

Max's Healthy Snack Challenge

Learning objective: To identify healthy food choices and understand why our bodies need a variety of foods to grow and stay strong.

Help Max the monkey decide which foods will give him the most energy for his maths puzzles. Answer the questions below and remember to think about what makes a meal healthy.

Max the monkey is getting ready for a busy day of counting trees. He wants to pick the best snacks to keep his brain sharp and his tummy happy. He knows that some foods help him grow big and strong, while others are just for an occasional treat.

Word bank: fruit · vegetables · energy · water · treats · healthy

1. Max has an apple and a chocolate bar. Which one is a healthier snack to give him energy? Why? (2 marks)

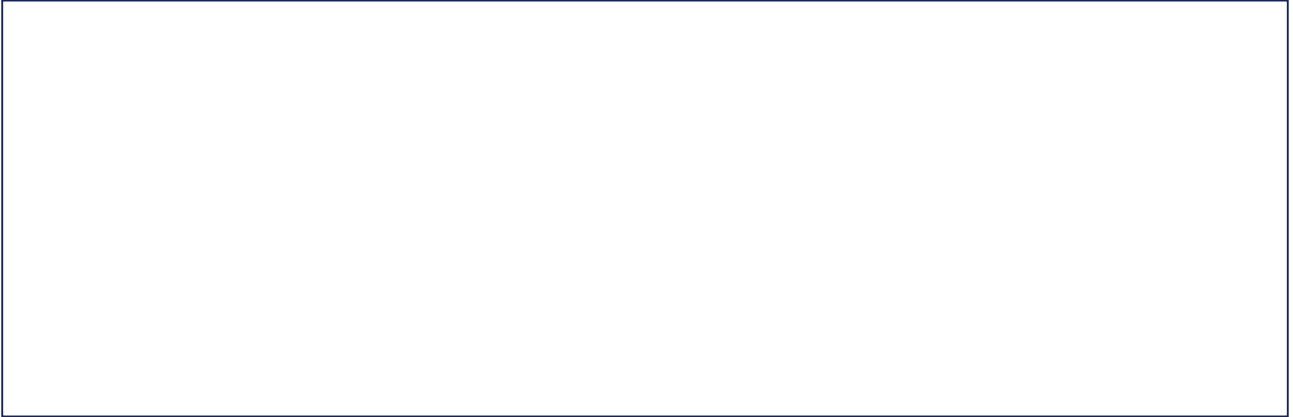
2. Can you name two different coloured vegetables that would be good for Max's lunchbox? (2 marks)

3. Why is it important for Max to drink water instead of fizzy drinks? (2 marks)

4. If Max wants to buy a healthy fruit salad at the market for £2, and he has a £1 coin and a £2 coin, which coin should he use? (1 mark)

5. Tick the foods that help us grow: ☐ Crisps ☐ Carrots ☐ Sweets ☐ Bananas (2 marks)

Draw: Draw a picture of a 'Rainbow Plate' for Max. Include at least three different coloured fruits or vegetables that you think would help him stay healthy and strong.



Extension challenge: Talk to a partner about your favourite healthy snack. Why does it make you feel good after you eat it?