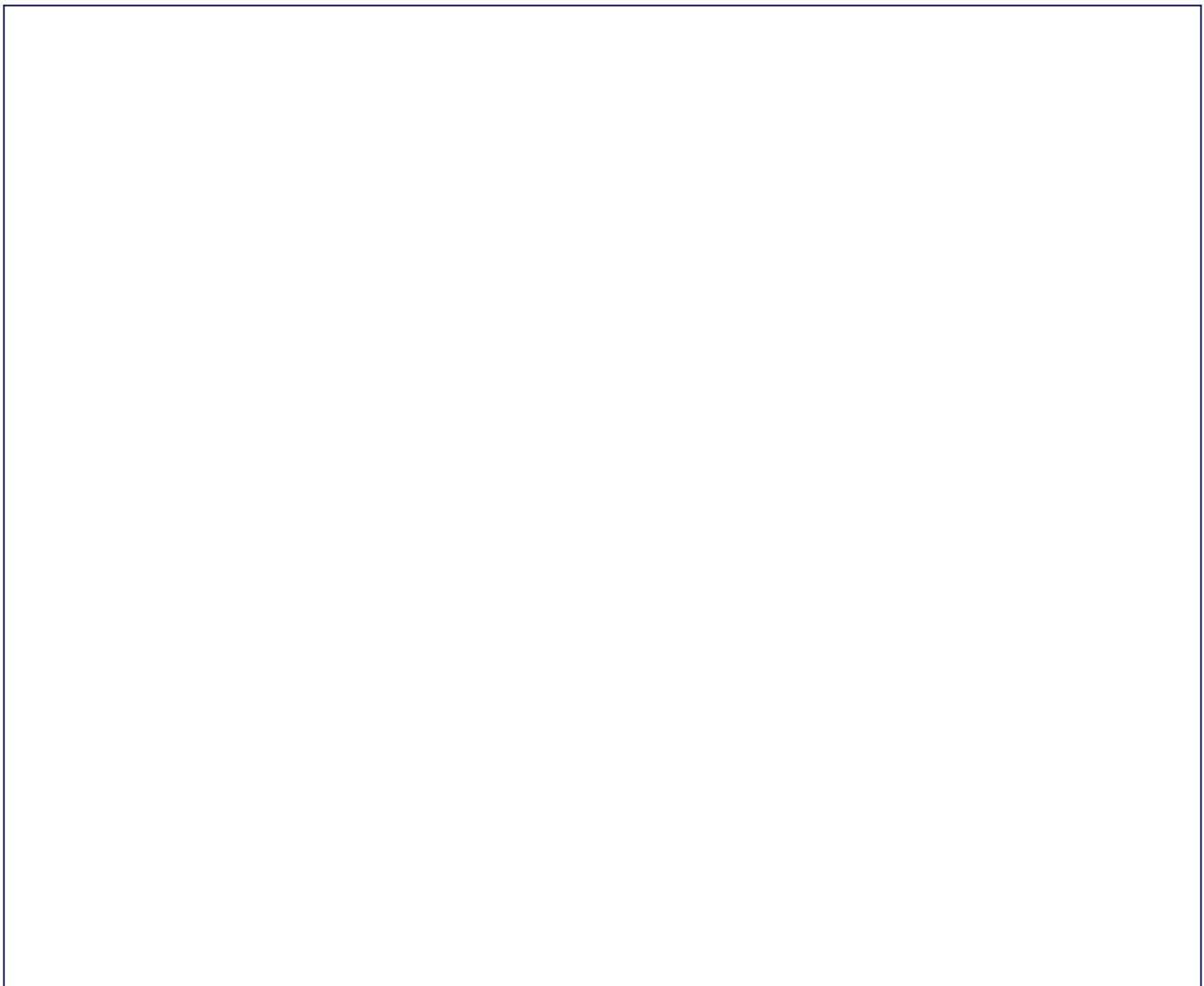


Design a Balanced Meal with Max

Learning objective: To understand the principles of a healthy, balanced diet and apply this knowledge to design a nutritious meal plate.

Max the monkey is planning a healthy feast! Use the space below to design a balanced meal. Think about the different food groups: carbohydrates for energy, proteins for growth, and plenty of fruit and vegetables for vitamins. Follow the steps provided to label your plate correctly.

Draw: Draw a top-down view of a round dinner plate. The style should be clean and illustrative. Divide the plate into sections: one large section for vegetables/fruit, one for carbohydrates, and one for protein. Include a small glass of water to the side of the plate. Use bright colours to show the variety of healthy ingredients.



Label words: Carbohydrates · Protein · Vegetables · Fruit · Fibre · Balanced · Nutrients · Hydration

Steps:

1. Step 1: Draw a large circle to represent your plate. In the first section, draw a source of carbohydrate (like pasta or potatoes) and label it.
2. Step 2: Add a portion of protein (like fish, beans, or chicken) to your plate and label it.
3. Step 3: Fill half of your plate with at least three different colourful vegetables or fruits. Label these individually.

4. Step 4: Max says we need to stay hydrated. Draw a glass of water next to your plate and label it.
5. Step 5: Explain why it is important to have a 'balanced' meal rather than just eating your favourite food every day.