

Max's Healthy Cooking Flashcards

Learning objective: To understand the basic food groups and how to maintain a healthy, balanced diet.

Read the front of each card. Try to guess the answer before you look at the back. Max the monkey says: 'Good food helps our bodies grow!'

What do we call a meal that has all the right food groups?

A balanced diet

Which food group gives us energy for running and playing?

Carbohydrates

Name one example of a protein food.

Meat, fish, eggs, or beans

Why are fruit and vegetables good for us?

They have vitamins to keep us from getting ill

Which food group helps build strong bones and teeth?

Dairy

What should we drink most of during the day?

Water

True or False: We should eat lots of sugary snacks every day.

False

Which food group includes butter and oils?

Fats

What food group does an apple belong to?

Fruit

What food group does a carrot belong to?

Vegetables

Why do we need protein?

To help our muscles grow and repair

What is the best way to stay hydrated?

Drinking plenty of water