

Fuel Your Future with Bea the Bee

Learning objective: To understand the importance of a balanced diet and how different food groups contribute to a healthy, active lifestyle.

Read the text carefully and answer the questions below. Ensure you use evidence from the text to support your answers where required.

Bea the honeybee knows that to keep her wings buzzing and her hive thriving, she needs the right fuel. Just like bees, children need a balanced diet to grow, learn, and play. A healthy plate should be a colorful mix of different food groups. Carbohydrates, like brown rice or wholemeal bread, provide the slow-release energy needed for a long day of math and sport. Proteins, found in beans, fish, and eggs, act as the building blocks for strong muscles and bones. Meanwhile, fruits and vegetables are packed with essential vitamins that help our immune systems stay strong. Bea warns that while sugary snacks might give a quick burst of excitement, they often lead to a 'crash' later on. Instead, she suggests choosing natural sweetness, like a crisp apple or a handful of berries. Drinking plenty of water is also vital to keep our brains sharp and our bodies hydrated. By choosing a variety of foods, we give our bodies exactly what they need to succeed. Remember, it is not about never having a treat, but about making healthy choices the main part of our daily routine.

Word bank: balanced · nutrients · energy · vitamins · carbohydrates · moderation · hydration

1. According to the text, which food group acts as the building blocks for strong muscles and bones? (1 mark)

2. What does Bea suggest is the reason for avoiding too many sugary snacks? (2 marks)

3. Why might a student need to eat carbohydrates before a busy school day? (2 marks)

4. Based on the text, how does the author feel about having 'treats' in our diet? (2 marks)

5. Do you agree that a colorful plate is healthier than a plain one? Explain your reasoning using information from the passage. (3 marks)

Draw: Draw a 'Balanced Plate' featuring a variety of healthy food items you have learned about, including a drink of water.

A large, empty rectangular box with a thin black border, intended for a student to draw a 'Balanced Plate' with various healthy food items and a drink of water.

Extension challenge: Design a healthy weekly lunch menu for a school canteen. Ensure each day includes at least one source of protein, carbohydrates, and vegetables, and explain why your choices are good for a growing child.