

Fueling Our Adventures with Max and Bea

Learning objective: To understand the importance of a balanced diet and how different food groups provide energy for a healthy lifestyle.

Read the passage carefully and answer the questions using full sentences. Make sure to refer back to the text to support your answers.

Max the monkey is always busy solving math puzzles, and he needs plenty of energy to keep his brain sharp. He often meets Bea the honeybee in the orchard to pick fresh snacks. Bea explains that to stay healthy, we need a balanced diet. This means eating a variety of foods, including colorful fruits and vegetables, which are packed with essential vitamins.

Max loves to munch on crunchy apples and juicy berries, but he knows that treats like cookies should only be eaten occasionally. Bea teaches him that protein, found in foods like lentils and eggs, helps our bodies grow strong, while carbohydrates give us the fuel to run and play all day. Drinking plenty of water is just as important as eating well, as it keeps our bodies hydrated and ready for action. By choosing nutritious meals, Max and Bea ensure they have the stamina for their daily adventures. Whether it is climbing trees or gathering nectar, they know that what they put into their bodies directly affects how they feel and perform. Eating well is the secret ingredient to a happy, energetic life.

Word bank: balanced · nutrients · energy · vitamins · protein · lifestyle

1. According to the text, why does Max need to eat a balanced diet? (2 marks)

2. What two examples of protein-rich foods does Bea mention in the passage? (2 marks)

3. Why does the author suggest that cookies should only be eaten 'occasionally'? (2 marks)

4. How does the passage show that water is important for our health? (2 marks)

5. Do you think it is easy to eat healthily every single day? Give a reason for your answer. (3 marks)

Draw: Draw a 'Balanced Lunchbox' for Max and Bea. Include at least one item from each food group mentioned in the text and label them clearly.



Extension challenge: Research the 'Eatwell Guide'. Create a colorful poster showing the different sections of the guide and explain why each section is important for a Grade 3 student.