

Max's Healthy Food Challenge

Learning objective: To understand how to make healthy food choices to help our bodies grow and stay strong.

Look at the food items below. Max the monkey needs your help to sort them into groups. Follow the sentences to help you answer.

Word bank: Fruit · Vegetable · Protein · Healthy · Sugar

1. Max has an apple and a carrot. Which food group do these belong to? (2 marks)

2. Why is it better to eat a piece of fruit instead of a bag of sweets? Start your sentence with: 'Fruit is better because...' (2 marks)

3. Max needs energy to climb trees. Name one type of food that helps our bodies grow strong, like fish or beans. (1 mark)

4. Look at this list: Crisps, Banana, Broccoli, Fizzy drink. Circle the two items that are the best for a healthy snack. (2 marks)

5. If a healthy lunch costs £3.00 and a sugary snack costs £1.00, how much would they cost altogether? (2 marks)

Draw: Draw a picture of a 'Rainbow Plate'. Include at least three different colored fruits or vegetables that you enjoy eating.



Extension challenge: Write a short list of three healthy snacks you could bring to school in your lunchbox.