

Max's Balanced Plate Challenge

Learning objective: To understand the components of a healthy, balanced diet and why our bodies need different types of food.

Max the monkey wants to prepare a healthy lunch, but he needs your help to build a balanced plate! Follow the steps below to design a nutritious meal and label the food groups.

Draw: Draw a large circular dinner plate in the centre of the page. Fill the plate with a healthy, balanced meal including portions of fruit, vegetables, carbohydrates (like pasta or bread), and protein (like beans, fish, or chicken). Use bright, colourful pencils to make the food look fresh and appetising. Draw Max the monkey sitting next to the plate, holding a fork and looking very excited to eat his healthy lunch.



Label words: Fruit · Vegetables · Protein · Carbohydrates · Dairy · Fats and Sugars · Balanced

Steps:

1. Why is it important for our bodies to eat a variety of different food groups instead of just one type?
2. Label the section of your plate that provides the most energy for running and playing.
3. Name one example of a protein source you included in your drawing.
4. Max says fats and sugars should be eaten in small amounts. Explain why we shouldn't have too much of these.

5. Look at your plate. How many different colours have you included? Why is 'eating the rainbow' good for you?