

Max's Kitchen Science: Nutrition and Healthy Eating

Learning objective: To understand the principles of a healthy, varied diet, identify the main food groups, and explain how nutrients support bodily functions.

Use these flashcards to test your knowledge of nutrition. Max the Monkey has broken these down into key terms to help you build a balanced, nutritious meal plan.

Balanced Diet

A diet that contains the correct proportions of carbohydrates, proteins, fats, vitamins, minerals, and fibre to maintain good health and provide the body with energy.

Carbohydrates

The body's primary source of energy, found in foods like bread, rice, potatoes, and pasta.

Proteins

Nutrients essential for the growth and repair of body tissues, found in meat, fish, eggs, beans, and lentils.

Fats

A concentrated energy source that also protects vital organs and helps the body absorb certain vitamins.

Vitamins and Minerals

Micronutrients required in smaller amounts to support immune function, bone health, and overall bodily processes.

Fibre

A type of carbohydrate that the body cannot digest, which helps keep the digestive system healthy and moving efficiently.

Hydration

The process of replacing water in the body, which is vital for regulating temperature and transporting nutrients to cells.

Nutrient-dense

Food that provides a high amount of vitamins, minerals, and other healthy substances with relatively few calories.

The Eatwell Guide

A UK government policy tool that shows the proportions of different food groups needed to achieve a healthy, balanced diet.

Energy Balance

The relationship between the energy taken into the body through food and the energy used by the body through physical activity.