

Max's Nutritious Menu Planner

Learning objective: To understand the principles of a healthy and varied diet and apply knowledge of nutrition to plan a balanced meal.

Max the monkey loves to solve maths puzzles, but he also knows that his body needs the right fuel to stay active! Use this template to design a healthy meal. Think about the Eatwell Guide: make sure you include a balance of carbohydrates, protein, fruit and vegetables, and a small amount of fats or oils. Use the word bank to help you describe your dish.

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

1. My Meal Plan: Describe the main dish you have chosen to create. What ingredients are you using and why are they good for your health? (4 marks)

2. The Eatwell Breakdown: Explain which food groups are represented in your meal (e.g., fruit and vegetables, starchy carbohydrates, dairy). (3 marks)

3. Nutritional Purpose: Why is it important for a growing child to have a balanced diet rather than just eating their favourite snack? (3 marks)

4. Budgeting for Health: If your ingredients cost £4.50 in total and you are cooking for 3 people, what is the cost per person? Show your working. (3 marks)

5. Refining the Recipe: If you wanted to make this meal even healthier, what ingredient could you add or swap, and what benefit would that provide? (2 marks)

Extension challenge: Imagine you are opening a restaurant with Max. Write a short persuasive paragraph for your menu to convince customers that your meal is the most nutritious and delicious choice in town!