

## Max's Healthy Picnic Basket

*Learning objective: To understand the importance of healthy eating and identify foods that help our bodies grow and stay strong.*

Max the monkey is packing a picnic for his friends. He wants to choose snacks that give him energy to climb and play. Look at the items below. Draw a line from the food item to the 'Healthy Picnic Basket' if it is good for our bodies, or to the 'Treat Jar' if it is a food we should only eat sometimes. Discuss with your grown-up why these choices are important.

*Word bank: Apple · Crisps · Carrot sticks · Chocolate bar · Banana · Fizzy drink · Cucumber slices · Cookie*

**1. Why does Max choose an apple instead of a chocolate bar for his main snack? (2 marks)**

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**2. What is one healthy fruit or vegetable you enjoy eating to help you grow? (2 marks)**

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**3. If Max has £2, and an apple costs 50p, how many apples could he buy? (2 marks)**

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**4. How do you feel after eating a healthy meal compared to eating lots of sugary treats? (2 marks)**

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**5. Why is it important to wash our fruit and vegetables before we put them in our picnic basket? (2 marks)**

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**Draw:** Draw your own perfect, healthy lunchbox. Include at least two different colors of fruit or vegetables and a healthy drink like water or milk.



*Extension challenge: Ask your grown-up to help you find three different colored vegetables in your kitchen. Can you name them and describe their color and shape to a friend?*