

Max's Healthy Eating Challenge

Learning objective: To understand the importance of a balanced diet, the role of nutrients, and how to make healthy food choices.

Max the monkey is trying to organise his forest feast! Help him decide which foods are best for energy, growth, and staying strong by answering these ten questions.

Answer Key: 1.C, 2.True, 3.A, 4.False, 5.Protein, 6.B, 7.True, 8.Water, 9.C, 10.False. Remember: A balanced diet includes a variety of food groups to keep our bodies working at their best!

Word bank: Balanced · Nutrients · Protein · Energy · Fibre · Hydration · Moderation · Vitamins

**1. Which food group provides our bodies with the most energy for running and playing?
A) Vegetables B) Fats C) Carbohydrates* D) Protein (1 mark)**

2. True or False: Eating a wide 'rainbow' of colourful fruits and vegetables helps us get different vitamins. (1 mark)

3. Which of these is a source of protein that helps our muscles grow? A) Chicken* B) Apple C) White bread D) Butter (1 mark)

4. True or False: It is healthy to drink sugary fizzy drinks with every meal. (1 mark)

5. What nutrient do we need to help our bodies repair themselves and grow strong muscles? (1 mark)

6. How much of our daily plate should ideally be made up of fruit and vegetables? A) One-quarter B) One-half* C) All of it D) None (1 mark)

7. True or False: Fibre is important because it helps keep our digestive system healthy. (1 mark)

8. What is the best drink to choose for daily hydration? (1 mark)

9. If a meal costs £5.00, which is the healthiest and most balanced option? A) Chips and gravy B) A plain biscuit C) A salad with lean meat and brown rice* D) A bowl of sugary cereal (1 mark)

10. 10. True or False: You should never eat treats like chocolate or cakes, even in small amounts. (1 mark)

Draw: Draw a 'Balanced Plate' for Max the monkey. Divide a circle into sections and fill it with healthy foods like colourful vegetables, grains, and proteins.



Extension challenge: Research what 'The Eatwell Guide' is. Write a short paragraph explaining why we should limit foods high in fat, salt, and sugar.