

Max's Kitchen Challenge: Designing a Balanced Meal

Learning objective: To design a healthy, nutritionally balanced meal by understanding food groups and the importance of a varied diet.

Use this writing frame to plan your healthy meal design. Think about the nutritional value of each ingredient and how you can combine them to create a balanced dish. Refer to the 'Eatwell Guide' principles to ensure your meal includes a variety of food groups.

To create a healthy and delicious meal, I have carefully selected ingredients that provide a balance of essential nutrients for the body.

Word bank: nutritious · balanced · carbohydrates · protein · fibre · vitamins · essential · furthermore · consequently · in addition to · wholesome · a source of

1. Introduction: Describe the meal you have chosen to design. Why is it important for us to eat a variety of foods? Start your paragraph with: I have decided to create a meal consisting of... (2 marks)

2. Nutritional Breakdown: Explain which food groups are included in your dish (e.g., carbohydrates, protein, fruit and vegetables). Explain why these are beneficial. Start your paragraph with: My meal is nutritionally balanced because... (3 marks)

3. Preparation and Hygiene: How will you ensure your ingredients are prepared safely? Mention one key hygiene practice. Start your paragraph with: When preparing my meal, I will ensure safety by... (2 marks)

4. Justification: Max the monkey loves maths and balance. Explain why your portion sizes are appropriate for a healthy diet. Start your paragraph with: I believe this meal provides the right amount of energy because... (3 marks)

5. Compare and Contrast: Compare your meal to a meal that is high in saturated fats or sugar. Why is your design a healthier choice? Start your paragraph with: Unlike a meal high in sugar, my design offers... (3 marks)

6. Evaluation: What might happen if a person only ate one type of food group for every meal? Justify your answer. Start your paragraph with: If a person were to consume only one food group, their body would... (3 marks)

Extension challenge: Imagine you are running a small cafe. Create a menu for one day, ensuring every meal costs under £5.00. Calculate the total cost of your healthy meal design and explain how you kept the price low while maintaining high nutritional quality.