

Healthy Eating Challenge with Max and Bea

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

Read the front of each flashcard and try to answer the question or define the term before checking the back. Use these cards to test your knowledge about fueling your body correctly.

What is a 'Balanced Diet'?

A diet that includes a variety of foods in the right proportions to provide the body with all the nutrients it needs to function correctly.

Why does Max the monkey need carbohydrates in his diet?

Carbohydrates are the body's main source of energy, helping Max stay active and play all day.

What is the main job of protein in our bodies?

Protein is essential for growth and for repairing muscles, skin, and organs.

Bea the honeybee reminds us to eat 'five a day'. What does this mean?

It means eating at least five portions of a variety of fruit and vegetables every single day to get important vitamins and minerals.

What is the role of fiber in a healthy diet?

Fiber helps to keep our digestive system healthy and helps us feel full after eating.

Why is hydration important for our health?

Our bodies are mostly made of water. Drinking enough water helps our brain work, keeps our temperature steady, and carries nutrients around the body.

What nutrient do we get from dairy products like milk and cheese?

Calcium, which is vital for building and maintaining strong bones and teeth.

True or False: Fats should be completely removed from our diet.

False. We need small amounts of healthy fats for brain function and to help our bodies absorb certain vitamins.

If a snack costs £1.20 and a piece of fruit costs £0.30, which is the healthier, lower-cost choice for a school break?

The fruit at £0.30, as it is naturally packed with vitamins and is cheaper than most processed snacks.

What are vitamins and minerals?

They are 'micronutrients' that our bodies need in small amounts to work properly, keep our immune system strong, and help us grow.

What does 'portion size' refer to?

It refers to the amount of a specific food that you eat at one time, helping you to avoid eating too much or too little of certain food groups.

How can you tell if a meal is balanced by looking at your plate?

A balanced plate should be roughly half fruit and vegetables, a quarter protein, and a quarter carbohydrates.