

# Max's Healthy Fuel Challenge

*Learning objective: To understand the importance of a balanced diet and make healthy choices to fuel our bodies.*

Read each question carefully and use your knowledge of nutrition to help Max the monkey choose the best fuel for his adventures.

Max is getting ready for a big day of climbing and needs to make sure he has the right fuel to keep his body working at its best. He knows that eating a variety of foods helps him stay strong, healthy, and full of energy.

*Word bank: balanced · nutrients · energy · fruit · vegetables · protein · carbohydrates · vitamins · moderation*

**1. Max is choosing a snack for his climb. Why is an apple a better choice for long-lasting energy than a bag of sweets? Explain using the word 'nutrients'. (2 marks)**

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**2. List three different food groups that should be included in a balanced meal to keep our bodies healthy. (3 marks)**

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**3. Max wants to buy some fresh ingredients for a salad. If a punnet of strawberries costs £1.20 and a bag of spinach costs £0.85, how much would he spend in total? Show your working out. (2 marks)**

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**4. What does it mean to eat foods 'in moderation'? Give an example of a food that should be eaten in moderation. (2 marks)**

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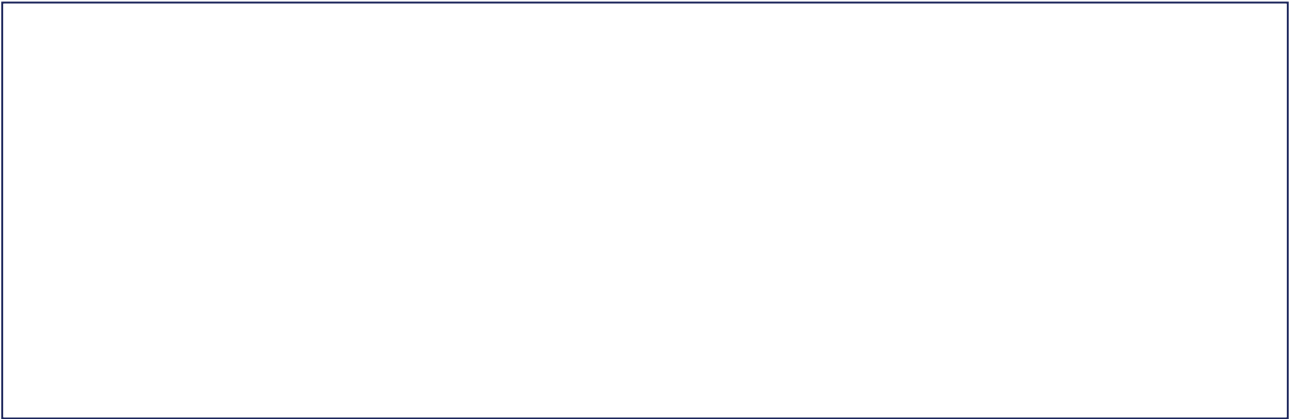
**5. Why do you think it is important for children to eat a 'rainbow' of different coloured vegetables every week? (2 marks)**

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**Draw:** Draw a 'Balanced Plate' for Max. Divide your circle into sections to show a healthy portion of carbohydrates, protein, and plenty of colourful fruit and vegetables.



*Extension challenge: Create a healthy 3-day meal plan for a school explorer. Include breakfast, lunch, and dinner, and explain why your choices would give them the energy they need to learn and play.*