

## Max's Kitchen Nutrition Challenge

*Learning objective: To identify the main food groups and understand the importance of a balanced diet for a healthy lifestyle.*

Max the monkey is busy in the kitchen! Answer these 10 questions to help him prepare a nutritious meal. Read each question carefully and circle the correct answer.

Answer Key: 1.C, 2.True, 3.Carbohydrates, 4.A, 5.False, 6.Protein, 7.B, 8.True, 9.False, 10.B. A balanced diet includes a variety of foods to give us energy and help our bodies grow.

*Word bank: Protein · Carbohydrates · Vitamins · Fats · Balanced · Fibre · Minerals · Hydration*

**1. Which food group gives us the most energy to run and play? A) Protein B) Vitamins C) Carbohydrates\* D) Fats (1 mark)**

**2. True or False: Fruit and vegetables are excellent sources of vitamins and minerals. (1 mark)**

**3. Which food group helps our muscles grow and repairs our bodies? (1 mark)**

**4. How many portions of fruit and vegetables should we aim to eat each day? A) 5\* B) 2 C) 10 D) 1 (1 mark)**

**5. True or False: It is healthy to eat sugary snacks and sweets for every meal. (1 mark)**

**6. Which nutrient helps keep our digestive system working properly? (Hint: found in whole grains) (1 mark)**

**7. What is the most important drink for keeping our bodies hydrated? A) Fizzy juice B) Water\* C) Milkshake D) Hot chocolate (1 mark)**

**8. True or False: A balanced diet means eating a variety of different food groups. (1 mark)**

**9. True or False: We should never eat any fats, as they are bad for us. (1 mark)**

10. 10. Which food item is a good source of protein? A) Apple B) Chicken\* C) Lettuce D) Bread (1 mark)

**Draw:** Draw a 'Balanced Lunchbox' for Max the monkey. Make sure to include one item from the carbohydrate group, one from the protein group, and two different types of fruit or vegetables.



*Extension challenge: Max has £5.00 to spend at the market. If an apple costs 30p and a bunch of bananas costs £1.20, how much change would he have left if he bought both? Show your working out.*