

# Healthy Eating Habits with Max and Bea

*Learning objective: To understand the importance of a balanced diet, the 'Eatwell Guide' food groups, and how food provides energy for our bodies.*

Use these flashcards to test your knowledge about healthy eating. Read the front of the card, think of the answer, and then check the back to see if you were correct!

**What is a 'balanced diet'?**

Eating a variety of different foods in the right proportions to give your body the nutrients it needs to stay healthy.

**Which food group should make up the largest portion of our daily intake, according to Bea the Bee?**

Fruit and vegetables.

**Why do our bodies need carbohydrates?**

They provide the main source of energy for our bodies to move, think, and play.

**Max the Monkey says protein is important for growth. What does protein do for our bodies?**

It helps our bodies to grow, repair muscles, and stay strong.

**What is the main benefit of drinking plenty of water every day?**

Hydration, which helps our brains focus and keeps our bodies working properly.

**What are 'nutrients'?**

Substances in food that help our bodies grow, develop, and stay healthy, such as vitamins and minerals.

**Why is it important to eat a 'rainbow' of fruit and vegetables?**

Different colors represent different vitamins and minerals that our bodies need to stay protected against illness.

**What is 'fiber' and why do we need it?**

A type of carbohydrate found in plant foods that helps our digestive system work smoothly.

**Is it better to have a variety of foods or just eat your favorite thing every day?**

A variety of foods is better because no single food contains all the nutrients we need.

**What is a 'portion size'?**

The amount of a specific food that you choose to eat at one time.

**How can reading food labels help us make healthy choices?**

It helps us see how much sugar, fat, or salt is in a product so we can choose healthier options.

**Why should we limit foods that are high in sugar, fat, and salt?**

Eating too much of these can make us feel tired or lead to health problems later in life.