

Max's Nutritious Kitchen Challenge

Learning objective: To design a balanced meal and explain why it provides the nutrients needed for a healthy, active lifestyle.

Use the prompts below to plan and describe your healthy meal design. Think about the 'Eatwell Guide' and how different food groups help our bodies grow and stay strong.

To create a meal that gives us the perfect amount of energy, I have carefully chosen a variety of ingredients that provide a balance of essential nutrients.

Word bank: balanced · nutrients · carbohydrates · protein · vitamins · fiber · energy · furthermore · consequently · in addition · essential

1. The Dish: What is the name of your healthy meal, and which main ingredients have you chosen to include? Start by saying: 'My chosen dish is...' (2 marks)

2. Food Groups: Which food groups are represented in your meal? Explain how the carbohydrates and proteins will help Max the monkey stay active. Start by saying: 'This meal is balanced because...' (3 marks)

3. Vitamins and Minerals: Why are the vegetables or fruits in your dish important for a healthy body? Start by saying: 'The vegetables are essential because...' (2 marks)

4. Budgeting: If the ingredients for one portion cost £2.45 and you are making four portions, what is the total cost? Show your working out. Start by saying: 'The total cost for four portions is...' (2 marks)

5. Final Review: How does your meal satisfy a hungry explorer? Start by saying: 'I believe this meal is nutritious because...' (2 marks)

Extension challenge: Imagine you are opening a healthy café with Max. Create a price list for your menu items, ensuring your meal costs less than £5.00 to make but offers great value.