

Max's Healthy Eating Challenge

Learning objective: To understand the importance of a balanced diet, the role of nutrients, and how to make informed choices for a healthy lifestyle.

Help Max the monkey solve these healthy eating puzzles! Answer the questions below to demonstrate your knowledge of nutrition and healthy habits.

Answer Key: 1. C, 2. True, 3. Protein, 4. B, 5. False, 6. Fiber, 7. B, 8. True, 9. 5, 10. Carbohydrates. Greater Depth Guidance: Encourage students to explain the biological 'why' behind their answers, linking nutrients to specific bodily functions like muscle repair or cognitive focus.

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

1. Which of these food groups provides the main source of energy for our bodies? A) Fruit B) Vegetables C) Carbohydrates* D) Fats (1 mark)

2. True or False: Drinking water is essential for keeping our brains focused and our bodies hydrated. (1 mark)

3. Which nutrient is most important for repairing muscles and helping our bodies grow? (1 word) (1 mark)

4. How many portions of fruit and vegetables should we aim to eat every day? A) 2 B) 5* C) 10 D) 1 (1 mark)

5. True or False: Eating sugary snacks is the best way to get long-lasting energy for the school day. (1 mark)

6. Which nutrient helps our digestive system stay healthy and keeps us feeling full? (1 word) (1 mark)

7. Why do we need vitamins and minerals? A) To make us sleep B) To support our immune system and bone health* C) To make us taller instantly D) To flavor our food (1 mark)

8. True or False: A 'balanced diet' means eating a wide variety of different foods from all the main food groups. (1 mark)

9. How many glasses of water is it generally recommended to drink per day? (Number only) (1 mark)

10. Which food group is vital for providing the brain with the fuel it needs to solve math puzzles? A) Sweets B) Carbohydrates* C) Fizzy drinks D) Salt (1 mark)

Draw: Draw a 'Balanced Plate' for Max the monkey. Include a colorful variety of foods from different groups and label the nutrients they provide.



Extension challenge: 1. Explain why a professional athlete would require a different diet than someone who is less active. 2. Compare and contrast the energy provided by a piece of fruit versus a packet of crisps. 3. Justify why it is important to check food labels for hidden ingredients. 4. What might happen to a person's health if they only ate one type of food for a month? 5. Design a healthy, balanced lunch menu for a school canteen that costs under £2.00 per person. 6. Research and describe the role of iron in the body and suggest three food sources that contain it.