

Max's Healthy Snack Sort

Learning objective: To sort foods into the correct food groups for a balanced diet.

Max the monkey is helping us learn about healthy eating. Look at the list of foods below. Write each food into the correct column in the table. Think about what the food is made of!

Word bank: Apple · Chicken · Bread · Cheese · Carrot · Rice · Fish · Milk · Banana · Potato

1. Draw a table with three columns: 'Fruit and Vegetables', 'Carbohydrates', and 'Protein and Dairy'. Place these foods in the right column: Apple, Chicken, Bread, Cheese, Carrot, Rice, Fish, Milk, Banana, Potato. (5 marks)

2. Why do we need a variety of foods to stay healthy? (2 marks)

3. Max wants a snack that gives him energy to climb. Which food group should he choose from? (1 mark)

4. If a snack costs £1.50 and you pay with a £2.00 coin, how much change do you get? (2 marks)

Draw: Draw your favourite healthy lunch on a plate. Include one item from each of the three food groups you sorted today.



Extension challenge: Imagine you are making a fruit salad. If an apple costs 40p and a banana costs 30p, how much would they cost altogether?