

Max's Kitchen Nutrition Challenge

Learning objective: To understand the principles of a healthy, balanced diet and the importance of nutritional components in cooking.

Join Max the monkey in the kitchen! Read the questions carefully and use your knowledge of food groups and nutrition to solve these puzzles. Answer the 10 questions below to earn your Chef's Badge.

Answer Key: 1. C (Balanced diet), 2. True, 3. Carbohydrate, 4. B (Protein), 5. False, 6. Calcium, 7. A (Fibre), 8. True, 9. Hydration, 10. C (Fruit and vegetables).

Word bank: Protein · Carbohydrate · Vitamin · Balanced · Fibre · Hydration · Calcium · Nutrient

**1. 1. Max says eating a healthy diet means eating a variety of foods. What do we call this?
A) A sugar diet B) A limited diet C) A balanced diet* D) A skipping-meal diet (1 mark)**

2. 2. True or False: Eating a rainbow of different coloured fruits and vegetables helps us get the vitamins we need. (1 mark)

**3. 3. Which food group gives our bodies the energy we need to run, jump, and play all day?
(One word answer) (1 mark)**

**4. 4. Which of these is essential for building and repairing our muscles? A) Sugar B)
Protein* C) Salt D) Air (1 mark)**

5. 5. True or False: Processed snacks with high amounts of added sugar are the best way to get energy for school. (1 mark)

6. 6. Dairy products like milk, cheese, and yoghurt are excellent sources of which mineral that keeps our bones strong? (1 mark)

**7. 7. Which nutrient is vital for keeping our digestive system healthy? A) Fibre* B) Fat C)
Sugar D) Salt (1 mark)**

8. 8. True or False: Water is the best choice for hydration, as it contains no added sugars or hidden ingredients. (1 mark)

9. 9. What is the scientific term for ensuring our body has enough water to function correctly? (1 mark)

10. 10. Which food group should make up the largest portion of our plate? A) Meat B) Sweets C) Fruit and vegetables* D) Oils (1 mark)

Draw: Draw a 'Perfect Plate' for Max the monkey. Divide the plate into sections and label them with different food groups (e.g., carbohydrates, protein, vegetables) to show a healthy, balanced meal.



Extension challenge: Greater Depth Challenges: 1. Explain why a sports athlete might need a different nutritional balance than someone who is resting. 2. Compare and contrast the nutritional value of a fresh apple versus a packet of fruit-flavoured sweets. 3. Justify why it is important to check food labels for 'hidden sugars'. 4. What might happen to a child's concentration levels if they skipped breakfast? 5. Design a three-course dinner menu that costs under £5.00 for a family of four, ensuring it includes at least three different food groups. 6. Propose a plan to improve the nutritional variety of lunches in your school canteen.