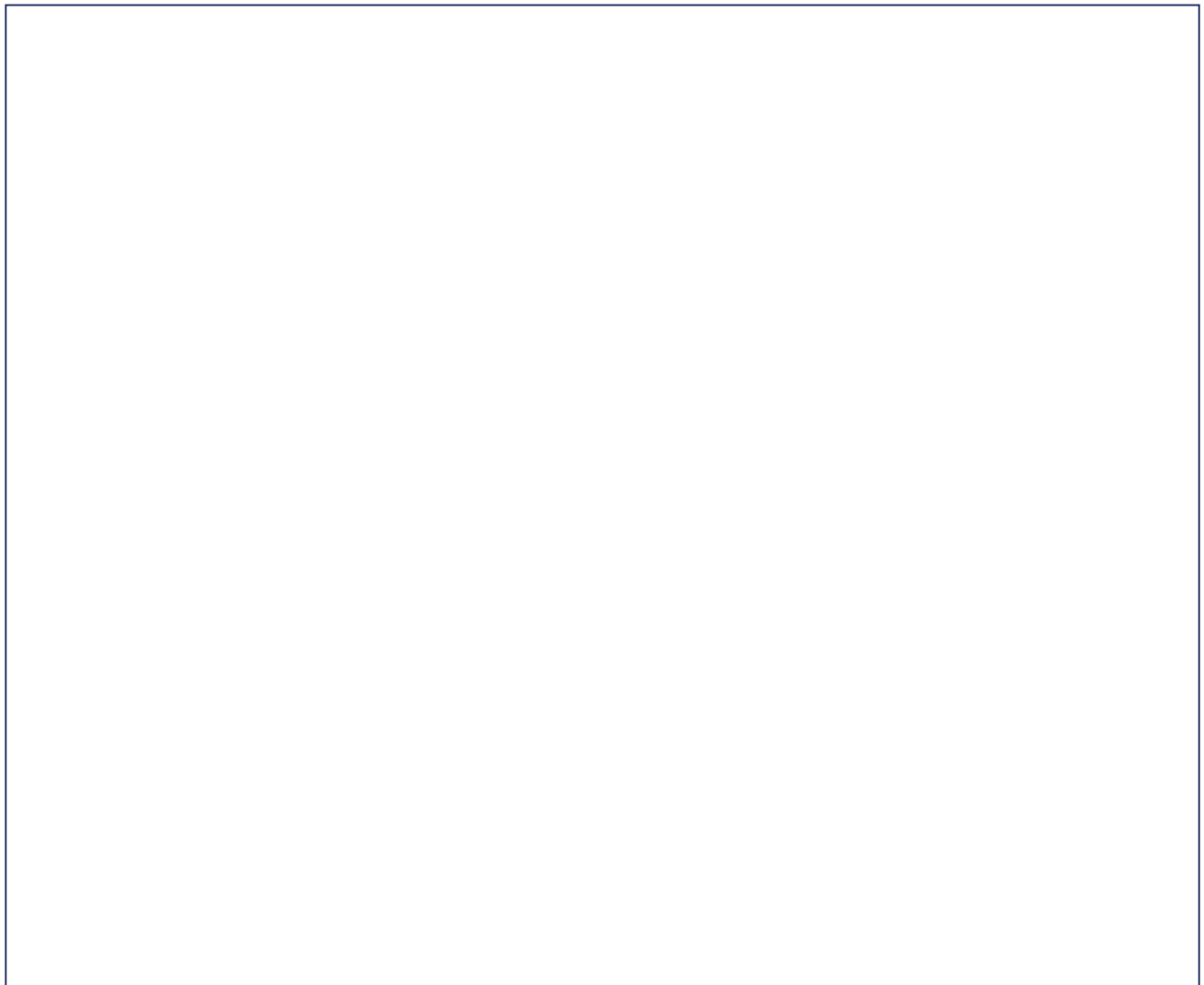


Max the Monkey's Healthy Picnic

Learning objective: To identify healthy food choices and understand why they are important for our bodies.

Max the Monkey is getting ready for a picnic! Help him choose the best snacks to keep him energetic for his climbing adventures. Draw your favourite healthy foods in his basket and label them using the word bank.

Draw: Draw a large, woven picnic basket sitting on a patch of green grass. Around the basket, draw colourful, healthy foods like shiny apples, long orange carrots, yellow bananas, and a bottle of water. Use bright, cheerful colours for the food to show that healthy eating is fun. In the corner, draw Max the Monkey smiling and waving at his picnic.



Label words: apple · carrot · banana · bread · grapes · water

Steps:

1. Step 1: Draw a big basket in the middle of the page for Max's picnic.
2. Step 2: Draw three pieces of fruit inside the basket that you enjoy eating.
3. Step 3: Draw a vegetable that is crunchy, like a carrot, next to the basket.
4. Step 4: Label your fruit and vegetables using the words from the word bank.
5. Why is it important to eat fruit and vegetables? Tell a grown-up your idea.