

Class 4 PSHE: Making Healthy Choices

Learning objective: To understand the importance of a balanced diet and how food choices affect our physical and mental well-being.

Read each question carefully. Max the monkey needs your help to solve these healthy eating puzzles!
Answer all questions in full sentences where required.

Max the monkey is planning a big jungle feast for all his friends. He wants to make sure everyone has plenty of energy to play and learn. Max knows that eating a variety of foods helps our bodies grow strong and our brains stay sharp. He is busy sorting his basket into different groups: crunchy carrots, juicy apples, protein-rich lentils, and some small treats for special occasions.

Word bank: Balanced diet · Nutrients · Energy · Portion · Fruit and vegetables · Hydration · Moderation · Protein

1. Max says that eating a 'balanced diet' is important. Explain what this term means in your own words. (2 marks)

2. Name two types of food that should make up the largest part of our daily meals to keep us healthy. (2 marks)

3. Why is it important to drink plenty of water throughout the school day? Give two reasons. (2 marks)

4. Max has a bag of sweets. He decides to eat only a few and save the rest for later. Why is eating sugary foods in 'moderation' better for our teeth and energy levels than eating them all at once? (4 marks)

5. Look at the following lunchbox items: a packet of crisps, a banana, a cheese sandwich, and a chocolate biscuit. Which two items would you choose to keep your energy levels steady throughout the afternoon, and why? (5 marks)

6. Give one example of a 'protein' food and explain how it helps our bodies grow. (2 marks)

7. If Max buys a bunch of bananas for £1.20 and a bag of apples for £1.30, how much does he spend in total? Show your working out. (3 marks)

Draw: Draw a 'Balanced Lunchbox' for Max the monkey. Include at least one item from each of the main food groups, including a drink.



Extension challenge: Imagine you are a nutritionist. Write a short paragraph (5 marks) for the school newsletter persuading your classmates to try one new vegetable this week. Include the benefits of that vegetable and why it helps us learn better in class. Total: /25