

Grade 4 Design Technology: Designing Healthy Meals

Learning objective: To demonstrate an understanding of balanced diets, nutritional requirements, and the principles of designing a healthy, appealing meal.

Read each question carefully. Use your knowledge of the Eatwell Guide and food preparation to answer. Ensure your explanations are clear and use correct terminology.

Max the monkey is helping his friends plan a healthy picnic. He wants to ensure everyone has enough energy for a long day of exploring. He is looking at different food groups to make sure the meal is balanced and provides the right nutrients for growing animals.

Word bank: Nutrients · Balanced · Carbohydrates · Protein · Vitamins · Fiber · Preparation · Seasonality · Portion

1. Identify two main food groups that should be included in a balanced meal to provide energy for a busy day. (2 marks)

2. Why is it important to include fruit and vegetables in a daily diet? Give two reasons. (2 marks)

3. Max is preparing a salad. Explain why it is important to wash vegetables before preparation. (2 marks)

4. Look at the following ingredients: Pasta, grilled chicken, mixed salad leaves, and a slice of melon. Why is this considered a balanced meal? Refer to at least two food groups in your answer. (4 marks)

5. Describe one way to make a healthy meal more appealing to others using color and texture. How does your choice improve the eating experience? (4 marks)

6. Nova the owl is worried about food waste. Suggest two ways a chef can reduce food waste when preparing a meal for a group. (4 marks)

7. Extended Task: Imagine you are designing a lunch menu for a school event. Create a two-course menu that is healthy, affordable (under £3.00 per person), and balanced. Explain why you chose these items and how they meet the nutritional needs of Grade 4 pupils. (5 marks)

Draw: In the space provided, draw a cross-section of your healthy meal from the extended task. Label the different food groups present in your design.



Extension challenge: Total: /25. Challenge: Research the cost of your chosen ingredients in a local store and calculate the total cost for 4 people. Is your meal under the £3.00 per person budget?