

Max's Healthy Food Guide

Learning objective: To understand how to make healthy food choices for a balanced lifestyle.

Use the prompts below to write your own healthy eating guide. Use the word bank to help you connect your sentences. Look at the sentence starters to help you get going.

Max the monkey knows that eating the right food gives him plenty of energy to solve his maths puzzles all day long.

Word bank: because · also · healthy · energy · fruit and vegetables · balanced · important · sometimes

1. What are your favourite healthy foods? Start your sentence with: My favourite healthy foods are... (2 marks)

2. Why is it important to eat fruit and vegetables? Start your sentence with: Eating fruit and vegetables is good because... (2 marks)

3. What does a balanced plate look like? Start your sentence with: A balanced plate should have... (2 marks)

4. Why should we only have sugary treats sometimes? Start your sentence with: It is okay to have treats sometimes, but... (2 marks)

Extension challenge: Can you draw a picture of your perfect healthy lunch box below your writing?