

# Healthy Eating and Wellbeing Assessment

*Learning objective: To evaluate understanding of the Eatwell Guide, the importance of balanced nutrition, and the impact of food choices on physical and mental health.*

Read each question carefully. Use the word bank provided to support your answers. Ensure your explanations are clear and detailed to gain full marks.

Max the monkey has been busy calculating the best fuel for his woodland friends. He knows that just like a car needs the right petrol, our bodies need the right nutrients to grow, move, and think clearly. Bea the honeybee reminds everyone that eating a rainbow of fruit and vegetables provides the essential vitamins to keep our immune systems strong. Ellie the elephant reminds us that drinking plenty of water is just as important as the food we eat to ensure our brains stay sharp for all our learning adventures.

*Word bank: Balanced diet · Nutrients · Energy · Hydration · Portion size · Vitamins · Sugars · Fibre*

**1. Name two food groups from the Eatwell Guide and explain why they are important for a healthy body. (2 marks)**

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**2. Max says, 'I only need to eat fruit because it is healthy.' Justify why Max is incorrect and explain the importance of a 'balanced diet'. (3 marks)**

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**3. Explain why drinking water is essential for your body during a busy school day. (2 marks)**

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**4. Compare and contrast the effect of eating a piece of fruit versus eating a sugary snack before a sports lesson. Which would provide better energy and why? (4 marks)**

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**5. What might happen to a person's mood or physical health if they consistently chose processed snacks over fresh, nutrient-rich meals? Explain your reasoning. (4 marks)**

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**6. Imagine you are planning a school picnic for your friends. Design a meal that includes items from at least three different food groups. List your items and explain why this is a healthy choice. (5 marks)**

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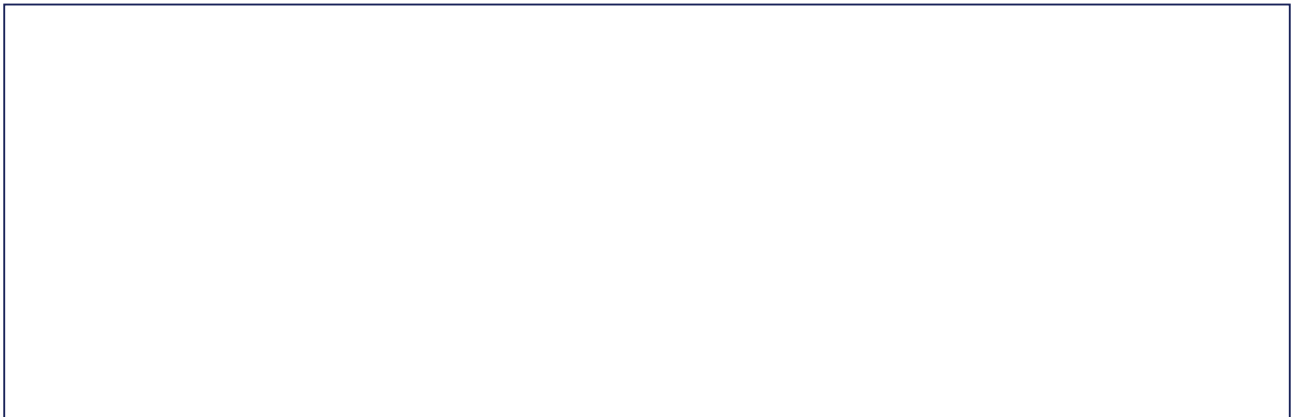
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**7. If a healthy lunchbox costs £2.50, calculate the total cost of providing a healthy lunch for five days. If you have £15.00, how much change would you have left? (5 marks)**

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**Draw: Draw a 'Balanced Plate' featuring a variety of foods from the main food groups. Label your plate clearly to show which items provide energy and which provide vitamins.**



*Extension challenge: Total: /25. Challenge: Research the 'Eatwell Guide' further. Write a short paragraph explaining why some foods (such as those high in fat, salt, or sugar) should be eaten less often, and suggest a healthier alternative for each.*