

Max's Healthy Snack Challenge

Learning objective: To understand how to choose healthy ingredients for a balanced snack.

Max the monkey is hungry! Help him pick the best ingredients for a healthy snack. Use the word bank to help you complete the sentences.

Word bank: fruit · vegetables · balanced · energy · sugar · vitamins

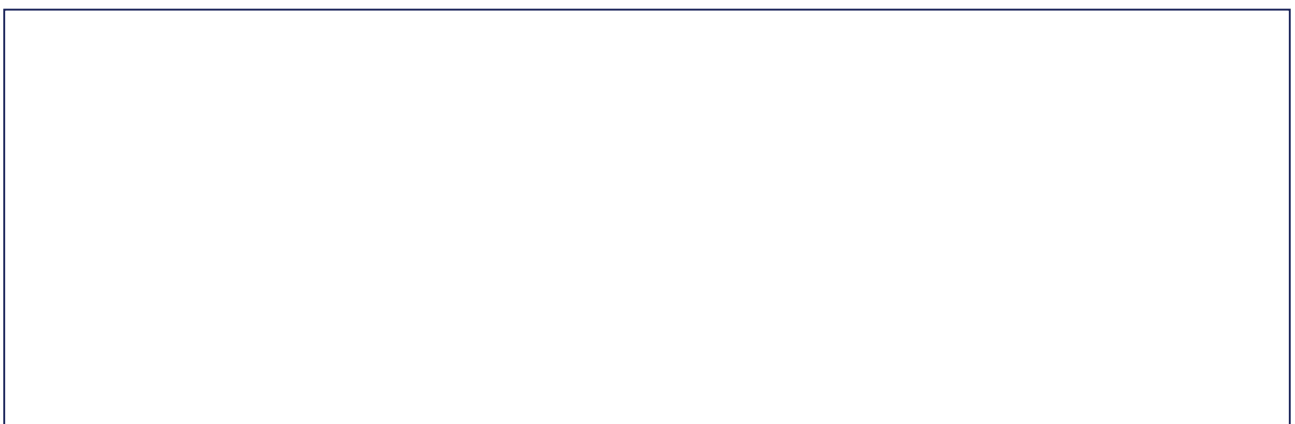
1. Max needs energy to play. Name two types of food that are part of a healthy, balanced diet. (2 marks)

2. Why is it better to eat an apple instead of a snack with lots of added sugar? (2 marks)

3. Look at these ingredients: Carrot sticks, apple slices, and a chocolate bar. Which two should Max pick for a healthy snack? (2 marks)

4. Complete the sentence: Eating lots of different coloured _____ and _____ helps us get the vitamins we need. (2 marks)

Draw: Draw a picture of a healthy snack you would make for Max. Include at least two different healthy food items.



Extension challenge: Max has £2.00 to spend at the market. If an apple costs 30p and a carrot costs 20p, how much would it cost to buy two of each? Show your maths!