Healthy Eating Challenge with Max and Bea

Learning objective: To understand the principles of a balanced diet, the importance of nutrients, and how to make healthy food choices.

Read the front of each flashcard to test your knowledge about healthy eating. Flip the card to see the answer provided by Max the monkey and Bea the honeybee.

What is a 'balanced diet'?

Eating a variety of foods in the right proportions to provide the body with the nutrients it needs to stay healthy.

Why do we need carbohydrates in our diet?

Carbohydrates are our body's main source of energy, helping us to run, play, and concentrate in class.

What is the primary role of protein in our body?

Protein is essential for growth and repairing tissues like muscles and skin.

Why are fruit and vegetables important for us?

They are packed with essential vitamins and minerals that help keep our immune system strong and our bodies working properly.

What is the function of fibre in our digestive system?

Fibre helps to keep our digestive system healthy and helps us to feel full for longer.

Max is buying a healthy snack for £1.50. If he has £5.00, how much change does he get?

Max gets £3.50 in change (£5.00 - £1.50 = £3.50).

Why is hydration important for our health?

Water helps regulate our body temperature, keeps our joints lubricated, and helps our brain function at its best.

What does a 'portion size' mean?

The amount of a particular food that you choose to eat at one time, which helps prevent overeating or undereating.

True or False: We should try to eat a 'rainbow' of different coloured vegetables. Why?

True. Different colours represent different vitamins and minerals, ensuring we get a wide variety of nutrients.

How can we check if a pre-packaged food item is healthy?

By reading the nutritional label on the back to check for high amounts of sugar, salt, and saturated fats.

Bea the honeybee loves natural energy. What is the difference between natural sugars and added sugars?

Natural sugars are found in whole foods like fruit, while added sugars are put into processed foods and drinks, providing energy without extra nutrients.

Why is it important to eat breakfast before coming to school?

It 'breaks the fast' from the night before, providing the brain and body with the fuel needed to start the day.