

Max's Guide to Fueling Your Body

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

Max the monkey wants to keep his energy levels high for his maths puzzles! Use this writing frame to create an informative leaflet about healthy eating. Write in clear, persuasive paragraphs and try to use the words from the bank to help your writing flow.

Eating a variety of foods is the best way to ensure our bodies get all the nutrients they need to grow, learn, and play.

Word bank: nutritious · essential · in addition · furthermore · on the other hand · consequently · balanced · vital · energy · growth

1. Introduction: Why is it important to choose healthy snacks over sugary treats? Start by saying: 'Making healthy choices is important because...' (2 marks)

2. The Five Food Groups: Describe the different types of food (fruit and vegetables, carbohydrates, proteins, dairy, and fats). Start by saying: 'A balanced diet should include a wide range of foods, for example...' (3 marks)

3. Energy and Focus: How does healthy food help you during a busy school day? Start by saying: 'When I eat a nutritious breakfast, I feel...' (2 marks)

4. Hydration: Why is water so important for our bodies? Start by saying: 'Water is essential for our health because...' (2 marks)

5. Conclusion: What is one healthy change you could make this week? Start by saying: 'In conclusion, I can improve my diet by...' (2 marks)

Extension challenge: Design a 'Healthy Plate' visual for your leaflet, showing the correct proportions of different food groups. Label each section with a brief explanation of why that food type is helpful for your body.