

Max's Healthy Fuel Challenge

Learning objective: To understand the principles of a balanced diet and the importance of nutritional choices for physical health.

Join Max the monkey as he explores the science of healthy eating. Read each question carefully and select the best answer to help Max fuel his adventures!

Answer Key: 1.C*, 2.True, 3.False, 4.Water, 5.B*, 6.True, 7.Protein, 8.A*, 9.False, 10.Energy. Greater Depth Guidance: Encourage pupils to justify their choices by linking food groups to bodily functions (e.g., protein for repair, carbohydrates for energy).

Word bank: Nutrients · Balanced · Hydration · Protein · Vitamins · Energy · Fibre · Portion

1. 1. Which food group provides the most immediate energy for Max's morning monkey-business? A) Broccoli B) Chicken C) Pasta* D) Butter (1 mark)

2. 2. True or False: Eating a wide variety of coloured vegetables helps you get a broader range of essential vitamins. (1 mark)

3. 3. True or False: All fats are unhealthy and should be completely removed from your diet. (1 mark)

4. 4. What is the most important liquid for maintaining healthy brain function and physical hydration? (1 mark)

5. 5. Which of these is a source of protein essential for building and repairing muscles? A) Apple B) Lentils* C) Lettuce D) Honey (1 mark)

6. 6. True or False: Fibre is important because it helps keep our digestive system working smoothly. (1 mark)

7. 7. If a snack costs £1.20 and you pay with a £2.00 coin, what nutrient category does a handful of unsalted almonds belong to? (1 mark)

8. 8. Why is it recommended to limit 'free sugars' in our daily diet? A) To prevent tooth decay and energy crashes* B) To make food taste bland C) To save money D) To help us sleep (1 mark)

9. 9. True or False: Skipping breakfast is the best way to ensure you have enough focus for your morning maths lessons. (1 mark)

10. 10. What does the body convert carbohydrates into to power your daily activities? (1 mark)

Draw: Draw a 'Balanced Monkey Plate' for Max. Divide the plate into sections: half for fruit and vegetables, one quarter for carbohydrates, and one quarter for protein.



Extension challenge: Greater Depth Challenges: 1. Explain why a balanced diet is more beneficial for long-term health than a diet focused on one food group. 2. Compare and contrast the nutritional benefits of a piece of whole fruit versus a fruit-flavoured drink. 3. Justify why athletes might require a different nutritional intake than someone with a sedentary lifestyle. 4. What might happen if a person consumed too much salt over a long period? 5. Design a healthy school lunch menu that costs under £2.50. 6. Create a persuasive poster explaining the impact of hydration on concentration during lessons.