

Max's Healthy Fuel Fact-File

Learning objective: To understand the importance of a balanced diet and how different food groups contribute to a healthy body.

Help Max the monkey work out his math of nutrition! Think about the food you have eaten today or your favorite healthy meal. Use the word bank to help you complete this fact-file about making balanced choices for a growing body.

Word bank: balanced diet · nutrients · protein · carbohydrates · vitamins · minerals · hydration · energy · fiber

1. My Favorite Balanced Meal: Describe a meal you enjoy that includes a variety of food groups. Why is it a good choice for your body? (2 marks)

2. The Role of Energy: Max needs energy to climb trees! Explain why carbohydrates are important for our bodies during the school day. (2 marks)

3. Building Blocks: Choose one food item that is high in protein and explain how it helps our muscles grow. (2 marks)

4. The Importance of Hydration: Why is it vital to drink water throughout the day rather than sugary drinks? (2 marks)

5. Healthy Habits: List two small changes someone could make to their diet to ensure they are getting enough vitamins and minerals. (2 marks)

Extension challenge: Design a 'Healthy Plate' poster for your school canteen, showing portions of fruit, vegetables, proteins, and carbohydrates. Label each section with the nutrients it provides.