

Fuel Your Future: A Healthy Eating Challenge

Learning objective: To understand the importance of a balanced diet and how different food groups contribute to our physical and mental well-being.

Read each question carefully and use your knowledge of nutrition to provide detailed, thoughtful answers. Max the monkey is looking for logical explanations, so show your working out!

Max the monkey is preparing for a long trek through the jungle. He knows that his body needs a variety of fuel to keep his brain sharp and his muscles strong. A healthy diet isn't just about one meal; it is about choosing the right balance of foods throughout the week. Bea the honeybee reminds us that our bodies are like complex machines that perform best when they receive the right ingredients in the right amounts.

Word bank: nutrients · balanced · carbohydrates · protein · vitamins · energy · hydration · minerals · calcium · fibre

1. Max needs long-lasting energy for his jungle trek. Explain why complex carbohydrates are a better choice for him than sugary snacks. (2 marks)

2. Identify two food groups that are essential for bone growth and explain how they help the body. (2 marks)

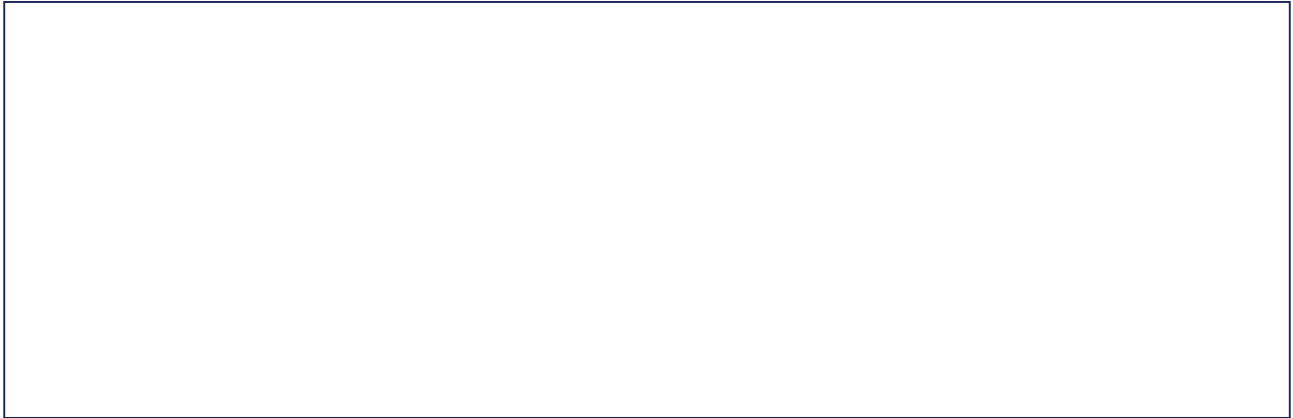
3. If a child eats only one type of food, such as bread, for every meal, what might happen to their health? Justify your answer using the concept of a 'balanced diet'. (3 marks)

4. Compare and contrast the role of protein in our diet with the role of vitamins. Why does the body need both? (3 marks)

5. You are shopping for a healthy school lunch. You have £5.00. Create a list of three healthy items you would buy and explain the nutritional benefit of each item. (3 marks)

6. What might happen if someone stops drinking enough water? Explain the impact of hydration on concentration and physical performance. (2 marks)

Draw: Draw a 'Balanced Plate' featuring a colourful variety of foods. Label your plate with the different food groups (e.g., fruit and vegetables, carbohydrates, protein, dairy, and fats).



Extension challenge: Design a 7-day healthy eating menu for a school canteen. Write a persuasive paragraph explaining why your menu would help students improve their focus and energy levels during afternoon lessons.