

Healthy Meals: Design Technology Flashcards with Max the Monkey

Learning objective: To understand the principles of a healthy, balanced diet and how to design meals that meet nutritional needs.

Use these flashcards to test your knowledge of healthy eating. Max the Monkey has helped put these together so you can plan your next delicious and nutritious meal!

What is a 'balanced diet'?

Eating a variety of foods in the right proportions to provide the body with the nutrients it needs to function correctly.

Which food group provides the body with the energy needed for physical activity?

Carbohydrates (such as bread, pasta, and potatoes).

Why does the body need protein?

Protein is essential for growth and the repair of body tissues, such as muscles.

What is the role of fibre in our diet?

Fibre helps keep our digestive system healthy and helps move food through the body.

Name one source of vitamins and minerals.

Fruits and vegetables.

What is a healthy way to manage 'portion size' when serving a meal?

Using a smaller plate or following the 'Eatwell Guide' proportions (half the plate as fruit and vegetables).

Why is it important to limit foods high in saturated fats and sugar?

Eating too much can lead to health problems like tooth decay and heart issues later in life.

How many glasses of water should we aim to drink daily for good hydration?

Approximately 6 to 8 glasses of water or other fluids throughout the day.

If a healthy lunch costs £2.50 and you buy ingredients for four people, what is the total cost?

£10.00.

What does 'nutritional information' on a food label tell us?

It tells us the amount of energy, fat, sugar, and salt contained in the food product.

Why should we try to eat a 'rainbow' of vegetables?

Different coloured vegetables contain different vitamins and minerals, ensuring a wider range of nutrients.

True or False: A healthy meal should always be deep-fried.

False. Grilling, steaming, or baking are healthier cooking methods.