

Max's Healthy Fuel Guide: A Balanced Approach to Nutrition

Learning objective: To understand how to make informed, healthy food choices and explain the impact of a balanced diet on our bodies.

Use this writing frame to create a persuasive guide for your peers. Use the word bank to help structure your arguments and ensure your writing is clear and encouraging.

Choosing the right fuel for our bodies is just like Max the monkey solving a complex maths puzzle: it requires careful planning to get the perfect result.

Word bank: furthermore · consequently · on the other hand · essential nutrients · in moderation · sustained energy · beneficial · to conclude · specifically

1. Introduction: Why is it important to think about the food we eat? Start by saying: 'Eating a balanced diet is vital because...' (2 marks)

2. The Five Food Groups: Describe the different types of food our bodies need. Start by saying: 'To stay healthy, we should aim to include a variety of nutrients such as...' (3 marks)

3. The Role of Energy: Explain how food helps us during the school day. Start by saying: 'When we consume healthy foods, our bodies receive the fuel required to...' (3 marks)

4. Making Better Choices: Compare a nutritious snack with a less healthy alternative. Start by saying: 'Whilst a sugary snack might offer a quick boost, a piece of fruit is superior because...' (4 marks)

5. Conclusion: Justify why making healthy choices is a lifelong habit. Start by saying: 'In conclusion, developing healthy eating habits now is beneficial because...' (3 marks)

6. Challenge Question: What might happen if a person only ate one type of food group for every meal? Explain your reasoning. (4 marks)

Extension challenge: Design a 'Healthy Plate' visual guide for a school canteen. Justify your selection of foods by explaining the specific nutrients each item provides and how they contribute to physical and mental well-being.