Max’s Healthy Eating Fact-File

Learning objective: To understand the components of a healthy, balanced diet and why our bodies need different types of nutrients.

Help Max the monkey solve the puzzle of nutrition! Use this fact-file to plan your own balanced meals. Think about what you have eaten today and categorise your food choices based on the food groups. Use the word bank to help you complete each section.

Word bank: Carbohydrates · Protein · Fats · Vitamins · Minerals · Fibre · Hydration · Balanced diet · Energy

1. My Daily Fuel: List the foods you ate today and identify which main food group (e.g., Protein or Carbohydrates) each item belongs to. (3 marks)

2. The Purpose of Energy: Explain why your body needs carbohydrates and fats to help you during a busy school day. (2 marks)

3. The Role of Fruit and Vegetables: Why are vitamins and minerals essential for keeping your body working correctly? (2 marks)

4. Hydration Station: Max wants to know how much water you aim to drink each day and why staying hydrated is important for your brain. (2 marks)

5. A Balanced Plate: Design a 'perfect' dinner plate. List the items you would include to ensure you have a healthy, balanced meal. (3 marks)

Extension challenge: Max has £5.00 to spend at the local market. Create a shopping list of healthy ingredients that he could buy within his budget, including the estimated price for each item.