

# Healthy Eating Flashcards with Max the Monkey

*Learning objective: To identify healthy food groups and understand why our bodies need a balanced diet.*

Read the front of the card. Think about the answer. Flip the card over (or look at the answer) to check if you are right. Max the Monkey loves to count his five-a-day!

|                                                                                 |                                                                             |
|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| <b>What do we call a mix of different foods that keeps our bodies strong?</b>   | <b>Which food group gives us energy to run and play?</b>                    |
| A balanced diet                                                                 | Carbohydrates (like bread, rice, or pasta)                                  |
| <b>How many portions of fruit and vegetables should we aim to eat each day?</b> | <b>Why is drinking water important for our bodies?</b>                      |
| At least five portions                                                          | It keeps us hydrated and helps our brain work well                          |
| <b>Which food group helps our muscles grow strong?</b>                          | <b>What do vitamins do for our bodies?</b>                                  |
| Protein (like beans, eggs, fish, or chicken)                                    | They help us stay healthy and fight off germs                               |
| <b>Why should we eat sugary snacks only sometimes?</b>                          | <b>Which food group contains calcium to help our bones grow?</b>            |
| Too much sugar is not good for our teeth or energy levels                       | Dairy (like milk, yoghurt, or cheese)                                       |
| <b>What is a healthy snack choice?</b>                                          | <b>True or False: We should try to eat different colours of vegetables.</b> |
| A piece of fruit or some carrot sticks                                          | True! Different colours have different vitamins                             |