

## 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 math puzzles, he needs to choose the right ingredients for a balanced plate.

*Word bank: Protein · Carbohydrates · Nutrients · Balanced · Fiber · Hydration*

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

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

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**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)**

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

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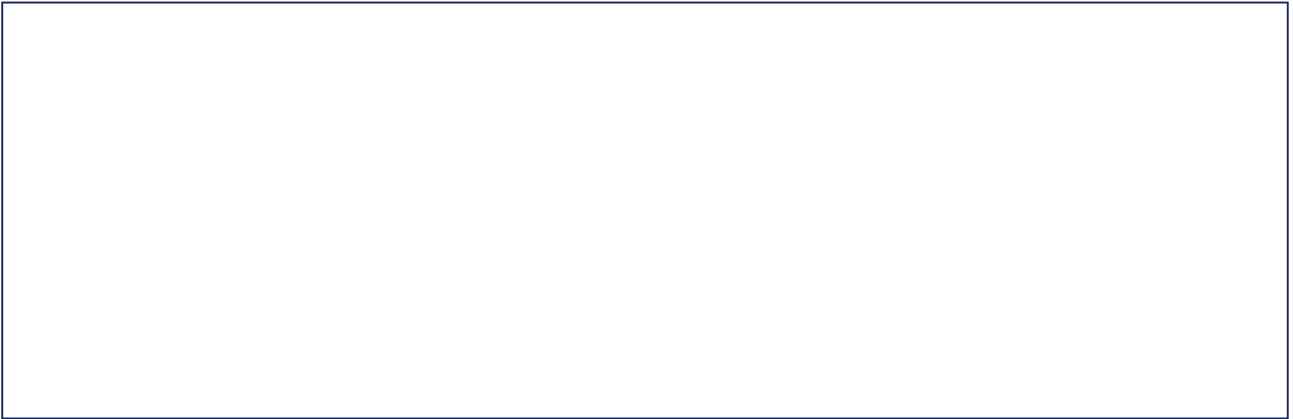
**5. Look at the list of ingredients: Crisps, Grilled Chicken, Spinach, and White Bread. Which two ingredients would you remove or swap to make this meal healthier, and what would you replace them with? (3 marks)**

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**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.*