Max’s Healthy Fuel Challenge

Learning objective: To understand how to make informed, healthy choices about food and drink and how these choices impact our physical health and energy levels.

Max the monkey has been busy calculating the best fuel for his adventures! Look at the list of food and drink items below. Your task is to sort them into two categories: 'Fuel for Daily Energy' (foods that provide sustained energy and nutrients) and 'Occasional Treats' (foods that should only be eaten in moderation). Once sorted, explain your reasoning for one item in each category.

Word bank: Wholegrain bread · Fresh blueberries · Vegetable sticks · Chocolate bar · Fizzy cola · Plain popcorn · Grilled chicken · Sugary doughnut · Water · Crisps

1. Sort the items from the word bank into two groups: 'Fuel for Daily Energy' and 'Occasional Treats'. (5 marks)

2. Why is it important to choose 'Fuel for Daily Energy' foods for your school lunch? Link your answer to your brain and body's performance. (2 marks)

3. If a healthy snack costs £0.80 and a sugary treat costs £0.60, why might someone still choose the healthy snack despite the price difference? (2 marks)

4. Identify one 'Occasional Treat' from your list and explain why it is better to eat it only sometimes rather than every day. (2 marks)

5. Max says that drinking water is the best way to stay hydrated. Can you name two reasons why water is better for us than a sugary fizzy drink? (2 marks)

Draw: Draw a 'Balanced Lunchbox' for Max the monkey. Include at least one item from each of the main food groups (carbohydrates, protein, fruit/vegetables, and dairy or an alternative) and add a bottle of water.

Extension challenge: Research what 'hidden sugars' are. Write a short paragraph explaining why reading the label on a food packet is a smart way to help you make healthy choices.