

Fuel Your Adventure: A Guide to Healthy Eating

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

Read each question carefully and use your knowledge of the 'Eatwell Guide' to provide thoughtful, healthy answers. Remember to think about variety and balance.

Max the monkey is planning a big hike up the Great Hill! To reach the top, he needs to make sure he has the right fuel. Max knows that eating a variety of foods helps his muscles grow, keeps his brain sharp, and gives him the energy to climb. He is looking at his lunchbox and thinking about how to build the perfect meal to keep him moving all day long.

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

1. Max needs long-lasting energy for his hike. Which food group should he include to provide this, and why is it important for his muscles? (2 marks)

2. Explain why it is important to include at least five portions of fruit and vegetables in your daily diet. (2 marks)

3. Max is looking at a menu. One option is a sugary fizzy drink, and the other is a bottle of water. Why is water the better choice for his body during a physical activity? (2 marks)

4. Create a balanced lunch menu for Max that includes at least three different food groups. Label each part of your meal with the food group it belongs to. (3 marks)

5. If Max spent £4.50 on a healthy salad, a piece of fruit, and a bottle of water, how much change would he receive from a £10 note? (2 marks)

Draw: Draw a 'Plate of Power' for Max the monkey. Divide the plate into sections and illustrate a healthy meal including a portion of protein, carbohydrates, and plenty of colourful vegetables.



Extension challenge: Research what 'hidden sugars' are. Write a short paragraph explaining why it is sometimes healthier to choose a whole piece of fruit instead of a fruit-flavoured snack or drink.