

Max's Kitchen Nutrition Challenge

Learning objective: To identify the main food groups and understand the importance of a balanced diet for a healthy lifestyle.

Max the monkey is busy in the kitchen! Answer these 10 questions to help him prepare a nutritious meal. Read each question carefully and circle the correct answer.

Answer Key: 1.C, 2.True, 3.Carbohydrates, 4.A, 5.False, 6.Protein, 7.B, 8.True, 9.False, 10.B. A balanced diet includes a variety of foods to give us energy and help our bodies grow.

Word bank: Protein · Carbohydrates · Vitamins · Fats · Balanced · Fibre · Minerals · Hydration

1. Which food group gives us the most energy to run and play? A) Protein B) Vitamins C) Carbohydrates* D) Fats (1 mark)

2. True or False: Fruit and vegetables are excellent sources of vitamins and minerals. (1 mark)

3. Which food group helps our muscles grow and repairs our bodies? (1 mark)

4. How many portions of fruit and vegetables should we aim to eat each day? A) 5* B) 2 C) 10 D) 1 (1 mark)

5. True or False: It is healthy to eat sugary snacks and sweets for every meal. (1 mark)

6. Which nutrient helps keep our digestive system working properly? (Hint: found in whole grains) (1 mark)

7. What is the most important drink for keeping our bodies hydrated? A) Fizzy juice B) Water* C) Milkshake D) Hot chocolate (1 mark)

8. True or False: A balanced diet means eating a variety of different food groups. (1 mark)

9. True or False: We should never eat any fats, as they are bad for us. (1 mark)

10. 10. Which food item is a good source of protein? A) Apple B) Chicken* C) Lettuce D) Bread (1 mark)

Draw: Draw a 'Balanced Lunchbox' for Max the monkey. Make sure to include one item from the carbohydrate group, one from the protein group, and two different types of fruit or vegetables.



Extension challenge: Max has £5.00 to spend at the market. If an apple costs 30p and a bunch of bananas costs £1.20, how much change would he have left if he bought both? Show your working out.