

Max's Balanced Plate Fact-File

Learning objective: To identify the importance of a balanced diet and understand how different food groups contribute to a healthy body.

Max the monkey wants to stay energised for his jungle adventures! Use this fact-file to plan a healthy day of eating. Think about the different food groups you have learned about, such as carbohydrates, proteins, fruits, and vegetables, and why your body needs them to stay strong.

Word bank: carbohydrates · protein · vitamins · minerals · fibre · balanced · nutrients · energy · hydration

1. The Balanced Plate: List one example of a food from each main food group (carbohydrates, protein, and fruit/vegetables) that you could eat for a healthy lunch. (3 marks)

2. Energy Boost: Explain why it is important for a growing child to eat a variety of different food groups rather than just one type of food. (2 marks)

3. Hydration Station: Max the monkey knows that water is essential for the body. Why does our body need regular water intake throughout the school day? (2 marks)

4. Smart Choices: If you were shopping for a healthy snack on a budget of £2.00, what would you buy and why is it a healthier choice than a sugary biscuit? (3 marks)

5. Personal Goal: Identify one small change you could make to your own eating habits this week to ensure you are getting more nutrients in your diet. (2 marks)

Extension challenge: Design a 'Rainbow Menu' for a full day. Try to include at least five different colours of fruit and vegetables across your breakfast, lunch, and dinner.