

Max's Nutritious Menu Challenge

Learning objective: To identify the five main food groups and justify how a balanced diet provides the energy and nutrients required for a healthy human body.

Max the monkey has been busy calculating the nutritional value of different meals! Your task is to act as a nutritionist. Look at the items in the 'Word Bank' and sort them into the correct food groups: Carbohydrates, Proteins, Fats/Sugars, Fruits/Vegetables, and Dairy. Then, answer the questions below to help Max understand why balance is key to a healthy lifestyle.

Word bank: Spinach · Brown rice · Greek yoghurt · Chicken breast · Avocado · Lentils · Blueberries · Wholewheat pasta · Cheddar cheese · Salmon · Olive oil · Sweet potato

1. Choose one item from the 'Fruits/Vegetables' group and one from the 'Proteins' group. Explain why your body needs both of these to function well during a busy school day. (2 marks)

2. Max is planning a meal that costs £4.50. He wants to include a source of energy and a source for building strong muscles. Suggest two items from the word bank he could combine and justify your choice. (2 marks)

3. Compare and contrast the nutritional purpose of Carbohydrates versus Fats. Why might an athlete need different amounts of these compared to someone who is resting? (2 marks)

4. What might happen to a human body if they only ate food from the 'Fats/Sugars' group for an entire week? Explain the potential consequences. (2 marks)

5. Justify why it is important to include a variety of colours on your dinner plate. How does colour relate to the different vitamins and minerals we consume? (2 marks)

6. If a meal costs £2.00 and contains only processed carbohydrates, but a balanced meal with vegetables and protein costs £3.50, explain why the more expensive option is often considered better value for your health. (2 marks)

Draw: Draw a 'Balanced Plate' for Max. Divide your plate into sections based on the food groups you have learned, and illustrate a healthy, colourful meal that provides plenty of energy for climbing trees!



Extension challenge: Design a 'Meal Plan' for a fictional adventurer. Create three healthy meals for one day, ensuring you include at least one item from each of the five food groups. Calculate the total cost if each meal is £3.00, £4.50, and £2.50 respectively. How much money would you spend in total for the day?