

Max the Monkey's Tasty Nutrition Quiz

Learning objective: To identify healthy food groups and understand the importance of a balanced diet.

Hello! I am Max. I love solving puzzles about food. Read each question carefully. Choose the best answer. Use the word bank if you get stuck!

Answer Key: 1. A, 2. True, 3. Protein, 4. B, 5. False, 6. Vegetables, 7. A, 8. True, 9. Water, 10. Balanced. All healthy meals need a mix of different food groups to give our bodies energy and keep us strong.

Word bank: Fruit · Vegetables · Protein · Carbohydrates · Balanced · Sugar · Water

1. 1. Which food group gives us lots of vitamins? A) Fruit* B) Sweets C) Crisps D) Fizzy drinks (1 mark)

2. 2. True or False: We should eat some vegetables every day. (1 mark)

3. 3. Which food group helps our muscles grow strong? (Hint: Think of beans, fish, or eggs) (1 mark)

4. 4. What should we drink the most of? A) Fruit juice B) Water* C) Milkshake D) Cola (1 mark)

5. 5. True or False: It is healthy to eat only chocolate for dinner. (1 mark)

6. 6. Fill in the blank: Carrots and broccoli are types of _____. (1 mark)

7. 7. Which food group gives us energy to run and play? A) Carbohydrates* B) Salt C) Oil D) Butter (1 mark)

8. 8. True or False: A healthy plate has many different colours on it. (1 mark)

9. 9. What do you call a meal that has the right amount of all the healthy food groups? (1 mark)

10. 10. Which of these should we eat the least of? A) Apples B) Bread C) Sugar* D) Fish (1 mark)

Draw: Draw your favourite healthy meal on a plate. Make sure to include something green, something crunchy, and something that gives you energy!



Extension challenge: Max has £5.00 to spend on healthy snacks. If an apple costs 50p, how many apples can Max buy?