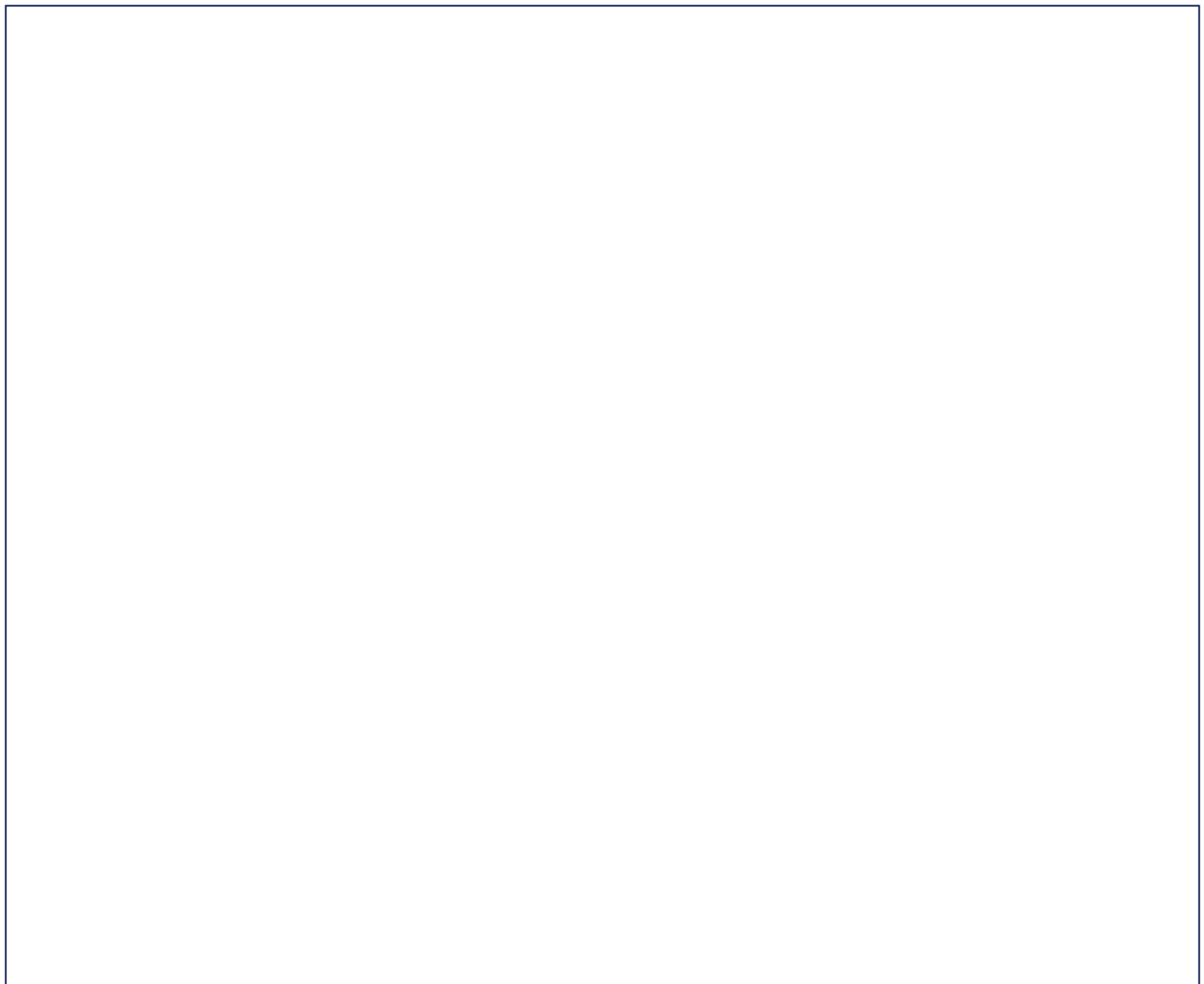


Design a Balanced Plate with Max the Monkey

Learning objective: To understand the principles of a healthy, varied diet and apply them to the design of a nutritious meal.

Max the Monkey is planning a delicious lunch! He wants to make sure his meal includes the right balance of nutrients. Look at the word bank and create a balanced meal design in the space provided. Label the different components of your dish to show you understand where each nutrient comes from.

Draw: Draw a large circular plate in the centre of the page. Inside the plate, illustrate a balanced meal for Max the Monkey. Ensure the plate is divided into sections representing different food groups (e.g., a portion for vegetables, a portion for protein, and a portion for complex carbohydrates). Use a neat, technical drawing style with clear lines. Add labels pointing to the different items using the words from the word bank. You may add a glass of water next to the plate to represent healthy hydration.



Label words: Carbohydrates · Protein · Fibre · Vitamins · Minerals · Hydration · Balanced Portion

Steps:

1. Identify one item from your drawing that provides carbohydrates and explain why this is necessary for Max's energy levels.
2. Compare and contrast your meal choice with a meal that contains high levels of saturated fat. Which is

better for long-term health and why?

3. Justify your choice of vegetables in your drawing. What specific minerals or vitamins do they contribute to the meal?

4. What might happen to Max's physical performance if he removed all protein sources from his diet for a month?

5. Label your drawing to clearly identify the source of protein and the source of fibre.

6. Explain why it is important to have a variety of colours on the plate when designing a nutritious meal.