

Max's Healthy Food Fact-File

Learning objective: To understand the importance of a balanced diet and identify healthy food choices.

Hello! I am Max the monkey. I love solving puzzles about how to keep my body strong and energetic. Use this fact-file to show what you know about healthy eating. Read each question carefully. Use the word bank if you get stuck. You can use the sentence starters to help you begin your answers.

Word bank: balanced · energy · fruit · vegetables · protein · vitamins · water · healthy

1. Why is it important to eat a balanced diet? (Start your answer with: Eating a balanced diet is good because...) (2 marks)

2. List three examples of healthy foods you enjoy. (Start your answer with: Three healthy foods I like are...) (2 marks)

3. Why should we drink water during the day? (Start your answer with: We should drink water because...) (2 marks)

4. What does your body need to stay strong? (Start your answer with: My body needs...) (2 marks)

Extension challenge: Draw a picture of a 'perfect healthy plate' in the space below. Include at least one fruit, one vegetable, and a source of protein.