

Max's Healthy Meal Masterclass

Eat well, grow strong, and let's get cooking with Max!

- A balanced meal should have a mix of protein, like chicken or beans, and carbohydrates, like pasta or bread, to give you energy.
- Fruit and vegetables provide important vitamins that help your body fight off nasty colds and keep you feeling great.
- Drinking plenty of water is the best way to stay hydrated while you play and study during the school day.
- Try to include at least two different colours of vegetables on your plate to make sure you are getting a variety of nutrients.
- Healthy fats, found in foods like avocado or oily fish, help your brain to think quickly and solve tricky maths puzzles.

Did you know? Did you know? Your body is like a clever machine! Max the monkey knows that eating different colours of fruit and vegetables gives you the special vitamins you need to stay active and keep your brain sharp for learning.

Key vocabulary: Balanced · Nutrients · Protein · Carbohydrates · Vitamins · Energy