Max and Bea’s Balanced Plate Challenge

Learning objective: To identify that animals, including humans, need the right types and amounts of nutrition, and that they cannot make their own food.

Max the monkey is helping Bea the honeybee plan her meals for the week! Look at the food items in the word bank. Sort them into the correct nutrition group on the plate by writing them in the correct column. Some foods might fit into more than one, but try to choose the best category for a healthy, balanced diet.

Word bank: Apples · Chicken · Brown bread · Carrots · Cheese · Lentils · Spinach · Salmon · Pasta · Yoghurt · Bananas

1. 1. Why do humans and animals need to eat food? Explain what food provides for our bodies. (2 marks)

2. 2. Max wants a snack that gives him energy for climbing trees. Should he choose a sugary sweet or a piece of fruit? Explain your choice. (2 marks)

3. 3. Bea the honeybee collects nectar, but she also needs other nutrients. Why is it important for us to eat a 'balanced' diet rather than just one type of food? (2 marks)

4. 4. Look at your sorted list. If you had £5 to spend at a market, list three healthy items from your list that you could buy to make a nutritious lunch. (2 marks)

5. 5. True or False: Humans can make their own nutrients inside their bodies using sunlight like a plant does. Explain your answer. (2 marks)

Draw: Draw a 'Balanced Plate' featuring at least one item from each food group: Carbohydrates, Proteins, and Fruit/Vegetables. Add a label to each food to show which category it belongs to.

Extension challenge: Research one food item that is high in calcium. Write a sentence about why calcium is important for our bodies, especially for a Year 3 child who is growing quickly!