

Max's Healthy Meal Planner

Learning objective: To design a balanced and healthy meal for a Year 4 school lunch.

Max the monkey wants to solve the puzzle of a healthy meal! Use this planner to design your own lunch. Think about the different food groups. You can use the word bank to help you. Write your ideas in the boxes below.

Word bank: protein · carbohydrates · fruit · vegetables · healthy · balanced · vitamins · energy

1. My Healthy Meal: What main dish will you make? (Hint: Think of protein like chicken, beans, or fish.) (2 marks)

2. Fruit and Vegetables: Which two colourful vegetables or fruits will you add to your plate? (2 marks)

3. Energy Foods: What will you include for carbohydrates? (Hint: Think of bread, pasta, or rice.) (2 marks)

4. My Drink Choice: What is a healthy drink to have with this meal? (1 mark)

Extension challenge: If your meal costs £2.50 to make, how much change would you get from a £5.00 note? Show your working out.