

Max's Menu Masterclass: Designing a Balanced Feast

Learning objective: To understand the principles of a balanced diet and apply this knowledge to design a healthy, affordable meal plan.

Max the monkey is planning a healthy lunch for his friends, but he needs your help to ensure it provides the right energy for their adventures! Using the word bank provided, create a balanced meal plan that includes items from the main food groups. You must justify your choices based on nutritional balance, and keep the total cost of the ingredients under £5.00.

Word bank: Carbohydrates · Protein · Fibre · Vitamins · Minerals · Balanced diet · Saturated fats · Hydration

1. Design a meal consisting of a main dish, a side, and a drink. List your ingredients and estimate the cost for each. Why is this meal considered balanced? (4 marks)

2. Max wants to include a source of protein in his meal. Suggest two different types of protein (one plant-based and one animal-based) and explain why protein is essential for his growth. (3 marks)

3. Explain why it is important to limit foods that are high in sugar or saturated fats when designing a healthy school lunch. (2 marks)

4. If you were to swap the potato in your meal for brown rice, how might this change the nutritional value of the dish? Justify your answer. (3 marks)

5. Compare and contrast the nutritional benefits of a piece of fresh fruit versus a fruit-flavoured sugary snack. Which would provide more sustained energy for a busy afternoon of learning? (3 marks)

6. What might happen to an animal's energy levels if their diet lacked carbohydrates? Use your knowledge of food groups to support your answer. (2 marks)

Draw: Draw your final healthy meal design on a plate. Label each component clearly (e.g., 'Protein: Grilled Chicken', 'Carbohydrate: Wholewheat Pasta') and add a small icon to show which food group it represents.



Extension challenge: Design a 'Budget-Beating Weekly Planner'. Create a shopping list for five healthy lunches that totals no more than £20.00 for the whole week. Write a short paragraph explaining the challenges of keeping a meal plan both nutritious and affordable.