

## Max's Balanced Plate Challenge

*Learning objective: To identify the five main food groups and understand how to construct a balanced, healthy meal.*

Max the monkey is preparing for a big day of climbing and needs plenty of energy. Use the space provided to design a healthy, balanced meal for Max. Ensure your plate includes a variety of food groups to help him stay strong and focused.

**Draw:** Draw a large circular plate in the center of the page. Inside the plate, illustrate a colorful, healthy meal. Include at least one portion of protein (e.g., beans or pulses), a serving of complex carbohydrates (e.g., wholemeal pasta or brown rice), and a wide variety of colorful vegetables and fruit. Draw a glass of water next to the plate. Use clear, neat lines and label your components using the word bank provided.



*Label words: Carbohydrates · Protein · Fiber · Vitamins · Calcium · Hydration · Balanced · Nutrients*

### Steps:

1. Label your drawing to show which items belong to the 'Fruit and Vegetables' group and which provide 'Protein'.
2. Explain why Max needs a variety of different food groups rather than just eating his favorite banana for every meal.

3. Compare and contrast a meal consisting only of carbohydrates with a balanced plate. How would Max's energy levels differ?
4. Justify your choice of drink for Max. Why is water a better choice than a fizzy drink containing 30g of sugar?
5. What might happen to Max's health if he consistently avoided eating any foods containing calcium?
6. If Max had a budget of £5.00 to spend on healthy ingredients at the market, list three items he could buy that offer high nutritional value.