

Max's Balanced Plate Challenge

Learning objective: To understand the principles of a healthy and varied diet and to prepare dishes that follow the principles of the Eatwell Guide.

Max the monkey is helping the school kitchen design a healthy lunch menu. He knows that a balanced meal must include the right proportions of different food groups. Use the word bank to help Max sort the ingredients below into the correct sections of his 'Balanced Plate'. For each item, decide if it belongs in Fruit & Vegetables, Carbohydrates, Protein, or Dairy & Alternatives.

Word bank: Potatoes · Chicken · Spinach · Yoghurt · Pasta · Lentils · Strawberries · Cheese · Carrots · Bread

1. 1. Max has a bowl of pasta and a side of spinach. Which food group does the pasta belong to, and why is it important to include this group in our diet? (2 marks)

2. 2. If Max wants to swap his chicken for a plant-based protein, which ingredient from the word bank could he use? (2 marks)

3. 3. Why should we try to eat a 'rainbow' of different coloured fruits and vegetables throughout the week? (2 marks)

4. 4. Identify two ingredients from the word bank that provide calcium for strong bones and teeth. (2 marks)

5. 5. Max is making a salad. If he adds carrots and strawberries, has he created a balanced meal? Explain your reasoning. (2 marks)

Draw: Draw a healthy, balanced lunch on a plate for Max. Make sure you include at least one item from each of the four main food groups mentioned in the instructions. Add labels to your drawing to show which group each food belongs to.



Extension challenge: Research the cost of these ingredients at a local market. If a bag of potatoes costs £1.20 and a pack of carrots costs £0.80, calculate the total cost. If you have a £5.00 budget, how much change would you get after buying these two items?