

Max's Healthy Meal Designer

Learning objective: To design a balanced, healthy meal by understanding nutritional groups and calculating costs.

Max the monkey has been busy planning a healthy lunch! Use this template to design your own nutritious meal. Consider the 'Eatwell Guide' principles, ensuring your meal includes a balance of carbohydrates, protein, healthy fats, and plenty of vegetables. Remember to calculate the cost to ensure it is affordable.

Word bank: carbohydrates · protein · vitamins · fibre · balanced · nutritious · budget · ingredients · calcium · energy

1. Meal Concept: Describe your healthy meal idea and explain why it is a balanced choice for a growing Class 5 student. (3 marks)

2. Nutritional Breakdown: List the main ingredients and identify which food group (e.g., protein, carbohydrate) each one belongs to. (4 marks)

3. Cost Calculation: If your main ingredients cost £2.45 and your side salad costs £1.60, what is the total cost of the meal? (2 marks)

4. Preparation Method: Briefly describe the steps you would take to prepare this meal safely in a kitchen. (3 marks)

5. Evaluation: How could you adapt this meal to make it even healthier or more sustainable for the environment? (3 marks)

Extension challenge: Research the cost of these ingredients in a local market and adjust your budget plan. Could you create the same meal for under £5.00 for two people?