

Design Technology: Crafting a Balanced Meal

Learning objective: To understand the principles of a healthy, balanced diet and apply this knowledge to design a nutritious meal for a specific dietary need.

Read each question carefully. Use your knowledge of the 'Eatwell Guide' to help you make healthy choices for your meal designs.

Word bank: Carbohydrates · Protein · Fibre · Nutrients · Balanced · Saturated · Portion · Hydration

1. Max is planning a healthy lunch that includes pasta, grilled chicken, and a side salad. Identify which food group provides long-lasting energy and explain why it is important for a growing child. (2 marks)

2. Bea the honeybee is looking for a snack. If a snack bar costs £1.20 and a fresh apple costs £0.45, calculate the difference in price and explain why the apple is a healthier choice for your body. (2 marks)

3. List three different food groups that should be included on a plate to ensure a meal is nutritionally balanced according to the Eatwell Guide. (3 marks)

4. Nova the owl is designing a meal for a friend who needs extra protein for muscle repair. Suggest two ingredients they could add to their meal and explain why these are good sources of protein. (2 marks)

5. Why is it important to limit the amount of foods that are high in salt, sugar, and saturated fats in our daily diet? (2 marks)

Draw: Draw a healthy, balanced meal on a plate. Label each component of your meal and state which nutrient category it belongs to (e.g., Carbohydrate, Protein, Fruit/Veg).



Extension challenge: Imagine you are running a school canteen. Create a weekly menu for three days that costs under £2.00 per meal per child, ensuring every meal contains at least five different types of fruit or vegetables across the day.