

Max's Healthy Picnic Basket

Learning objective: To understand the importance of healthy eating and identify foods that help our bodies grow and stay strong.

Max the monkey is packing a picnic for his friends. He wants to choose snacks that give him energy to climb and play. Look at the items below. Draw a line from the food item to the 'Healthy Picnic Basket' if it is good for our bodies, or to the 'Treat Jar' if it is a food we should only eat sometimes. Discuss with your grown-up why these choices are important.

Word bank: Apple · Crisps · Carrot sticks · Chocolate bar · Banana · Fizzy drink · Cucumber slices · Biscuit

1. Why does Max choose an apple instead of a chocolate bar for his main snack? (2 marks)

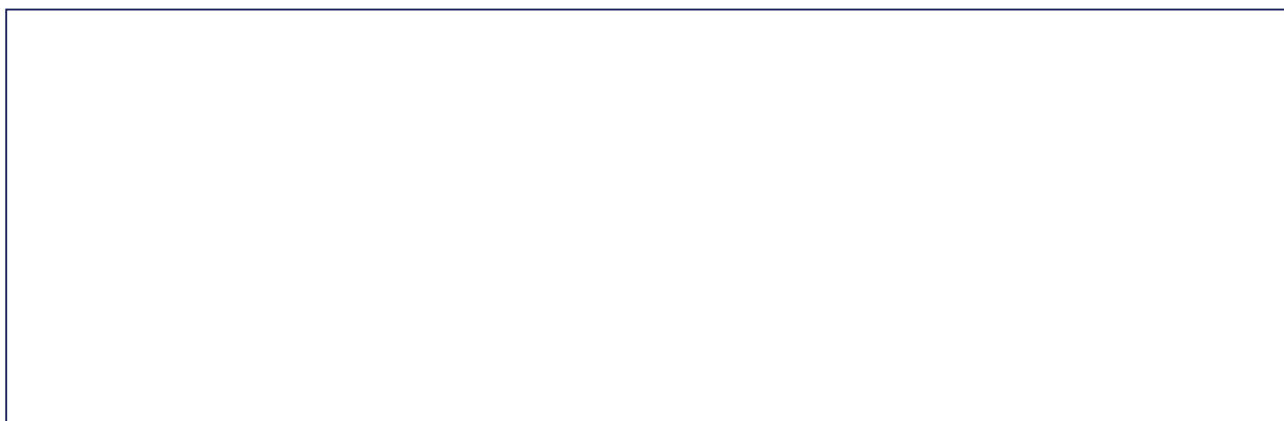
2. What is one healthy fruit or vegetable you enjoy eating to help you grow? (2 marks)

3. If Max has £2, and an apple costs 50p, how many apples could he buy? (2 marks)

4. How do you feel after eating a healthy meal compared to eating lots of sugary treats? (2 marks)

5. Why is it important to wash our fruit and vegetables before we put them in our picnic basket? (2 marks)

Draw: Draw your own perfect, healthy lunchbox. Include at least two different colours of fruit or vegetables and a healthy drink like water or milk.



Extension challenge: Ask your grown-up to help you find three different coloured vegetables in your kitchen. Can you name them and describe their colour and shape to a friend?