

Max's Nutritious Menu Planner

Learning objective: To understand the principles of a healthy, varied diet and design a meal that meets nutritional requirements.

Max the monkey is planning a balanced feast for his friends. Use this template to design a healthy meal. Think about the 'Eatwell Guide' and ensure your meal includes a balance of carbohydrates, proteins, healthy fats, vitamins, and minerals. When calculating costs, remember to use £ and p.

Word bank: carbohydrates · nutrients · protein · vitamins · fibre · balanced · calcium · energy · ingredients · preparation

1. Menu Design: Describe your healthy meal. Include at least three different food groups and explain why they are important for a growing child's body. (3 marks)

2. Ingredient Breakdown: List the main ingredients for your meal. If you were shopping for these, estimate the cost in £ and p. Why is it important to choose seasonal, fresh ingredients? (3 marks)

3. Nutritional Justification: Explain why this meal provides a 'balanced' diet. What might happen to a person's energy levels if they only ate one type of food group every day? (4 marks)

4. Preparation Skills: Detail the cooking methods you would use (e.g., steaming, chopping, mixing). How can you ensure these methods keep the nutrients in the food? (2 marks)

5. Compare and Contrast: Compare your healthy menu with a typical 'fast food' meal. Justify why your menu is a better choice for long-term health. (4 marks)

6. Creative Extension: Imagine you are catering for a large group. How would you adapt your recipe to ensure it is affordable (under £10.00 for four people) while still being nutritious? (4 marks)

Extension challenge: Design a 'Nutritional Poster' to persuade your classmates to choose your meal. Use persuasive language and explain the scientific benefits of your chosen ingredients in detail.