

Max's Healthy Plate Design

Learning objective: To understand how to create a balanced meal by drawing and labelling food groups.

Max the monkey wants to eat a healthy meal. Follow the steps below to design a plate of food that includes different nutrients. Use the word bank to help you label your drawing.

Draw: Draw a large dinner plate in the centre of the page. Inside the plate, sketch a colourful, healthy meal. Use a clear, simple style like a food poster. Include drawings of crunchy vegetables, a portion of pasta or rice, a piece of protein, and a small dairy item. Use your pencil to add labels pointing to each food group using the words from the word bank.



Label words: fruit · vegetables · carbohydrates · protein · dairy · balanced meal

Steps:

1. Step 1: Draw a large circle on your plate to represent a healthy meal. Inside, draw a portion of protein (like chicken or beans) and a portion of carbohydrates (like pasta or potatoes). Label these parts.
2. Step 2: Add colourful vegetables and a piece of fruit to your plate drawing. Label these items.
3. Step 3: Draw a small glass of milk or a piece of cheese on the side. Label this as 'dairy'.
4. Step 4: Why is it important to have different types of food on your plate? Use the sentence starter: 'A healthy meal is important because...'