

Max's Healthy Fuel Challenge

Learning objective: To understand the importance of a balanced diet and make healthy choices to fuel our bodies.

Read each question carefully and use your knowledge of nutrition to help Max the monkey choose the best fuel for his adventures.

Max is getting ready for a big day of climbing and needs to make sure he has the right fuel to keep his body working at its best. He knows that eating a variety of foods helps him stay strong, healthy, and full of energy.

Word bank: balanced · nutrients · energy · fruit · vegetables · protein · carbohydrates · vitamins · moderation

1. Max is choosing a snack for his climb. Why is an apple a better choice for long-lasting energy than a bag of sweets? Explain using the word 'nutrients'. (2 marks)

2. List three different food groups that should be included in a balanced meal to keep our bodies healthy. (3 marks)

3. Max wants to buy some fresh ingredients for a salad. If a punnet of strawberries costs £1.20 and a bag of spinach costs £0.85, how much would he spend in total? Show your working out. (2 marks)

4. What does it mean to eat foods 'in moderation'? Give an example of a food that should be eaten in moderation. (2 marks)

5. Why do you think it is important for children to eat a 'rainbow' of different coloured vegetables every week? (2 marks)

Draw: Draw a 'Balanced Plate' for Max. Divide your circle into sections to show a healthy portion of carbohydrates, protein, and plenty of colourful fruit and vegetables.



Extension challenge: Create a healthy 3-day meal plan for a school explorer. Include breakfast, lunch, and dinner, and explain why your choices would give them the energy they need to learn and play.