

Max's Healthy Fuel Sorting Challenge

Learning objective: To understand the importance of a balanced diet and categorise foods into the main food groups (carbohydrates, proteins, fats, and fruit/vegetables).

Max the monkey is preparing for a big tree-climbing adventure and needs to pack the right fuel! Look at the list of food items below. Your task is to sort them into the correct 'Fuel Group' table. Remember, a balanced diet gives us energy, helps us grow, and keeps our bodies working well.

Word bank: Oats · Chicken · Spinach · Avocado · Lentils · Brown Rice · Blueberries · Olive Oil · Salmon · Sweet Potato

1. Sort the items from the word bank into these four groups: Carbohydrates (Energy), Proteins (Growth/Repair), Fruit & Vegetables (Vitamins/Minerals), and Healthy Fats (Brain Function). (6 marks)

2. Max finds a snack bar that costs £1.20, but it contains 15g of sugar. Why might this be considered an 'occasional' treat rather than a daily fuel source? (2 marks)

3. If Max wants to stay full for his long climb, why are complex carbohydrates (like oats) better than simple sugars? (2 marks)

4. What is one benefit of including a variety of colourful vegetables in your meals? (1 mark)

5. If you were planning a healthy picnic lunch, name two items you would include and explain which food group each belongs to. (2 marks)

Draw: Draw a 'Balanced Plate' for Max. Divide a circle into sections and draw a healthy meal that includes at least one item from each of the four food groups mentioned in the task.



Extension challenge: Research the 'Eatwell Guide'. Design a weekly 'Fuel Plan' for a busy student, ensuring that each day includes at least five portions of fruit and vegetables, and explain why hydration (drinking water) is just as important as the food we eat.