

Fuel Your Future: The Power of Healthy Eating

Learning objective: To understand the importance of a balanced diet for physical health and well-being.

Read the text carefully and answer the questions below in full sentences. Think carefully about how the food we eat affects our bodies and minds.

Max the monkey is always busy solving maths puzzles, but he knows that his brain needs the right fuel to work its best. He often chats with Bea the honeybee, who teaches him that a healthy, balanced diet is like a recipe for success. To stay energised for a long day of exploring, Max eats a variety of colourful foods. He chooses crunchy vegetables and sweet fruits for essential vitamins, and protein-rich beans or grains to keep his muscles strong.

Bea explains that eating too many sugary treats might give you a quick burst of energy, but it often leads to a 'crash' later on, leaving you feeling tired and grumpy. Instead, opting for complex carbohydrates provides a steady supply of fuel. Drinking plenty of water is just as vital; it keeps our bodies hydrated and helps our brains focus on complex problems. By choosing a rainbow of natural foods, we provide our bodies with the nutrients they need to grow, learn, and play with enthusiasm. Remember, what you choose to put on your plate today helps determine how you feel tomorrow.

Word bank: nutrients · balanced · energy · vitamins · well-being · fibre · protein · hydrated

1. According to the text, why does Max choose to eat a variety of colourful foods? (2 marks)

2. What does Bea suggest happens to your body if you eat too many sugary treats? (2 marks)

3. Explain why drinking water is described as 'vital' for someone like Max. (2 marks)

4. Why might a diet lacking in variety affect a child's performance during a maths lesson? (2 marks)

5. Do you think it is possible to be healthy while still enjoying an occasional treat? Justify your answer. (3 marks)

Draw: Draw a 'balanced plate' using a rainbow of healthy foods. Include labels to show which parts of the meal provide vitamins, protein, and energy.



Extension challenge: Design a weekly 'Healthy Snack Menu' for your school. Compare and contrast how your menu provides better nutrition than a menu filled with processed snacks. Justify your choices by explaining how these foods support brain function.