

Max and Bea's Healthy Eating Challenge

Learning objective: To understand the importance of a balanced diet and identify the food groups that keep our bodies healthy and energised.

Join Max the monkey and Bea the bee as they explore the best foods to fuel your day! Read each question carefully and select or write your best answer. Remember, a healthy plate is a colourful plate!

Answer Key: 1.C, 2.B, 3.False, 4.True, 5.Carbohydrates, 6.A, 7.True, 8.Protein, 9.Calcium, 10.Water. Max and Bea remind us that while treats are okay sometimes, choosing whole foods helps us grow strong and think clearly for our school day!

Word bank: protein · carbohydrates · vitamins · fibre · hydration · balanced · calcium

1. Which food group gives our bodies the long-lasting energy we need to run and play? A) Sweets B) Fats C) Carbohydrates* D) Oil (1 mark)

2. What is the best way to describe a healthy diet? A) Only eating green vegetables B) Eating a variety of foods from different groups* C) Only eating fruit D) Eating the same thing every day (1 mark)

3. True or False: Fizzy drinks are a better choice than water for staying hydrated throughout the school day. (1 mark)

4. True or False: Eating a rainbow of different coloured fruits and vegetables helps us get the vitamins we need. (1 mark)

5. Which nutrient group acts as the main 'fuel' for our brain and muscles? (1 word) (1 mark)

6. Which of these is a great source of protein to help our muscles grow? A) Beans and lentils* B) Crisps C) Biscuits D) White bread (1 mark)

7. True or False: Our bodies need a small amount of fat to help us stay healthy. (1 mark)

8. What do we call the 'building blocks' of food that help repair our body and grow strong muscles? (1 word) (1 mark)

9. Which mineral found in dairy products or leafy greens is essential for keeping our bones and teeth strong? (1 word) (1 mark)

10. What is the most important drink to keep our bodies working perfectly? (1 word) (1 mark)

Draw: Draw a 'Balanced Plate' featuring a portion of carbohydrates, a portion of protein, and lots of colourful vegetables. Give it a name like 'Max's Power Plate'!



Extension challenge: Max has £5.00 to spend at the market. If an apple costs 30p and a punnet of strawberries costs £1.50, how many of each could he buy to create a healthy snack platter? Show your maths working!