Year 5 PSHE Assessment: Making Healthy Choices

Learning objective: To understand the importance of a balanced diet, the impact of food on the body, and how to make informed choices for a healthy lifestyle.

Read each question carefully. Write your answers clearly in the spaces provided. Ensure you use your knowledge of the Eatwell Guide and the benefits of different food groups.

Max the monkey is planning a big adventure in the jungle. He knows that to keep his brain sharp for maths puzzles and his body strong for climbing, he needs to eat the right fuel. He looks at his lunchbox: a wholemeal sandwich, a crisp apple, a small pot of natural yoghurt, and a bottle of water. He decides to swap his usual packet of sugary sweets for a handful of unsalted nuts to keep his energy levels steady throughout the day.

Word bank: Balanced · Nutrients · Energy · Protein · Hydration · Fibre · Vitamins · Portion

1. Using Max's lunchbox as an example, identify two different food groups and explain why they are important for a growing child. (4 marks)

2. Why is it important to limit the amount of 'free sugars' we consume, such as those found in sweets and fizzy drinks? (2 marks)

3. Explain the role of 'hydration' in keeping the body healthy. Why is water a better choice than fruit juice? (3 marks)

4. Look at the following food items: A) A bag of crisps costing £0.80, B) A fresh banana costing £0.20, and C) A chocolate bar costing £0.60. If you have £1.00, suggest a healthier combination of these items and explain your choice. (4 marks)

5. What does a 'balanced diet' mean? Describe how the Eatwell Guide helps us to maintain health. (4 marks)

6. Extended Writing Task: Imagine you are a school nutritionist. Write a short persuasive letter (5-7 sentences) to the school council explaining why the school should promote healthy snacks during break time. Include the benefits for both physical health and learning in the classroom. (8 marks)

Draw: Draw a 'Healthy Plate' showing the correct proportions of fruit and vegetables, carbohydrates, proteins, and dairy/alternatives as recommended by the UK Eatwell Guide.

Extension challenge: Total: /25