

Max's Healthy Mealtime Challenge

Learning objective: To understand the principles of a healthy, balanced diet and how to make informed choices for a nutritious meal.

Max the monkey is busy calculating the perfect lunch! Read each question carefully and choose the best answer to help him stay energised for his next big adventure.

Answer Key: 1.C, 2.True, 3.False, 4.A, 5.B, 6.Protein, 7.True, 8.C, 9.False, 10.B. A balanced diet includes a variety of food groups to provide energy and keep our bodies working well.

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

1. Which of these food groups should make up the largest part of our balanced diet? A) Sugary sweets B) Fats and oils C) Fruit and vegetables* D) Cakes (1 mark)

2. True or False: Drinking water is essential for staying hydrated throughout the school day. (1 mark)

3. True or False: You should try to eat the same single type of food for every meal. (1 mark)

4. Which nutrient is essential for helping our muscles grow? A) Protein* B) Sugar C) Salt D) Air (1 mark)

5. What is the main role of carbohydrates in our diet? A) To make us sleepy B) To provide energy for our bodies* C) To make us taller D) To help us see in the dark (1 mark)

6. Name the type of food (like beans, fish, or lentils) that is a great source of muscle-building nutrients. (1 mark)

7. True or False: Eating a rainbow of different coloured vegetables helps us get a variety of vitamins. (1 mark)

8. If a healthy lunch costs £3.50 and you have £5.00, how much change should you get? A) £2.00 B) £1.00 C) £1.50* D) £0.50 (1 mark)

9. True or False: It is healthy to have high amounts of salt in every meal. (1 mark)

10. Which of these is a healthy cooking method? A) Deep frying B) Steaming* C) Coating in sugar D) Charring (1 mark)

Draw: Draw a 'Balanced Lunchbox' for Max the monkey. Include a portion of fruit, a protein source, a carbohydrate, and a bottle of water. Label your items!



Extension challenge: Imagine you are designing a healthy school menu for the week. Create a main meal option for Wednesday that includes at least three different food groups and estimate its cost in rupees and paise.