Fuel Your Future with Max and Bea

Learning objective: To understand the importance of a balanced diet and how different food groups contribute to a healthy, active lifestyle.

Read the text carefully and answer the questions below in full sentences.

Max the monkey is always calculating how much energy he needs for his daily acrobatics. He knows that to stay strong, he must eat a balanced diet. Bea the honeybee reminds him that our bodies are like complex machines that require the right fuel to function correctly. A healthy plate should include plenty of colourful vegetables and fruits, which are packed with essential vitamins to keep our immune systems fighting fit. Carbohydrates, such as brown rice or wholemeal bread, provide the steady energy Max needs to swing through the trees, while protein—found in beans, eggs, or fish—helps his muscles grow and repair after a busy day. While it is tempting to reach for sugary snacks, Bea explains that these only give us a quick burst of energy followed by a tired slump. Eating a variety of foods ensures we get all the nutrients our bodies crave. Remember, enjoying a treat occasionally is perfectly fine, but focusing on fresh, natural ingredients is the best way to keep your mind sharp and your body ready for any adventure.

Word bank: nutrients · balanced · energy · carbohydrates · protein · vitamins · moderation

1. According to the text, what do carbohydrates provide for the body? (2 marks)

2. Which two food sources are mentioned as being high in protein? (2 marks)

3. Why does Bea suggest avoiding too many sugary snacks? (2 marks)

4. What might happen to your body if you only ate one type of food group? (2 marks)

5. Do you think it is easy for children to maintain a healthy diet? Explain your answer using evidence from the text. (3 marks)

Draw: Draw a 'Balanced Plate' featuring a variety of fruits, vegetables, proteins, and carbohydrates. Label the sections to show how they help the body.

Extension challenge: Research a healthy recipe that costs less than £5 to make for a family of four. List the ingredients and their prices to show how healthy eating can be affordable.