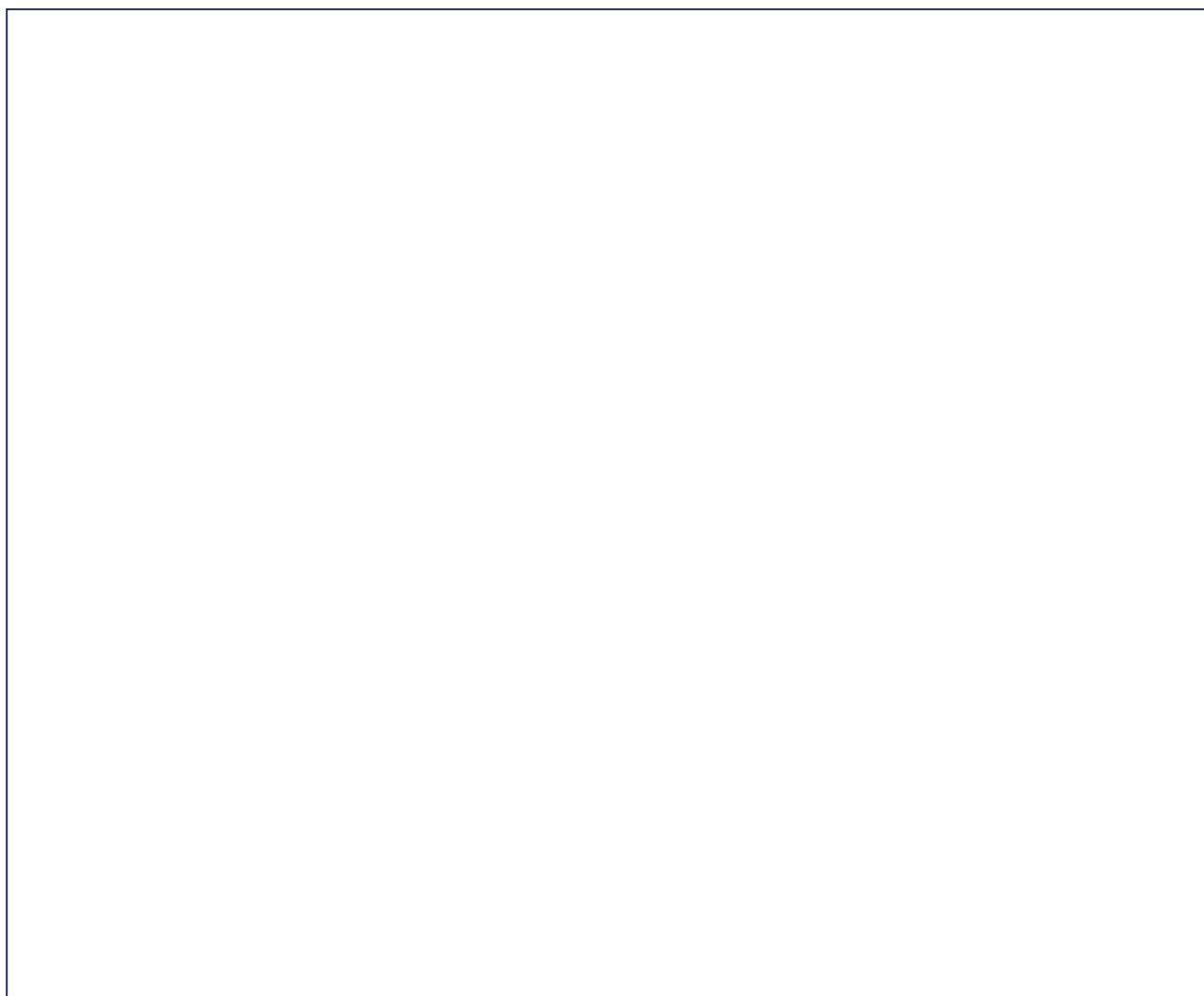


Design a Balanced Plate with Max the Monkey

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

Max the Monkey is planning a feast! He knows that to stay energetic for climbing and solving puzzles, he needs a balanced plate. Use the space provided to design a meal that includes a variety of food groups. Remember to label your ingredients using the word bank provided.

Draw: In the centre of the page, draw a large circle representing a dinner plate. Inside the circle, draw a balanced meal featuring at least four different food groups. Use a clear, illustrative style. Ensure the portions look realistic (e.g., half the plate should be vegetables). Add labels pointing to specific ingredients using the provided word bank.



Label words: Carbohydrates · Protein · Fibre · Vitamins · Healthy Fats · Portion size · Nutrient-dense · Balanced

Steps:

1. Label your drawing to show which items represent the main food groups. Why is it important to include a variety of colours on your plate?
2. Explain why Max needs carbohydrates to help him with his daily maths puzzles and tree climbing.
3. Compare and contrast two different food items on your plate. Which provides more energy and which

provides more vitamins?

4. Justify your choice of protein for this meal. Why is it a healthier option than processed snacks?

5. What might happen if someone only ate one type of food group for every meal? Describe the potential impact on their health.

6. If Max had a budget of £5.00, how could he select fresh, seasonal ingredients to create this meal? List two budget-friendly swaps.