

Max's Healthy Meal Plan

Learning objective: To design a healthy, balanced meal and explain why the ingredients are good for us.

Help Max the monkey plan a healthy lunch! Use the prompts below to describe your meal. Use the word bank to help you write your sentences.

For a healthy lunch, I have decided to create a colourful meal that gives me lots of energy.

Word bank: healthy · energy · vitamins · protein · fibre · because · also · first · then · delicious

1. What is the name of your healthy meal? Start by saying: My healthy meal is called... (2 marks)

2. Which healthy ingredients are in your meal? Use the starter: My meal includes ingredients such as... (3 marks)

3. Why is this meal good for your body? Use the starter: This meal is healthy because... (3 marks)

4. What does your meal look like? Use the starter: My meal looks colourful because... (2 marks)

Extension challenge: If your meal cost £3.00 to make, how much change would you get from a £5.00 note? Show your working out.