

Healthy Eating Assessment

Learning objective: To understand the importance of a balanced diet and how food affects our bodies.

Read each question carefully. Use the word bank if you need help with spelling. Write your answers clearly in the spaces provided.

Max the monkey is planning a healthy picnic. He knows that eating a variety of foods gives him the energy to climb and play. He chooses an apple, some crunchy carrots, and a sandwich. He also remembers to bring his water bottle.

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

1. 1. Why does Max need to eat food? (1 mark) (1 mark)

2. 2. Name two healthy foods Max could choose for his picnic. (2 marks) (2 marks)

3. 3. Why is it important to drink water instead of drinks with lots of sugar? (2 marks) (2 marks)

4. 4. What does a 'balanced' diet mean? Explain using an example. (3 marks) (3 marks)

5. 5. Look at your own lunchbox. Describe two healthy items you might have. Why are they good for your body? (4 marks) (4 marks)

6. 6. Write a short paragraph about why it is important to eat your 'five a day'. Think about how it makes you feel and how it helps your body grow. (5 marks) (5 marks)

Draw: Draw a picture of a healthy lunchbox in the box below. Include at least three different food groups.



Extension challenge: Total: /25. Imagine you are a chef. Design a healthy meal for your friends. List the ingredients and say why each one is good for you.