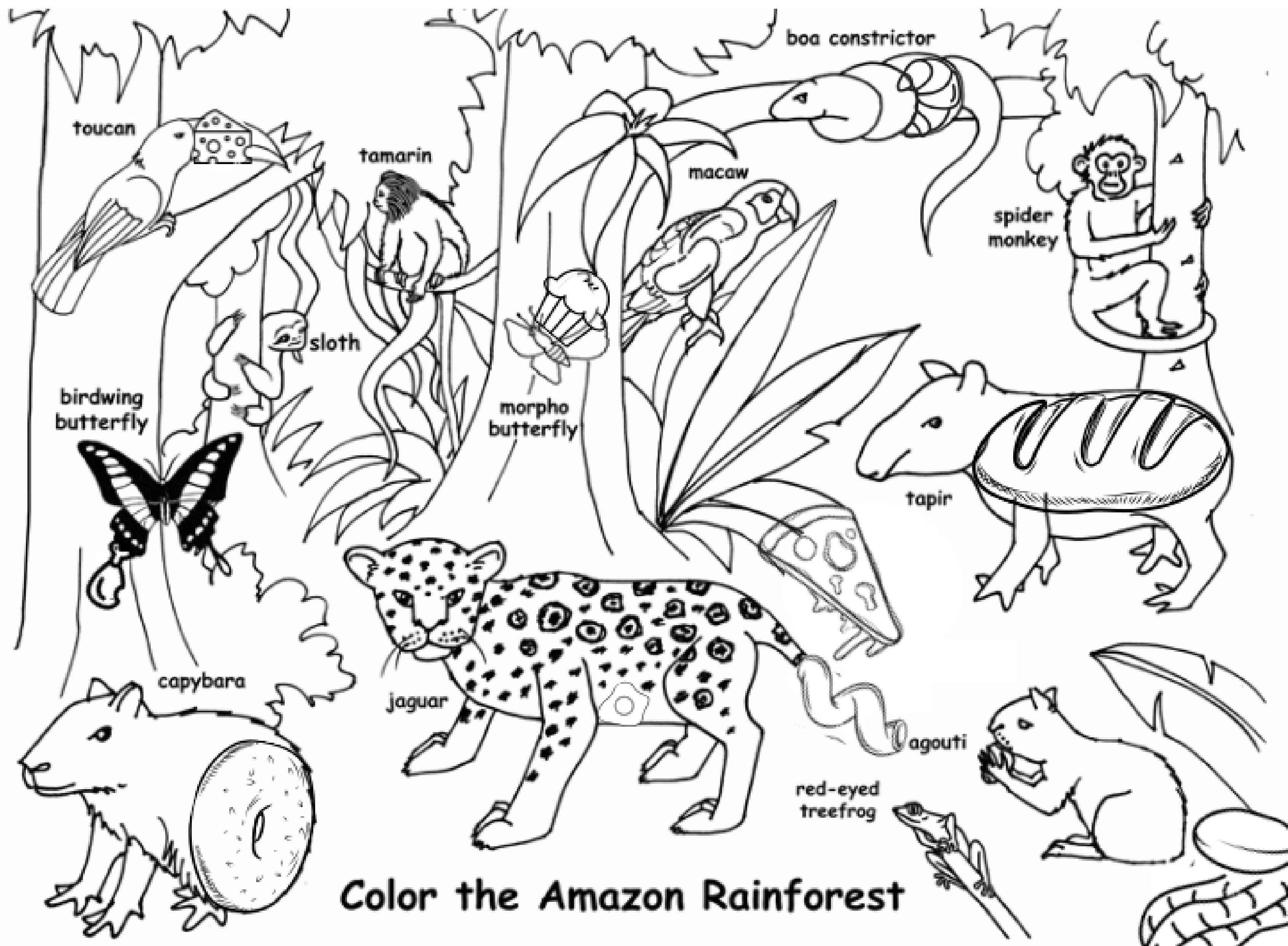
BAGEL



CHICKEN



PEANUT



Color the Amazon Rainforest

MY STAMPS

MY STAMPS