

Max the Monkey's Nutrition Fact-File

Learning objective: Identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat.

Help Max the Monkey learn about healthy eating! Choose an animal or a human to study. Fill in the fact-file below to explain what they eat to stay strong and healthy. Remember to think about where they get their energy and why nutrition is important for their body.

Word bank: nutrition · energy · balanced diet · carbohydrates · protein · vitamins · minerals · growth · survival

1. Name of the creature: Who are you investigating today? Write their name and describe where they live. (2 marks)

2. The Menu: List three types of food this creature eats. How do these foods provide the nutrition they need? (3 marks)

3. Energy for Action: Why does this creature need to eat every day? Explain what happens if they do not get enough food. (3 marks)

4. Food Sources: Can this creature make its own food inside its body, or does it have to find food in its environment? Explain how you know. (2 marks)

5. Healthy Habits: If you were preparing a 'balanced meal' for this creature, what would you include on the plate and why? (3 marks)

Extension challenge: Max the Monkey is curious about costs! If a healthy snack costs £1.50 and a treat costs £0.80, calculate the total price of two healthy snacks and one treat. How much change would you get from a £5.00 note?