Max and Bea’s Healthy Eating Challenge

Learning objective: To understand the importance of a balanced diet, the role of nutrients, and making informed choices about food for physical and mental wellbeing.

Help Max the monkey and Bea the honeybee figure out the best way to fuel their bodies! Answer all 10 questions to earn your Healthy Eating Certificate.

Answer Key: 1.C, 2.True, 3.False, 4.A, 5.Water, 6.False, 7.B, 8.True, 9.Protein, 10.B. Healthy eating means consuming a balanced variety of food groups to provide the body with essential nutrients for growth, repair, and energy. Drinking water is vital for hydration, while limiting high-sugar snacks helps maintain steady energy levels throughout the school day.

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

1. Which food group should make up the largest part of a balanced plate? A) Sweets B) Fats C) Carbohydrates* D) Oils (1 mark)

2. True or False: Eating a wide variety of coloured fruit and vegetables helps you get different vitamins. (1 mark)

3. True or False: Energy drinks are a healthy choice for children because they provide extra energy. (1 mark)

4. Which of these is a source of healthy fat? A) Avocado* B) Fizzy drink C) White bread D) Sweets (1 mark)

5. What is the best drink for staying hydrated throughout a busy school day? (1 mark)

6. True or False: Your body does not need any fat at all to stay healthy. (1 mark)

7. Why does your body need fibre? A) To make you sleep B) To help with digestion* C) To grow hair D) To make you run faster (1 mark)

8. True or False: Eating breakfast helps improve your concentration in maths lessons. (1 mark)

9. Which nutrient is essential for repairing muscles and helping you grow? (1 mark)

10. If a healthy lunch costs £3.50, and you pay with a £5 note, how much change should you get? A) £1.00 B) £1.50* C) £2.00 D) £0.50 (1 mark)

Draw: Draw a 'Balanced Lunchbox' for Max the monkey. Include at least one item from each group: protein, carbohydrates, fruit/vegetables, and a healthy drink.

Extension challenge: Research one 'superfood' vegetable. Write a short paragraph explaining why it is good for your body and one way you could cook it for dinner.