

Healthy Meals with Max the Monkey

Learning objective: To understand how to create a balanced meal using the main food groups.

Max the Monkey loves to solve maths puzzles, but today he needs your help to build a healthy plate! Read the questions carefully and use the word bank to help you answer.

Word bank: Fruit · Vegetables · Protein · Carbohydrates · Dairy · Balanced · Healthy

1. Max is making a lunch plate. Name one food that belongs in the 'Fruit and Vegetables' group. (1 mark)

2. Why is it important to have a balanced meal? (Sentence starter: A balanced meal is important because...) (2 marks)

3. Max bought a salad for £2.50 and an apple for 50p. How much did he spend in total? (1 mark)

4. Tick the foods that give us energy for running and jumping: ☐ Bread ☐ Sweets ☐ Pasta ☐ Crisps (2 marks)

5. List one type of protein that helps our bodies grow strong (like fish, beans, or eggs). (1 mark)

Draw: Draw a picture of a healthy, colourful meal on the plate below. Try to include at least three different food groups.



Extension challenge: If you had £5.00 to spend at a market, what healthy items would you buy for a picnic? List your items and how much they might cost.