

Max's Balanced Plate Challenge

Learning objective: To understand the principles of a healthy, balanced diet by designing a nutritious meal containing the correct food groups.

Max the monkey is planning a healthy lunch! Use your drawing space to design a balanced meal. Ensure your plate includes a variety of food groups to provide the energy Max needs for his math puzzles.

Draw: Draw a large, circular plate in the center of your page. Inside the plate, sketch a balanced meal showing different food groups clearly. Use colorful pencils to make the vegetables and fruits look fresh. Draw a small glass of water or milk next to the plate. Ensure your labels from the word bank are written clearly with arrows pointing to the correct food items.



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

Steps:

1. Step 1: Draw a large circle to represent your plate. Divide the circle into sections. Label the largest section 'Carbohydrates' and draw foods like bread, rice, or pasta inside.
2. Step 2: Draw a variety of colorful fruits and vegetables in another section of the plate. Why is it important to have 'five a day'?
3. Step 3: Add a source of protein (like beans, eggs, or chicken) to your plate and label it.

4. Step 4: Max wants to include a small amount of dairy. Draw a glass of milk or a piece of cheese on the side and explain why calcium is good for our bodies.
5. Step 5: Look at your finished plate. Which food group takes up the most space, and why do you think that is?