

Max's Healthy Meal Design Challenge

Learning objective: To understand the principles of a balanced diet and apply this knowledge to design a healthy, nutritious meal.

Read each question carefully and use your knowledge of the Eatwell Guide to help Max solve his healthy eating puzzle.

Max the monkey is planning a healthy lunch for his friends. He knows that to stay energetic for climbing trees, he needs a meal that includes the right balance of food groups. He has a budget of £5.00 to buy fresh ingredients from the local market.

Word bank: balanced · nutrients · carbohydrates · protein · vitamins · fiber · portion · ingredients

1. Max wants to include a source of protein in his meal. List two different food items that provide protein and explain why the body needs it. (2 marks)

2. Why is it important for a meal to be 'balanced' rather than just containing one type of food, like only carbohydrates? (2 marks)

3. Max buys a bag of apples for £1.20 and a loaf of wholemeal bread for £1.50. How much money has he spent so far? If his total budget is £5.00, how much change will he have left? (2 marks)

4. Suggest one vegetable and one fruit Max could add to his meal to ensure he gets enough vitamins and fiber. (1 mark)

5. Explain why it is better for Max to choose water or milk instead of a sugary fizzy drink to go with his lunch. (2 marks)

Draw: Draw a 'Healthy Plate' for Max. Divide your circle into sections to show the correct proportions of fruit and vegetables, carbohydrates, protein, and dairy, and label your meal clearly.



Extension challenge: Max wants to make a vegetable soup. Research or think of three seasonal vegetables that grow in the UK and explain why eating seasonal food can be better for the environment.