

Max's Balanced Plate Challenge

Learning objective: To understand the components of a healthy, balanced diet and how to make informed food choices.

Max the monkey is planning a picnic! To keep his energy up for climbing, he needs a balanced meal. Use the word bank to label your plate and draw a healthy, colorful meal that follows the 'Eatwell Guide' principles.

Draw: Draw a large circular plate in the center of the page. Divide the plate into sections: half for fruit and vegetables, one quarter for carbohydrates (like pasta or potatoes), and one quarter for protein (like beans, fish, or lentils). Draw a glass of water next to the plate. Use bright colors to show the variety of food and add labels from the word bank to point to your drawings.



Label words: Fruit · Vegetables · Carbohydrates · Protein · Dairy · Hydration

Steps:

1. Identify one source of protein you have included on your plate and explain why it is important for the body.
2. Why should we aim to include at least five portions of fruit and vegetables in our daily diet?
3. If a healthy snack costs £1.20 and a sugary cookie costs £0.45, explain why the healthy snack is a better choice for long-term health.
4. Label your drawing with the six terms from the word bank to show where each food group is represented.

5. List one drink that is a healthy choice for hydration compared to fizzy, sugary drinks.