

Max's Kitchen Nutrition Challenge

Learning objective: To understand the Eatwell Guide, identify food groups, and recognise the importance of a balanced diet for health.

Help Max the monkey solve these nutrition puzzles! Read each question carefully and write your answers clearly.

Answer Key: 1. C (Fruit and vegetables), 2. False (We need a variety), 3. Protein, 4. True, 5. B (Energy), 6. False (Water is best), 7. Calcium, 8. True, 9. Fibre, 10. A (It helps us grow).

Word bank: Protein · Carbohydrates · Fibre · Calcium · Nutrients · Hydration · Balanced · Vitamins

1. According to the Eatwell Guide, which food group should make up the largest portion of your plate? A) Dairy, B) Protein, C) Fruit and vegetables*, D) Sugary snacks. (1 mark)

2. True or False: Eating only one type of food is the best way to stay healthy. (1 mark)

3. Which food group, including beans, pulses, fish, and eggs, is essential for building and repairing our muscles? (1 mark)

4. True or False: Dairy products are a great source of calcium, which helps keep our bones and teeth strong. (1 mark)

5. What is the primary job of carbohydrates in our diet? A) To repair skin, B) To provide energy*, C) To help us sleep, D) To keep us cold. (1 mark)

6. True or False: Fizzy, sugary drinks are the healthiest way to keep your body hydrated. (1 mark)

7. Which mineral found in milk and yoghurt is vital for bone health? (One word answer) (1 mark)

8. True or False: Eating a rainbow of different coloured fruits and vegetables helps you get a wider variety of vitamins. (1 mark)

9. What do we call the part of plant-based foods that helps our digestive system work smoothly? (One word answer) (1 mark)

10. Why do we need a balanced diet? A) To help us grow and stay healthy*, B) To make us run faster than anyone else, C) To stop us from ever feeling hungry, D) To change our eye colour. (1 mark)

Draw: Draw a healthy, balanced lunchbox for Max the monkey. Make sure to include items from the main food groups: a portion of fruit, a protein source, and a carbohydrate.



Extension challenge: Max is planning a picnic lunch. He has £5.00 to spend. If an apple costs 30p, a wholemeal sandwich costs £1.50, and a yoghurt costs 70p, how much change would he get from his £5.00 note if he buys two of each item?