

Max's Healthy Meal Planner

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

Max the monkey wants to make a healthy lunch. Look at the food groups below. Draw lines to match the food to the correct group. Then, finish Max's healthy meal plate by writing your own ideas in the spaces provided.

Word bank: Fruit · Vegetable · Protein · Carbohydrate · Dairy

1. Match these foods to their group:

1. Apple -> _____
2. Chicken -> _____
3. Carrot -> _____
4. Bread -> _____ (4 marks)

2. Max needs a healthy snack. If an apple costs 30p and a banana costs 20p, how much do they cost altogether? (2 marks)

3. Why is it important to have a variety of colours on your plate? (2 marks)

4. List one main food item for your dream healthy lunch plate: (1 mark)

Draw: Draw a healthy lunch plate for Max. Make sure you include at least one item from the Fruit, Vegetable, and Protein groups. Use colours to show the different foods.



Extension challenge: If you had £2.00 to spend at a market, which three healthy items would you buy? Write a list of your items and their prices.