

Fuel for the Future: Max's Balanced Banquet

Learning objective: To understand the importance of a balanced diet and make informed decisions about healthy eating habits.

Read the text carefully, then answer the questions that follow. Use evidence from the passage to support your reasoning.

Max the monkey is famous for solving puzzles, but his favourite mystery is the human body. Max explains that food is like fuel for an engine; the quality of the fuel determines how well the machine runs. A truly balanced diet includes a variety of food groups: carbohydrates for sustained energy, proteins to repair muscles, and healthy fats for brain function. Max often observes that while a packet of crisps might cost £0.80 and provide a quick burst of flavour, it lacks the essential vitamins found in a piece of fresh fruit. He encourages his friends to 'eat the rainbow' by choosing colourful vegetables that provide fibre and antioxidants. Hydration is also vital; drinking water helps our bodies process nutrients efficiently. When we choose whole foods over highly processed snacks, we aren't just filling our stomachs; we are investing in our long-term vitality. Max notes that while occasional treats are acceptable, our daily habits have the most significant impact on our concentration, mood, and physical growth. By making mindful choices, we ensure our bodies are equipped to tackle any challenge the day might bring.

Word bank: nutrients · balanced diet · energy · metabolism · processed · vitality · hydration

1. According to the passage, what are the three main components of a balanced diet mentioned by Max? (2 marks)

2. How much does a packet of crisps cost, and what does Max say is missing from them? (2 marks)

3. Why does Max compare food to fuel for an engine? Explain the deeper meaning behind this analogy. (3 marks)

4. What might happen to a child's concentration levels if they frequently chose processed snacks instead of whole foods? (3 marks)

5. Max suggests we should 'eat the rainbow.' Do you agree that visual variety in food is important for health? Justify your answer using evidence from the text. (4 marks)

Draw: Draw a 'Balanced Banquet' plate that includes a variety of colourful fruits, vegetables, proteins, and carbohydrates. Label the nutritional benefits of at least three items on your plate.



Extension challenge: Design a 7-day healthy eating menu for a school canteen. Justify why you chose specific foods for high-energy days (like sports day) versus days requiring focus (like a maths test). Calculate the total cost of one of your healthy lunch options, assuming a budget of £2.50 per meal.