

Max's Balanced Plate Design Challenge

Learning objective: To understand the principles of a healthy, balanced diet and design a meal that includes a variety of food groups.

Max the monkey is helping to prepare a nutritious school lunch. Use your design skills to draw a balanced meal on the plate below. Refer to the word bank to ensure you include all the necessary food groups for a healthy lifestyle.

Draw: Draw a large circular plate in the centre of the page. Inside the plate, sketch a nutritious meal. Use a clean, clear style. Show a portion of grains (like brown rice or pasta), a lean protein (like beans or grilled fish), and a vibrant selection of different coloured vegetables. Beside the plate, draw a small glass of water or milk. Keep your lines neat and leave space around the edge of the plate for your labels.



Label words: Carbohydrates · Protein · Vegetables · Fruit · Dairy · Fats · Vitamins · Fibre

Steps:

1. Step 1: Draw a balanced meal on the plate template. Include at least four different food groups from the word bank.
2. Step 2: Use arrows to label each part of your meal with the correct food group from the word bank.
3. Why is it important to include a variety of colours in your vegetable selection?

4. If this meal costs £2.50 to make, how much would it cost to provide this healthy lunch for 10 children?
5. Explain one way your design helps someone stay healthy.