

Max's Healthy Meal Planner

Learning objective: To understand the principles of a healthy and varied diet and apply knowledge of food groups to design a balanced meal.

Max the monkey is planning a healthy, balanced meal for his friends. Look at the word bank provided and use the principles of the 'Eatwell Guide' to categorise the ingredients. You must choose at least one item from each of the main food groups to create a nutritious meal that costs no more than £5.00 total.

Word bank: Wholemeal pasta (£0.80) · Grilled chicken breast (£1.50) · Fresh broccoli (£0.60) · Olive oil (£0.20) · Sweet potatoes (£0.70) · Canned chickpeas (£0.50) · Mixed berries (£0.90) · Natural yoghurt (£0.40) · Crisps (£0.75) · Chocolate bar (£0.85)

1. Select one carbohydrate, one protein, and one fruit or vegetable from the word bank to create a balanced meal. Write your menu below. (2 marks)

2. Calculate the total cost of your chosen meal. Does it stay within Max's £5.00 budget? (2 marks)

3. Why is it important to include a variety of colours in your meal, such as green broccoli or red berries? (2 marks)

4. Look at the items 'Crisps' and 'Chocolate bar' in the word bank. Why should these be eaten less often than the other ingredients? (2 marks)

5. If you were swapping the chicken for a vegetarian protein source from the list, which would you choose and why? (2 marks)

Draw: Draw a plate showing your balanced meal. Use labels to point out which food groups each part of your meal belongs to (e.g., Carbohydrates, Protein, Fruit & Vegetables).



Extension challenge: Max wants to know how to make this meal 'seasonally local'. Research or suggest one ingredient that could be grown in a UK garden during the summer months and explain why eating locally-grown food can be better for the environment.