

Design Technology: Healthy Meals Assessment

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

Read each question carefully. Use the word bank if you need help with your spelling. Write your answers clearly in the spaces provided.

Max the monkey is planning a healthy picnic. He wants to make sure his meal has different food groups to give him energy for his jungle adventures. A healthy meal should have a mix of food types to help our bodies grow and stay strong.

Word bank: protein · carbohydrates · fruit · vegetables · balanced · energy · fibre · dairy

1. Max needs food for energy. Name one food group that gives us energy, like bread or pasta. (2 marks)

2. Why is it important to eat five portions of fruit and vegetables every day? Use the word 'healthy' in your sentence. (3 marks)

3. Max wants to buy some fresh items for his meal. If an apple costs 30p and a bunch of grapes costs 70p, how much do they cost in total? Show your working. (3 marks)

4. Look at the list: Chicken, Cheese, Broccoli, Bread, Apple. Which food is a source of protein to help Max grow? (2 marks)

5. Imagine you are designing a healthy lunchbox for Max. Describe what you would put in it. Think about the different food groups you have learned about. (5 marks)

6. Why should we avoid eating too much sugar? Explain your answer in one sentence. (3 marks)

7. Name one dairy product that helps keep our teeth and bones strong. (2 marks)

Draw: In the box below, draw a healthy lunch plate. Include at least three different food groups and label them.



Extension challenge: Total: /25. Challenge: Write down one way you could change a meal like a burger and chips to make it healthier.