

Max the Monkey's Healthy Meal Planner

Learning objective: To understand the importance of a balanced diet and plan a healthy, nutritious meal.

Max the Monkey loves to solve maths puzzles, but he also knows that healthy food keeps his brain sharp! Use this fact-file to plan a balanced meal. Look at the word bank if you need help. Fill in the boxes to show what you have chosen for your healthy plate.

Word bank: protein · carbohydrates · fruit · vegetables · healthy · nutritious · energy · fibre · vitamins

1. My Meal Name: Give your healthy meal a fun title. (1 mark)

2. The Ingredients: List the foods you will use. Think about including something green and something with protein. (2 marks)

3. Why is it healthy?: Use one word from the word bank to explain why this meal is good for your body. (2 marks)

4. The Cost: If your ingredients cost £3.50, and you have a £5.00 note, how much change would you get back? Show your working. (2 marks)

Extension challenge: Draw your completed meal on a plate. Label the parts that give you energy and the parts that help you grow.