

Max's Healthy Menu Designer

Learning objective: To design a balanced, nutritious meal that meets the dietary requirements of a healthy lifestyle.

Max the monkey is on a mission to fuel his adventures with the best ingredients! Use this template to plan a healthy, balanced three-course meal. Think about the different food groups, such as proteins, carbohydrates, and vitamins from fruits and vegetables. Ensure your meal is both nutritious and delicious.

Word bank: protein · carbohydrates · vitamins · fibre · balanced · nutritious · ingredients · calcium · portion

1. Menu Proposal: List your chosen starter, main course, and dessert. Explain why this combination provides a balanced intake of energy. (3 marks)

2. Ingredient Breakdown: Select one item from your menu. Identify the main food group it belongs to and describe its benefit to the human body. (3 marks)

3. Budget Challenge: Max has a budget of £5.00 for the ingredients. If your main course costs £2.45 and the starter costs £1.10, calculate the remaining budget for your dessert. (2 marks)

4. Justify your answer: Why is it important to limit the amount of processed sugar in a healthy meal plan? Support your reasoning with scientific facts. (4 marks)

5. Compare and contrast: How does a meal designed for an active athlete (like Max) differ from a meal designed for someone who is less physically active? (4 marks)

6. What might happen if a person's diet lacked one specific food group entirely over a long period of time? (3 marks)

Extension challenge: Design a 'Healthy Plate' visual poster to accompany your menu. Include labels for each food group and a short 'Why it's healthy' tag for every item. As a challenge, create a shopping list and research the prices of your chosen ingredients in a local shop to see if your meal stays under the £5.00 limit.