

Max's Mighty Meal Planner: Building a Healthy Plate

Fuel Your Fun: Design a Plate That Powers Your Day!

- The Eatwell Guide suggests that your plate should be filled with one-third fruit and vegetables to give your body essential vitamins.
- Starchy carbohydrates, such as potatoes, bread, rice, or pasta, provide the main source of energy for your active body.
- Protein-rich foods like beans, fish, eggs, and meat are the building blocks that help your muscles repair and grow.
- Small amounts of unsaturated oils and spreads are needed for health, but it is important to choose these carefully.
- Drinking six to eight glasses of water every day keeps your brain sharp and helps your body stay hydrated and cool.

Did you know? Did you know? Your body uses the energy from the food you eat to do everything, from running across the playground to dreaming while you sleep! A healthy plate is like a colourful jigsaw puzzle where every piece, from crunchy carrots to hearty grains, helps you grow strong.

Key vocabulary: Nutrients · Carbohydrates · Protein · Balanced diet · Fibre · Hydration