

# 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.*