

Max's Healthy Meal Quiz

Learning objective: To understand the principles of a healthy, balanced diet and how to prepare simple dishes.

Max the monkey is helping in the kitchen! Read each question carefully. Use the word bank at the bottom to help you spell your answers. If it is a multiple choice question, circle the correct letter.

Answer Key: 1. A, 2. True, 3. False, 4. B, 5. True, 6. Vegetables, 7. Water, 8. C, 9. False, 10. Protein.

Word bank: Fruit · Vegetables · Protein · Balanced · Water · Energy · Fibre · Sugar · Fat · Vitamins

1. 1. Which food group should we eat the most of? A) Vegetables* B) Sweets C) Crisps D) Cake (1 mark)

2. 2. True or False: A healthy meal should have different types of food. (1 mark)

3. 3. True or False: Eating sugary snacks is the best way to stay healthy. (1 mark)

4. 4. Which of these gives you energy? A) A stone B) Bread* C) A plastic toy D) A leaf (1 mark)

5. 5. True or False: We need to wash our hands before we cook food. (1 mark)

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

7. 7. What is the best drink to keep us hydrated? (1 mark)

8. 8. Which of these is a healthy snack? A) A biscuit B) A fizzy drink C) An apple* D) A chocolate bar (1 mark)

9. 9. True or False: We only need to eat one type of food every day. (1 mark)

10. 10. Meat, beans, and eggs are good sources of _____. (1 mark)

Draw: Draw a healthy plate of food. Try to include one item from each food group, like a protein, a vegetable, and a carbohydrate.



Extension challenge: Max wants to buy healthy food for £5.00. If an apple costs 50p and a bag of carrots costs £1.00, how much would they cost altogether?