

Max's Healthy Eating Guide

Learning objective: To understand the importance of a balanced diet and make informed choices about healthy food.

Use the writing frame below to help Max the monkey plan a healthy meal and explain why it is good for the body. Use the word bank to help your writing flow.

Eating a balanced diet is like fuelling a machine; to keep our bodies working at their best, we need to choose a variety of different foods every day.

Word bank: furthermore · essential · balanced · nutrients · in addition · however · energy · vitamins · for instance · consequently

1. What does a balanced meal look like? Describe a healthy meal you could prepare, using this sentence starter: A truly balanced meal should include... (2 marks)

2. Why do our bodies need different types of food? Explain the role of nutrients using: Our bodies need these nutrients because... (2 marks)

3. How can we make better choices at lunch? Use this starter: When choosing a snack or a meal, it is important to avoid too much salt or sugar because... (2 marks)

4. How does healthy eating affect your mood and energy? Use this starter: After eating a nutritious meal, I feel... (2 marks)

5. What is one goal you have for your own diet? Use this starter: To improve my healthy eating habits, I will... (2 marks)

Extension challenge: Imagine you are a chef in a school canteen. Create a weekly 'Healthy Menu' that costs no more than £2.50 per meal. Write down your menu and calculate the total cost for one day.