

Max and Bea’s Healthy Eating Word Mat

Learning objective: To understand the components of a balanced diet and the importance of making healthy choices for our bodies and minds.

Key Vocabulary

Use this vocabulary mat to help you discuss nutrition. The terms are grouped into categories to help you understand how different foods fuel our bodies.

Explain why it is ...	Compare and con...	Justify your ans... Why is 'moderation' a vit...
What might happ...	If Max the monke...	Create a meal pla...