

Max's Healthy Fuel Challenge

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

Max the monkey is planning a big jungle expedition! He needs your help to build him a 'Power Plate'. Look at the food items below and sort them into the correct group: Carbohydrates, Proteins, Fruits/Vegetables, or Fats/Sugars. Then, answer the challenge questions to help Max make the best choices for his journey.

Word bank: Pasta · Lentils · Blueberries · Butter · Chicken · Spinach · Sweet potato · Olive oil · Salmon · Honey

1. Sort the word bank items into the four categories: Carbohydrates, Proteins, Fruits/Vegetables, and Fats/Sugars. Why does Max need a variety of these instead of just one type? (4 marks)

2. Max finds a snack bar that costs £1.20. It contains 15g of sugar. Explain why Max should choose a piece of fruit instead, even if the fruit cost more money. Justify your answer using the concept of 'energy levels'. (3 marks)

3. Compare and contrast the energy provided by complex carbohydrates (like sweet potatoes) versus simple sugars. Why are complex carbohydrates better for a long expedition? (3 marks)

4. If Max eats only protein, what might happen to his energy levels during his climb? Explain your reasoning. (2 marks)

5. Justify why it is important to eat a 'rainbow' of fruits and vegetables rather than just one colour. (2 marks)

6. Design a perfect lunchbox for Max's journey that includes one item from each of the four categories. Calculate the total cost if the main item is £2.50, the side is £0.80, and the drink is £0.70. (2 marks)

Draw: Draw Max's 'Power Plate'. Divide a circle into sections and illustrate a balanced meal using the food items from the word bank. Label each section with the food group name.



Extension challenge: Imagine Max has a budget of £5.00 for his daily food supply. Create a menu for his breakfast, lunch, and dinner. List the items, their prices, and explain why your menu choices ensure he remains healthy and energetic for his jungle trek.