

Max's Mighty Nutrition Mission

Learning objective: To 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 solve his nutrition puzzles! Read the questions carefully and use your knowledge of food groups and healthy eating to answer them.

Max the monkey is planning a big jungle feast! He knows that to stay strong and healthy, he needs to pick the right foods. Max needs to make sure his meals include different food groups so he has the energy to swing from the trees and solve maths puzzles all day long.

Word bank: protein · carbohydrates · vitamins · minerals · nutrition · energy · balanced · calcium

1. Why do humans and animals need to eat food? Explain what 'nutrition' means in your own words. (2 marks)

2. Max is eating a banana for energy. Which food group do you think provides us with energy to run and play? (1 mark)

3. Why is it important for us to eat a 'balanced' diet rather than just eating one type of food, like only eating bread? (2 marks)

4. Look at these items: an apple, a piece of chicken, and a glass of milk. Which of these is the best source of calcium to help keep our bones strong? (1 mark)

5. Max wants to grow big muscles to climb the tallest trees. Which food group should he include in his diet to help his body grow and repair? (1 mark)

Draw: Draw a healthy, balanced dinner plate for Max. Include at least three different types of food (such as fruit, vegetables, and protein) and label them with the correct food groups.



Extension challenge: Max has £5.00 to spend at the local market to buy healthy snacks for his friends. If an apple costs 50p and a bunch of bananas costs £1.20, how many of each could he buy to keep everyone healthy? Show your maths working out!