

Max's Balanced Plate Explorer

Learning objective: To identify the importance of a balanced diet and explain the function of different food groups in maintaining a healthy lifestyle.

Welcome! Max the monkey needs your help to organise his meals. Use this fact-file to investigate how different food groups help our bodies grow and stay energised. Research the five main food groups (fruit and vegetables, carbohydrates, proteins, dairy, and fats) and fill in the sections below to create a guide for a healthy, balanced lifestyle.

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

1. The Five Food Groups: List the five main food groups and provide one example of a healthy food item for each category. (5 marks)

2. Energy Sources: Explain why carbohydrates are essential for a student like you during a busy school day. What might happen if you did not consume enough energy-giving foods? (3 marks)

3. Protein Power: Justify why growing children need to include protein in their diet. Which foods provide the best sources of protein? (3 marks)

4. Hidden Sugars: Compare and contrast a piece of fresh fruit with a processed sugary snack. Why is fresh fruit a superior choice for your body? (4 marks)

5. Hydration Station: Explain the role of water in the human body. Why is it more beneficial to drink water than a sugary fizzy drink? (2 marks)

6. Healthy Plate Design: If you were designing a perfectly balanced lunch, which items would you include and why? Explain your choices using the scientific terms from the word bank. (4 marks)

Extension challenge: Design a 7-day healthy eating menu for Max. Use a budget of £20 for the week's fruit and vegetable shop. Calculate the cost of your items and explain how your menu ensures a variety of nutrients are consumed each day. Justify why variety is the key to a healthy lifestyle.