

Healthy Eating Word Mat with Max and Bea

Learning objective: To understand the importance of a balanced diet and identify key nutritional vocabulary.

Key Vocabulary

Use this word mat to help you learn about healthy eating. Max the monkey has grouped these words into categories to help you solve the puzzle of what makes a balanced meal. Bea the honeybee has provided the definitions.

Max the monkey ...	Explain why Bea ...	Look at the definit...
Which two minera...	If you are playing...	