

Year 5 PSHE Assessment: Fuel for Life

Learning objective: To demonstrate an understanding of the components of a balanced diet, the impact of food choices on physical and mental wellbeing, and the ability to make informed nutritional decisions.

Read each question carefully. Use the word bank to help you express your ideas clearly. Ensure your answers reflect your knowledge of healthy lifestyle choices.

Max the monkey is training for the Great Jungle Marathon. He knows that his performance depends on what he eats. He has been tracking his intake of fruit, vegetables, whole grains, and lean proteins to ensure he stays at peak physical fitness. Meanwhile, Pip the caterpillar has been studying how sugar affects concentration and energy levels throughout the school day.

Word bank: nutrients · carbohydrates · balanced · protein · energy · hydration · vitamins · moderation · wellbeing · metabolism

1. Identify three main food groups and explain the primary function each serves in the human body. (3 marks) (3 marks)

2. Max suggests that 'all sugars are bad'. Use your scientific knowledge to justify why this statement might be misleading. (2 marks) (2 marks)

3. Explain why maintaining proper hydration is essential for brain function and concentration during lessons. (3 marks) (3 marks)

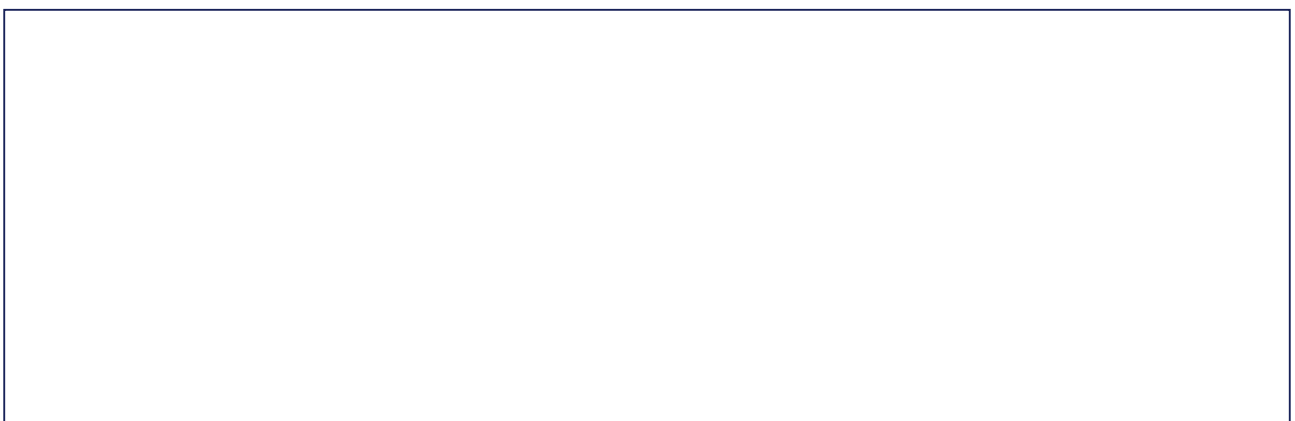
4. Compare and contrast the nutritional value of a piece of fresh fruit versus a highly processed snack bar. (4 marks) (4 marks)

5. Why is it important to eat a varied diet rather than consuming the same healthy foods every single day? (4 marks) (4 marks)

6. Extended Writing: Imagine you are a nutritionist designing a meal plan for a busy Year 5 student. Create a balanced daily menu (breakfast, lunch, and dinner) and justify your choices by explaining how these foods support both physical health and academic focus. (5 marks) (5 marks)

7. If a healthy meal costs £3.50 to prepare, calculate the total cost of providing these meals for a family of four for one week. Show your working out. (4 marks) (4 marks)

Draw: Draw a 'Balanced Plate' diagram. Label the sections clearly to show the recommended proportions of carbohydrates, proteins, fruits, and vegetables for a healthy meal.



Extension challenge: Greater Depth Challenge: What might happen to a person's long-term health if they consistently chose convenience foods over nutrient-dense whole foods? Write a persuasive paragraph arguing for the importance of food education in schools. Total: /25