

Max's Healthy Plate Challenge

Learning objective: To identify different food groups and understand why a balanced diet is important for our bodies.

Max the monkey is trying to pack a healthy lunch. Look at the food items in the list below. Sort each item into the correct food group box. If you need help, look at the word bank to see which group each food belongs to.

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

1. Apples and bananas belong in the _____ group. (2 marks)

2. Carrots and broccoli belong in the _____ group. (2 marks)

3. Chicken and beans belong in the _____ group. (2 marks)

4. Bread and pasta belong in the _____ group. (2 marks)

5. Milk and cheese belong in the _____ group. (2 marks)

Draw: Draw a picture of your favourite healthy lunch on the plate below. Try to include at least one item from three different food groups.



Extension challenge: Max spent £3.50 on his healthy lunch. If he had £5.00, how much change did he get back? Show your maths working out.