

Max's Healthy Meals Flashcards

Learning objective: To identify the five main food groups and understand how to plan a balanced meal.

Read the front of the card. Think about the answer. Then, look at the back of the card to check your answer. Max the monkey is here to help you learn about healthy food!

What are the five main food groups?	What do we call a meal that has the right amount of all food groups?
Fruit and vegetables, starchy carbohydrates, protein, dairy, and oils/spreads.	A balanced meal.
Name one example of a starchy carbohydrate.	Why does our body need protein?
Bread, pasta, rice, or potatoes.	To help our bodies grow and repair muscles.
Which food group gives us calcium for strong bones and teeth?	What should we eat at least five portions of every day?
Dairy (like milk, yoghurt, or cheese).	Fruit and vegetables.
What should we only eat in small amounts?	True or False: Water is the best drink to keep us hydrated.
Foods high in fat, salt, or sugar.	True.
What do we call the 'fuel' our bodies need to move and play?	If a meal has only one type of food, is it balanced?
Energy.	No, it is not balanced.
What can we use to check what is inside the food we buy?	Which food group is chicken, fish, or beans in?
A food label.	The protein group.