

Max's Kitchen Nutrition Challenge

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

Read each question carefully and use your knowledge of the Eatwell Guide to help Max solve these culinary puzzles.

Max the monkey is busy in the kitchen preparing a healthy lunch. He knows that to keep his energy up for solving maths puzzles, he needs to choose the right ingredients for a balanced plate.

Word bank: Protein · Carbohydrates · Nutrients · Balanced · Fibre · Hydration

1. Max is making a sandwich. Name one food group that provides carbohydrates and explain why our bodies need them. (2 marks)

2. Why is it important to include at least five portions of fruit and vegetables in our daily diet? (2 marks)

3. Max has £5.00 to spend on healthy snacks. If an apple costs 40p and a bag of carrots costs 80p, how much change would he get from £5.00 if he bought one of each? (2 marks)

4. Identify one source of protein and explain how it helps the human body grow and repair. (2 marks)

5. Look at the list of ingredients: Crisps, Grilled Chicken, Spinach, and White Bread. Which two ingredients would you remove or swap to make this meal healthier, and what would you replace them with? (3 marks)

Draw: Draw a 'Balanced Plate' for Max. Include sections for fruit and vegetables, carbohydrates, proteins, and dairy (or dairy alternatives). Label each section clearly.



Extension challenge: Research a healthy recipe that includes at least three different food groups. Write a shopping list for the ingredients and calculate the total cost if you were to buy them at the local market.