

LITTLE HEALTH DETECTIVES

CHRISTMAS SMART SHOPPER MISSION

A Christmas Health × Money × Science Adventure for Kids
Holiday Camp · FQ & HQ Play and Learn



DATE

Wed 9 & Thu 10 Dec 2026



TIME

10:00 am – 4:00 pm



WHO

12 children, aged 6 – 9



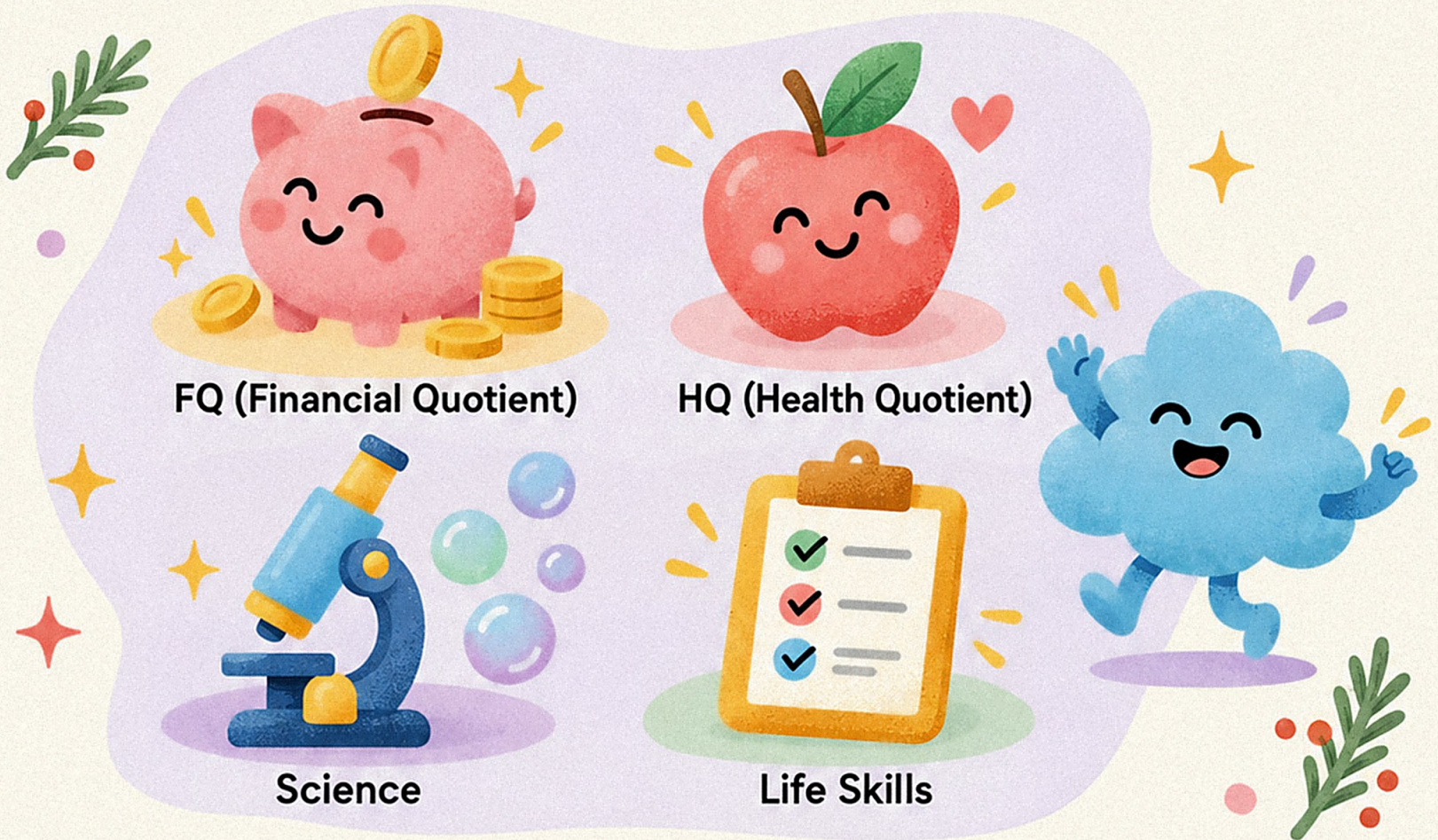
Bloom & Bare, Bukit Jalil



Bloom&Bare

THIS HOLIDAY, **GIVE YOUR CHILD A DIFFERENT KIND OF HEALTH DETECTIVE CAMP.**

Over two days, children move from Shopping Detective to Science Detective.



Parents see not a nutrition class plus a money class,
but one complete Health × Money × Science × Life Skills
Christmas Adventure.



The camp ends with a Christmas gift
chosen with care and within budget.

LEARN THROUGH PLAY

Build Healthy Choices, Smart Spending Habits & Everyday Decision-Making Skills



Learn to Distinguish
Need / Want / Maybe



Learn to Choose
Food Label Detective



Learn to Observe
Discover the Secrets Inside Food



Learn to Balance
Rainbow Nutrition Plate



Learn to Think
Family Smart Shopping Mission



DAY 1 | Wed, 9 Dec 2026

SMART SHOPPER FAMILY MISSION

Money & Choices



1



Need, Want or Maybe?

2



Christmas Deal Hunt
Cheapest $\neq$ Best Value

3



Food Group Detective

4



Build My 211 Plate
 $\frac{1}{2}$ vegetables, $\frac{1}{4}$ protein,
 $\frac{1}{4}$ carbohydrates

5



**The Ultimate Family
Grocery Shopping Mission**
Checkout Challenge:
What should we put back?

Think before you buy. Understand what you buy. Spend wisely.

SKILLS

Budgeting • Healthy Choices • Teamwork • Confidence

DAY 2 Thu, 10 Dec 2026

LITTLE HEALTH DETECTIVE LAB

Food & Body

Scientists don't only know answers. Scientists ask questions.



1

Christmas Messy Play & Bubble Lab

Explore. Mix. Test. Discover.

2

Little Cell Detective Lab

Zoom Into Your Food!

3

Food Label Detective Mission

Look Closer Before You Choose

4

Feed My Cell Challenge

No single food does everything.

5

Christmas Finale

Give Meaningfully: My Christmas Smart Gift

BIG IDEA

Healthy choices help us care for our body, our family, and others.

SKILLS

Science Discovery • Food Label Skills • Healthy Habits • Meaningful Giving



MEET YOUR CAMP HOST

Dr Reece Lim, PhD



As parents, we all hope our children can grow up knowing how to make better choices for their health, their money, and their everyday life. Dr Reece brings science, nutrition and real-life learning together in a way that is simple, playful and meaningful for children.



Chief Academic Officer, Australia Nutrition and Wellness Association



PhD in Molecular Biology & Biochemistry (Monash University, Australia)



Comes from a family with 30 years of organic farming experience



Experienced in translating complex science into simple, practical learning



Mum of two — believes children learn best through exploring, questioning and making their own choices

HOW THE CAMP WORKS

12 children, aged 6 – 9, in 3 Christmas Families of 4 children + 1 Teacher Mum



FAMILY ROLES

Big Brother / Big Sister / Little Brother / Little Sister

Family Coin System



Family Wallet



Shopping Passport



Brave Sharing Bonus
(+50 Family Coins)



Teacher Mums do not give answers. They guide only with these questions:



1. Do we need it?
2. Can we afford it?
3. Is there another choice?
4. Is it good value?
5. What does it give our body?

PUBLIC SPEAKING ADD-ON

for Little Health Detectives: Christmas Smart Shopper Mission

MY CHRISTMAS SMART GIFT

A Gift with Meaning • Create, Explain & Present



DATE

Friday, 11/12/2026



TIME

10:00 AM – 1:00 PM



FEE

RM68 / child

About the Session

A guided presentation session where children share who they chose their Christmas gift for, why they chose it, and how they hope it will make the recipient feel.

What children will practise



Organise ideas



Speak with confidence



Explain a thoughtful choice



Listen and reflect

What they will do

- Confidence warm-up
- Gift story planning
- Speaking tools: voice, expression & posture
- Cue card practice
- Gift showcase presentation
- Reflection & celebration

A special add-on by SparkMind Academy
Add-on to the Health Detective Holiday Camp

Bloom&Bare

RESERVE YOUR CHILD'S SPOT



DATES

Day 1: Wed, 9 Dec 2026 | Day 2: Thu, 10 Dec 2026



TIME

10:00 am – 4:00 pm



WHO

12 children, aged 6 – 9



WHERE

Bloom & Bare, Bukit Jalil

SAFETY & CARE



Allergy information collected at registration



Adult supervision at every station



Handwashing before and after messy play and before handling food

➤  **WhatsApp +6018-287 3668** ⚡



Spend wisely. Choose healthily. Give meaningfully.