Max and Bea’s Nutrition Quest

Learning objective: To identify that animals, including humans, need the right types and amounts of nutrition, and that they cannot make their own food; they get nutrition from what they eat.

Join Max the monkey and Bea the honeybee as they explore the science of food! Read the questions carefully and choose or write the best answer. Good luck!

Answer Key: 1.C, 2.True, 3.False (They need food for energy and growth), 4.Protein, 5.B, 6.True, 7.Carbohydrates, 8.A, 9.False (Plants make their own food, animals do not), 10.Calcium. (Marks: 1 per question)

Word bank: nutrition · protein · carbohydrates · vitamins · minerals · calcium · balanced diet · energy · growth · fibre

1. Which of these is essential for building and repairing muscles in the body? A) Sugar B) Fibre C) Protein* D) Water (1 mark)

2. True or False: A balanced diet means eating the correct proportions of different food groups. (1 mark)

3. True or False: Animals eat food only because they are hungry, not for growth. (1 mark)

4. Which nutrient group provides the body with its main source of quick energy? (1 mark)

5. What do we call the substances in food that help our bodies function, grow, and stay healthy? A) Rubbish B) Nutrition* C) Waste D) Decoration (1 mark)

6. True or False: Vitamins and minerals are needed in small amounts to keep us from getting ill. (1 mark)

7. Which food group would you find in bread, pasta, and potatoes? (1 mark)

8. Which of these is a good source of calcium for strong bones? A) Milk* B) Sweets C) Crisps D) Water (1 mark)

9. True or False: Animals can make their own food inside their bodies using sunlight. (1 mark)

10. What mineral is most famous for keeping our teeth and bones hard and strong? (1 mark)

Draw: Draw a 'Balanced Plate' featuring a variety of healthy foods. Label your plate with the nutrients you have included, such as protein, carbohydrates, and vitamins.

Extension challenge: 1. Explain why a marathon runner might choose to eat a meal high in carbohydrates the night before a race. 2. Compare and contrast the dietary needs of a growing child and an adult. 3. Justify your answer: Why is it risky to only eat one type of food group? 4. What might happen if a human diet lacked all sources of vitamin C? 5. If you were designing a 'super-snack' for Max the monkey, which three food groups would you include and why? 6. Design a 3-day healthy eating menu for a school canteen, ensuring every meal contains at least three different food groups.