

Max's Nutritious Menu Planner

Learning objective: To design a balanced meal by understanding food groups, nutritional value, and the importance of a varied diet.

Max the monkey is planning a healthy feast! Use this template to design a nutritious meal that provides enough energy for a busy day of climbing and learning. Think about the 'Eatwell Guide' and ensure your meal includes a balance of carbohydrates, proteins, healthy fats, vitamins, and minerals. Explain your choices using scientific vocabulary.

Word bank: carbohydrates · protein · micronutrients · balanced · fibre · saturated fats · vitamins · minerals · calorific value

1. The Balanced Plate: List the components of your chosen meal and categorise them into their primary food group (e.g., carbohydrates, protein, fruit/vegetables). (4 marks)

2. Nutritional Justification: Explain why this meal provides a balanced intake of nutrients for a growing Year 5 pupil. (4 marks)

3. Costing the Ingredients: If the ingredients cost £4.85, £2.10, and £1.35 respectively, what is the total cost of your meal per person? (2 marks)

4. Critical Analysis: Compare your meal to a typical 'fast food' option. Why is your choice better for long-term health? (4 marks)

5. Hypothesis: What might happen to a person's energy levels and concentration during maths lessons if they consistently skipped this nutritional balance? (4 marks)

6. Creative Extension: Design a 'Super-Snack' for Max that is high in fibre and low in refined sugar. Justify your ingredients. (4 marks)

Extension challenge: Research a specific vitamin or mineral. Write a persuasive paragraph explaining why it is essential for the human body and list three food sources where it can be found.