

Chef Max's Healthy Kitchen Challenge

Learning objective: To understand the principles of a healthy, balanced diet and how to prepare nutritious meals using seasonal ingredients.

Read each question carefully and use your knowledge of the Eatwell Guide and nutrition to answer. Max the monkey needs your help to plan some healthy meals!

Word bank: Carbohydrates · Protein · Vitamins · Fibre · Hydration · Balanced · Nutrients · Minerals

1. Max is planning a healthy lunch. Explain why it is important for his meal to include all the main food groups rather than just one type of food. (2 marks)

2. Identify one example of a starchy carbohydrate and one example of a protein source that could be used in a healthy pasta dish. (2 marks)

3. Why do we need to include at least five portions of fruit and vegetables in our diet every day? Mention the specific substances they provide. (2 marks)

4. If Max is buying ingredients for a fruit salad, it costs £3.50 for berries and £1.75 for apples. If he pays with a £10 note, how much change should he receive? (2 marks)

5. Explain why drinking water is a better choice for hydration than drinking sugary fizzy drinks when you are being active. (2 marks)

Draw: Draw a 'Balanced Plate' for a healthy school dinner. Label the sections to show which parts are carbohydrates, protein, and fruit/vegetables.

A large, empty rectangular box with a thin black border, intended for a student to draw a 'Balanced Plate' for a healthy school dinner. The box is currently blank.

Extension challenge: Research a traditional recipe from another country. Write a short paragraph explaining how you could adapt this recipe to make it healthier, such as by reducing salt or increasing the vegetable content.