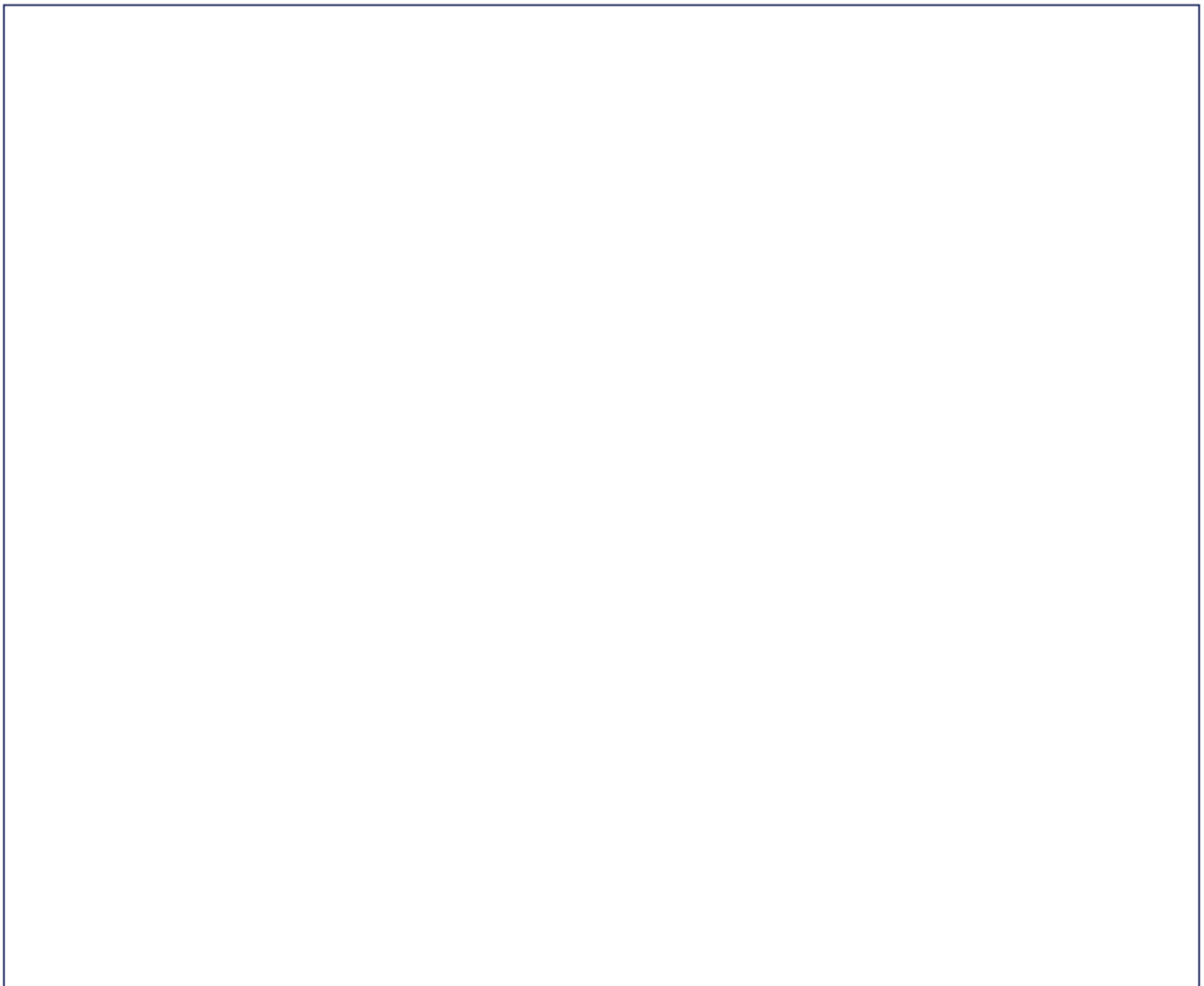


Max's Healthy Meal Design

Learning objective: To design a balanced and healthy meal using food groups.

Max the monkey wants to eat a healthy lunch. Look at the word bank. Draw a healthy meal on the plate below. Label your food items.

Draw: Draw a large circular plate in the centre of the page. Inside the plate, sketch a balanced meal consisting of a protein source, a carbohydrate source, and two colourful vegetables. To the side of the plate, draw a piece of fruit and a glass of water. Use simple shapes and clear lines.



Label words: Protein · Carbohydrates · Vegetables · Fruit · Water

Steps:

1. Step 1: Draw a portion of protein (like chicken, beans, or fish) on the plate. Label it.
2. Step 2: Draw some carbohydrates (like pasta, rice, or a potato) on the plate. Label it.
3. Step 3: Draw two different coloured vegetables on the plate. Label them.
4. Step 4: Draw a piece of fruit and a glass of water next to the plate.