

# Healthy Eating Flashcards with Max the Monkey

*Learning objective: To identify healthy food groups and understand why our bodies need a balanced diet.*

Read the front of the card. Think about the answer. Flip the card over (or look at the answer) to check if you are right. Max the Monkey loves to count his five-a-day!

**What do we call a mix of different foods that keeps our bodies strong?**

A balanced diet

**Which food group gives us energy to run and play?**

Carbohydrates (like bread, rice, or pasta)

**How many portions of fruit and vegetables should we aim to eat each day?**

At least five portions

**Why is drinking water important for our bodies?**

It keeps us hydrated and helps our brain work well

**Which food group helps our muscles grow strong?**

Protein (like beans, eggs, fish, or chicken)

**What do vitamins do for our bodies?**

They help us stay healthy and fight off germs

**Why should we eat sugary snacks only sometimes?**

Too much sugar is not good for our teeth or energy levels

**Which food group contains calcium to help our bones grow?**

Dairy (like milk, yoghurt, or cheese)

**What is a healthy snack choice?**

A piece of fruit or some carrot sticks

**True or False: We should try to eat different colors of vegetables.**

True! Different colors have different vitamins