

Max's Healthy Plate Challenge

Learning objective: To understand the principles of a balanced diet and how to design a healthy, nutritious meal using the Eatwell Guide principles.

Max the monkey is helping his friends plan a picnic. He knows that a healthy meal needs a balance of different food groups. Look at the ingredients in the word bank and sort them into the correct 'Plate Sections' below. Then, answer the questions to explain why your choices make a healthy meal.

Word bank: Pasta · Grilled Salmon · Spinach · Apple slices · Greek yoghurt · Brown rice · Roast chicken · Carrots · Strawberries · Lentil soup

1. Choose one item from your 'Fruit and Vegetables' section. Explain why it is important to include this in a healthy meal. (2 marks)

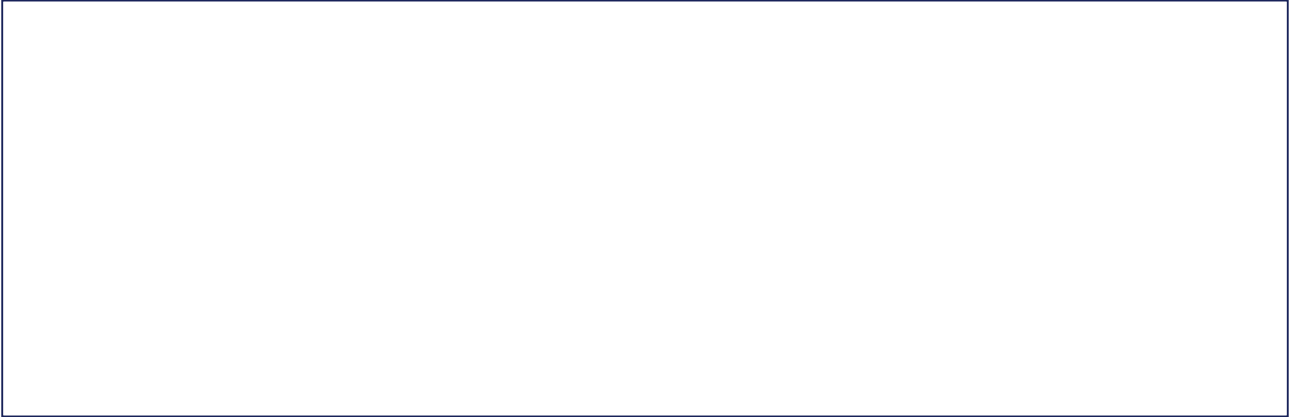
2. Max finds a snack that costs £1.20 and a drink that costs £0.80. If he buys both, how much does he spend in total? (2 marks)

3. Why should we choose 'brown rice' or 'wholewheat pasta' instead of white versions? Think about what these provide for our bodies. (2 marks)

4. If Max replaces his dessert of a sugary biscuit with a bowl of fresh strawberries, how does this affect his intake of nutrients? (2 marks)

5. Create a balanced lunch menu using one item from each food group (Carbohydrates, Protein, Fruit/Veg, Dairy). (2 marks)

Draw: Draw a balanced meal on a plate. Label your drawing to show which parts are carbohydrates, proteins, and fruits or vegetables.



Extension challenge: Research one 'superfood' vegetable. Write a short rhyme for Leo the Lion about why this vegetable helps us grow strong.