

Healthy Eating and Wellbeing Assessment

Learning objective: To demonstrate an understanding of the Eatwell Guide, the importance of a balanced diet, and how food choices affect our physical and mental health.

Read each question carefully. Use the word bank to help you express your ideas clearly. Ensure your answers are written in full sentences where requested.

Max the monkey is planning a big jungle feast! He wants to make sure all his friends have enough energy to play, climb, and study. Max knows that eating a variety of foods is the best way to keep the body strong and the mind focused. He is looking at the five main food groups: fruit and vegetables, starchy carbohydrates, proteins, dairy, and oils/spreads.

Word bank: balanced · nutrients · energy · hydration · portion · vitamins · carbohydrates · protein · wellbeing

1. Identify two main food groups that should make up the largest part of a healthy, balanced meal. (2 marks)

2. Why is it important for a Grade 4 student to drink water throughout the school day instead of sugary drinks? (3 marks)

3. Explain the difference between a 'nutrient-dense' snack and a snack that is high in sugar but low in nutritional value. (4 marks)

4. If Max is feeling tired during his math puzzles, which food group would give him the best long-term energy? Explain your choice. (3 marks)

5. List three ways that healthy eating can positively affect your mental wellbeing and focus in the classroom. (3 marks)

6. Max wants to buy some fruit for the feast. If an apple costs 45p and a banana costs 35p, how much would it cost to buy three apples and two bananas? Show your working out. (5 marks)

7. Extended Writing: Imagine you are designing a lunchbox for a friend. Describe what you would include to make it a 'balanced' meal and explain why each item is a healthy choice. (5 marks)

Draw: Draw a 'Balanced Plate' featuring at least three different food groups. Label your drawing with the names of the food items.



Extension challenge: Total: /25