

Max and Bea's Healthy Eating Quiz

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

Read each question carefully. Tick the right box or write the word. Use the word bank if you get stuck!

Answer Key: 1. A, 2. B, 3. True, 4. False, 5. Water, 6. A, 7. True, 8. Fruit, 9. False, 10. Balanced. All answers are based on the Eatwell Guide principles suitable for Class 4.

Word bank: Fruit · Water · Vegetables · Energy · Healthy · Sugar · Balanced

1. 1. Which of these is the best snack for your body? A) Apple* B) Sweets C) Crisps D) Fizzy drink (1 mark)

2. 2. What gives our bodies energy to run and play? A) Dust B) Food* C) Rocks D) Plastic (1 mark)

3. 3. True or False: We should try to eat different colours of vegetables. (1 mark)

4. 4. True or False: It is healthy to eat sweets at every meal. (1 mark)

5. 5. What is the best drink to keep you hydrated? (Write one word) (1 mark)

6. 6. Which one helps you grow strong? A) Protein* B) Paper C) Chalk D) Sand (1 mark)

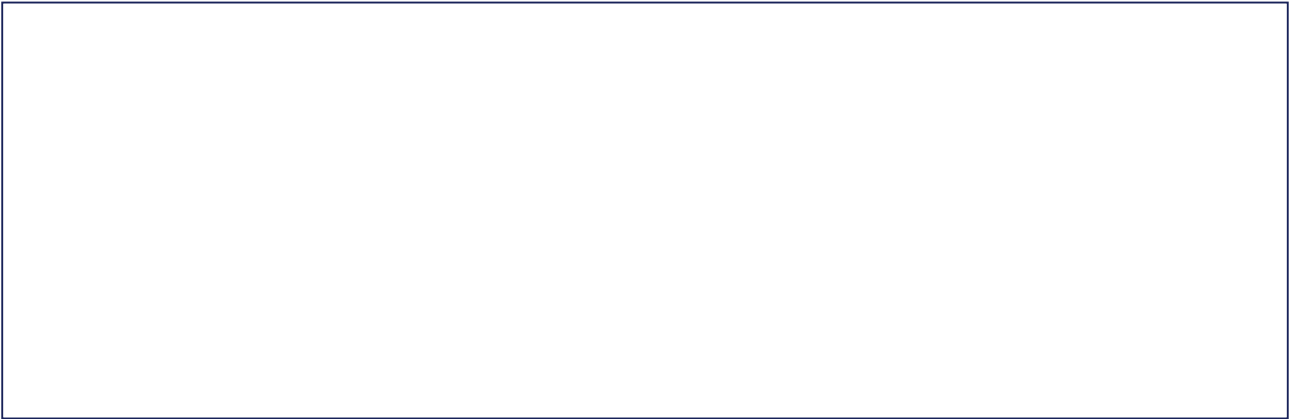
7. 7. True or False: Eating breakfast helps your brain work at school. (1 mark)

8. 8. What should you eat if you want a sweet treat? (Write one word) (1 mark)

9. 9. True or False: You only need to drink water when you are thirsty. (1 mark)

10. 10. Does a healthy diet mean eating a [blank] diet with many types of food? (1 mark)

Draw: Draw a picture of your favourite healthy lunchbox. Include a piece of fruit, a sandwich, and a bottle of water.



Extension challenge: Max the monkey is shopping for a snack. An apple costs 40p and a bag of crisps costs 60p. If he has £1.00, which one should he buy to be healthy? Why?