

Max's Nutritious Menu Challenge

Learning objective: To understand the principles of a healthy and varied diet by designing a balanced meal that meets nutritional requirements.

Max the monkey believes that every meal should be a perfect mathematical equation of nutrients. Your task is to act as a nutritionist. Using the provided word bank, design a balanced main meal for a person who has spent a long day hiking. Your meal must include at least one item from each of the main food groups (carbohydrates, protein, healthy fats, and fruit/vegetables). Once you have selected your ingredients, calculate the total cost of your meal using the prices provided, and justify your nutritional choices.

Word bank: Wholegrain pasta (£1.20) · Grilled salmon fillet (£2.50) · Steamed broccoli (£0.60) · Roasted sweet potato (£0.80) · Avocado slices (£1.10) · Lentil stew (£1.50) · Mixed garden salad (£0.70) · Lean chicken breast (£2.00)

1. Select one ingredient from each food group to create a balanced meal. List your chosen items below and calculate the total cost. (3 marks)

2. Explain why it is essential for a hiker to include a source of complex carbohydrates, such as wholegrain pasta or sweet potato, in their meal. (2 marks)

3. Compare and contrast the nutritional benefits of using salmon versus lentils as your primary source of protein. (3 marks)

4. Justify your choice of side vegetables. Why is it important to include a variety of colours on your plate? (2 marks)

5. What might happen to a person's energy levels if they consumed a meal consisting only of processed sugars and fats instead of your balanced menu? (2 marks)

6. If you had a budget of £5.00, how could you adjust your meal plan to add a healthy dessert while staying within your spending limit? (2 marks)

Draw: Draw your completed meal on a circular plate. Use labels to point out which part of the meal provides protein, carbohydrates, and vitamins/minerals.



Extension challenge: Research the 'Eatwell Guide'. Create a persuasive poster for Max that explains how to balance these food groups over the course of an entire week, rather than just a single meal, including why hydration is a vital part of the equation.