

Max's Nutritious Meal Planner

Learning objective: To design a balanced, healthy meal by understanding the nutritional properties of different food groups.

Use this writing frame to plan a healthy, balanced dinner for a school event. Refer to the Eatwell Guide principles, ensuring your meal includes a variety of nutrients, including carbohydrates, proteins, and plenty of vegetables.

To create a healthy meal, I have carefully selected ingredients that provide the energy and nutrients our bodies need to function well throughout the day.

Word bank: nutritious · balanced · essential · furthermore · consequently · in addition · fibre · carbohydrates · protein · vitamins · portion size

1. The Dish: Describe your chosen meal. What is the main dish and why did you choose these specific ingredients? Start with: My chosen meal is... (2 marks)

2. Nutritional Value: Explain how your meal provides a balanced diet. Which ingredients provide energy and which help our bodies grow? Start with: This meal is nutritionally balanced because... (3 marks)

3. Preparation Methods: How will you prepare your ingredients to ensure they remain healthy? Think about boiling, steaming, or roasting. Start with: To prepare this dish healthily, I will... (2 marks)

4. Budgeting: If you have a budget of £5.00 for the ingredients, how will you ensure you get the best value for money? Start with: To keep the total cost under £5.00, I will... (2 marks)

5. Presentation: How will you make the meal look appealing to eat? Start with: To make my dish look colourful and appetising, I will... (1 mark)

Extension challenge: Research the cost of your ingredients at a local market or shop. Calculate the total cost and write a short reflection on whether you stayed within the £5.00 limit.