

Design Your Healthy Power Meal with Max

Learning objective: To design a balanced, healthy meal by considering nutritional content, seasonal ingredients, and flavour combinations.

Max the monkey is helping us create a healthy, balanced meal for an athlete. Follow these prompts to plan your dish. Think about your choice of protein, carbohydrates, and vegetables, and explain why your meal is nutritious.

To create a meal that provides long-lasting energy, I have decided to design a colourful, nutritious dish that combines different food groups.

Word bank: balanced · nutritious · essential · furthermore · consequently · in addition · flavour profile · source of energy · vitamins and minerals

1. The Ingredients: Which main ingredients have you chosen for your healthy meal and why are they good for the human body? Start with: My meal consists of... (3 marks)

2. The Balanced Plate: How does your meal represent the different food groups (protein, carbohydrates, fats, and vegetables)? Start with: To ensure this meal is balanced, I have included... (3 marks)

3. The Sensory Experience: Describe the colours, textures, and flavours of your meal. Start with: When eating this meal, one would notice that the texture is... (2 marks)

4. Cost and Sustainability: If each portion costs £2.50 to make, how would you keep the price low while using fresh ingredients? Start with: To keep the cost at £2.50, I would... (3 marks)

5. Final Evaluation: Why is this meal a better choice than a processed alternative? Start with: This meal is superior to processed options because... (2 marks)

Extension challenge: Max challenges you to calculate the total cost of making your meal for a family of four. If your meal costs £2.50 per person, what is the total cost? If you have a budget of £12.00, how much change would you receive?