

Max's Balanced Meal Planner

Learning objective: To understand the principles of a healthy, varied diet and the importance of nutritional balance when preparing meals.

Max the monkey is helping prepare a healthy lunch for his friends. He knows that a balanced plate should include the right proportions of carbohydrates, proteins, fats, and vitamins. Your task is to sort the food items into the correct nutritional categories and then use the 'Balanced Plate' guide to design a healthy meal for one of the BookFlik characters.

Word bank: Carbohydrates · Proteins · Fats · Vitamins and Minerals · Balanced Diet · Nutrients

1. Sort these foods into their main nutritional group: Apple, Chicken Breast, Pasta, Avocado, Spinach, Lentils. (3 marks)

2. Why is it important for a healthy diet to include a variety of different food groups rather than just one type? (2 marks)

3. Max bought ingredients for a salad: Lettuce (£1.20), Tomatoes (£0.80), and Tinned Tuna (£1.50). What is the total cost of these ingredients? (2 marks)

4. If Max has £5.00 to spend on healthy snacks, and he buys a bag of nuts for £2.45, how much change should he receive? (2 marks)

5. Explain one way that cooking food at home can be healthier than buying pre-packaged meals from a shop. (2 marks)

Draw: Draw a 'Balanced Plate' for Pip the caterpillar. Divide a circle into sections and fill them with drawings of healthy foods, ensuring you have a portion of carbohydrates, protein, and plenty of colourful vegetables.



Extension challenge: Research a traditional recipe from a different country. Identify which food groups are represented in the dish and suggest one healthy alternative ingredient to make it even more nutritious.