

Design Your Balanced Meal: A Nutritional Blueprint

Learning objective: To understand the components of a healthy, balanced meal and apply this knowledge to design a nutritious dish.

Follow the steps below to design a balanced meal. Use the word bank to label your drawing, ensuring that each of the main food groups is clearly identified.

Draw: Draw a large circular dinner plate in the center of the page. Within the circle, illustrate a balanced meal. Use colored pencils to show the different food groups: include at least two types of vegetables, a portion of carbohydrates (like brown rice or a jacket potato), and a source of protein (like lentils or grilled fish). Keep your style clear and neat, similar to a food designer's professional sketch.



Label words: Carbohydrates · Protein · Vegetables · Healthy Fats · Fiber · Portion Size

Steps:

1. Label your drawing to show which part of your meal provides the most energy (carbohydrates).
2. Identify one source of protein in your meal and explain why protein is important for the human body.
3. Max the monkey wants to add a healthy fat to this meal. Suggest one example he could add and draw it on your plate.
4. Why is it important to include a variety of colors from vegetables in your meal design?

5. If this meal costs £3.50 to make, and you have £10.00, how much change would you receive? Show your working.