

Max's Healthy Fuel Sorting Challenge

Learning objective: To identify the five main food groups and understand how they contribute to a balanced, healthy lifestyle.

Max the monkey is preparing for a big day of climbing and needs your help to pack his lunchbox! Look at the list of food items below. Sort each item into its correct food group category. Think about what each food provides for the body, such as energy, strength, or vitamins.

Word bank: Fruit and Vegetables · Starchy Carbohydrates · Protein · Dairy and Alternatives · Oils and Spreads

1. Sort the following items into the correct food groups: Apple, Chicken, Bread, Milk, Broccoli, Pasta, Lentils, Cheese, Olive Oil, Banana. (5 marks)

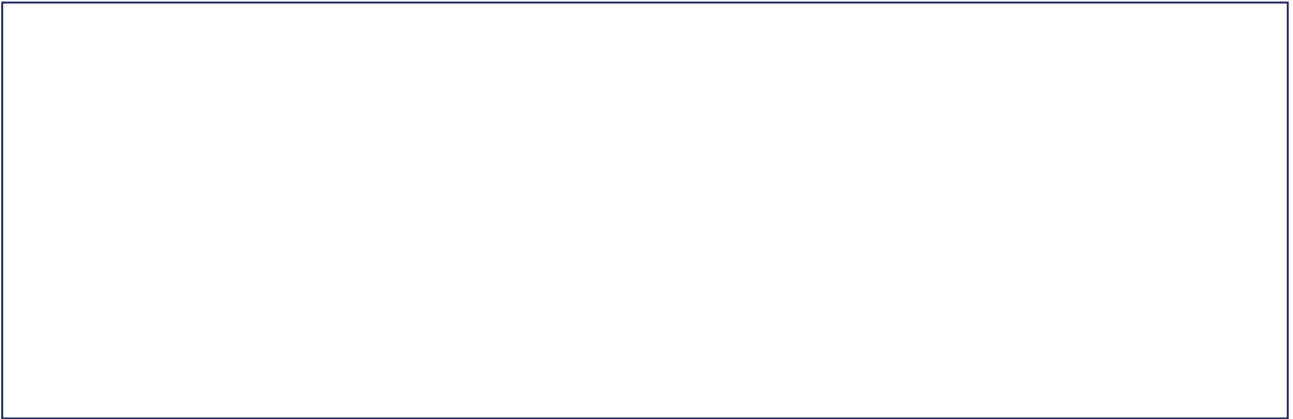
2. Max wants to know why we need 'Starchy Carbohydrates' like pasta or potatoes. What do these foods give our bodies? (2 marks)

3. Why is it important to eat a variety of different coloured fruits and vegetables throughout the week? (2 marks)

4. If Max is feeling tired, which food group would give him the best quick energy boost, and which group would help his muscles grow strong? (2 marks)

5. Explain why we should only eat foods from the 'Oils and Spreads' group in very small amounts. (2 marks)

Draw: Draw a 'Balanced Lunchbox' for Max. Include at least one item from four of the food groups listed in the word bank. Label each item with its food group name.



Extension challenge: Design a healthy, balanced dinner menu for your family. Write down what you would include from each food group to ensure your meal is nutritious and tasty. Remember to include a drink choice!