Fuel Your Adventure: A Guide to Healthy Eating

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

Read each question carefully and use your knowledge of the 'Eatwell Guide' to provide detailed answers. Think about what Max the monkey needs to stay energetic for his maths puzzles and what Bea the bee needs for her busy days in the garden.

A healthy diet is like a well-oiled machine. Just as Max the monkey needs the right numbers to solve a puzzle, your body needs the right mix of nutrients to grow, learn, and play. Eating a variety of foods ensures you get everything you need to keep your brain sharp and your body strong.

Word bank: carbohydrates · protein · vitamins · minerals · fibre · balanced · hydration · nutrients · energy · portion

1. Max the monkey is planning a busy day of climbing trees. Which food group should he focus on to give him long-lasting energy, and why? (2 marks)

2. Why is it important to eat at least five portions of fruit and vegetables every day? Use the words 'vitamins' and 'minerals' in your answer. (2 marks)

3. If a healthy lunch costs £3.50, explain why choosing a home-packed meal with varied food groups is a better investment for your health than choosing a meal high in sugar and salt. (2 marks)

4. Explain the role of 'protein' in our diet. What kind of foods would you include in a meal to ensure you are getting enough of it? (2 marks)

5. Look at the list of food items: Crisps, Apple, Grilled Chicken, Wholemeal Bread, Fizzy Drink. Circle the items that would make a healthy snack choice and explain why you excluded the others. (2 marks)

Draw: Draw a 'Balanced Plate' for a healthy school lunch. Include at least one item from each main food group: carbohydrates, protein, dairy (or alternatives), and fruit/vegetables.

Extension challenge: Create a one-day menu for a friend that includes breakfast, lunch, and dinner. Ensure each meal is balanced and includes a healthy snack, then calculate the total number of fruit or vegetable portions they would have eaten by the end of the day.