

Max's Healthy Mealtime Challenge

Learning objective: To understand the principles of a healthy, balanced diet and how to plan a nutritious meal.

Max the monkey is busy calculating the best fuel for his body! Read the questions carefully and circle or write your answers to help Max build the perfect plate.

Answer Key: 1.C, 2.True, 3.False, 4.A, 5.Water, 6.B, 7.True, 8.Protein, 9.False, 10.B

Word bank: protein · carbohydrates · vitamins · fibre · fats · balanced · portion

1. Which food group should make up the largest part of our plate to give us energy? A) Fats B) Protein C) Carbohydrates* D) Sugars (1 mark)

2. True or False: Eating a rainbow of different coloured vegetables helps us get a variety of vitamins. (1 mark)

3. True or False: It is healthy to eat sweets and chocolate for every meal. (1 mark)

4. Which of these is a good source of protein? A) Chicken* B) Apple C) Bread D) Butter (1 mark)

5. What is the best drink to keep our bodies hydrated throughout the school day? (1 word) (1 mark)

6. Why do we need fibre in our diet? A) To make us sleepy B) To help our digestion* C) To make us grow tall D) To colour our skin (1 mark)

7. True or False: A 'balanced meal' means including foods from different groups like vegetables, protein, and carbohydrates. (1 mark)

8. Which nutrient is essential for building and repairing muscles? (1 word) (1 mark)

9. True or False: All fats are bad for us and we should never eat them. (1 mark)

10. 10. If a healthy lunch costs £3.50, and you pay with a £5.00 note, how much change should you get back? A) £1.00 B) £1.50* C) £2.00 D) £2.50 (1 mark)

Draw: Draw a 'Perfect Plate' for Max the monkey. Divide your plate into sections and draw a healthy choice for protein, carbohydrates, and vegetables. Don't forget to add a splash of colour!



Extension challenge: Imagine you are a chef. Create a menu for a school lunch that costs exactly £2.50. List your ingredients and explain why your meal is healthy.