

Cooking and Nutrition Assessment

Learning objective: To understand the principles of a healthy, balanced diet and how to prepare food safely.

Read each question carefully. Use the word bank to help you. Write your answers clearly on the lines provided.

Max the monkey is planning a healthy picnic. He wants to make sure he has energy for his adventures and that his food is safe to eat. He remembers that a balanced diet means eating different types of food to help his body grow strong.

Word bank: protein · carbohydrates · fruit · vegetables · hygiene · balanced · vitamins

1. 1. Why is it important to wash your hands before you start cooking? (Hint: Think about hygiene) (2 marks)

2. 2. Max wants to include more vitamins in his snack. Name two examples of healthy food he could pack. (2 marks)

3. 3. Which food group gives our bodies energy for running and playing? (Look at the word bank) (1 mark)

4. 4. Complete this sentence: A _____ diet includes a variety of foods to keep us healthy. (1 mark)

5. 5. Max is making a fruit salad that costs £4.00. He has a £10.00 note. How much change should he get? (2 marks)

6. 6. Imagine you are helping Max prepare a healthy lunch. List three things you must do to stay safe in the kitchen. (3 marks)

7. 7. Why do we need to eat different food groups like protein and vegetables? Explain your answer. (4 marks)

8. 8. Write a short plan (5 sentences) for a healthy school lunch. Include one item from each food group and explain why it is a good choice. (10 marks)

Draw: Draw a picture of a healthy, balanced meal on a plate. Include at least three different food groups.



Extension challenge: Total: /25. Challenge: If Max buys three apples at 50p each and a loaf of bread for £1.50, how much does he spend in total?