

Max's Healthy Meal Designer

Learning objective: To understand the principles of a healthy and varied diet by designing a balanced meal plan.

Max the monkey is helping us learn about nutrition! Use this fact-file template to plan a healthy, balanced meal. Think about the different food groups like carbohydrates, proteins, fruit and vegetables, and dairy. Max wants to know why your choices are good for your body.

Word bank: nutritious · balanced · protein · carbohydrates · vitamins · fibre · energy · delicious

1. The Healthy Menu: Describe the main dish, side dish, and drink you have chosen. Why did you pick these items? (3 marks)

2. Food Groups: Which food groups are represented in your meal? Explain how they help the body grow or stay strong. (3 marks)

3. Cost Check: If the main dish costs £2.50, the side costs £1.20, and the drink costs £0.80, what is the total cost of your healthy meal? (2 marks)

4. Taste and Texture: Describe the different flavours and textures in your meal (e.g., crunchy, sweet, savoury, smooth). (2 marks)

5. Sustainability: Can you name one ingredient in your meal that could be grown in a local garden or farm in the UK? (2 marks)

Extension challenge: Imagine you are hosting a dinner party. How would you adjust your meal plan to cater for someone who is a vegetarian? Write a short paragraph explaining your changes.