

Max's Nutritious Menu Planner

Learning objective: To understand the principles of a healthy and varied diet and apply them to create a balanced meal plan.

Max the monkey wants to help you design a healthy lunchbox! Use this template to plan a meal that includes different food groups. Think about why each food is good for your body. Remember to check if your meal has a balance of carbohydrates, proteins, fruit, and vegetables.

Word bank: Balanced diet · Protein · Carbohydrates · Vitamins · Minerals · Fibre · Energy · Nutritious · Calcium

1. My Balanced Meal Plan: List the items you would include in your lunchbox and categorise them (e.g., Protein, Carbohydrate, Fruit/Veg). (3 marks)

2. Energy Boost: Choose one item from your menu. Explain why this food gives your body the energy it needs to learn and play. (2 marks)

3. The Healthy Choice: Why is it important to include a variety of different colours in your meal? Think about what you have learnt about vitamins. (2 marks)

4. Budget Check: If your lunch ingredients cost £2.40 and you pay with a £5.00 note, how much change would you receive? Show your working. (2 marks)

5. Personal Reflection: Which part of your meal is your favourite, and how could you make this meal even healthier if you were cooking it at home? (2 marks)

Extension challenge: Imagine Max is hosting a picnic! If a healthy snack pack costs £1.25, calculate the total cost for 6 friends. If you have £10.00, do you have enough money to buy them?