

Max's Culinary Challenge: Designing a Nutritious Meal

Learning objective: To design a balanced meal by understanding the importance of nutritional content and the source of ingredients, as per Year 5 Design Technology and Science requirements.

Use this writing scaffold to plan your healthy meal design. Max the monkey needs your help to solve his nutritional puzzle! Think about the five food groups, where ingredients come from, and how to create a meal that is both tasty and healthy.

To fuel our bodies effectively, we must carefully select ingredients that provide a balanced range of nutritional benefits.

Word bank: furthermore · consequently · essential nutrients · balanced diet · locally sourced · in contrast · sustainable · carbohydrates · protein · vitamins and minerals

1. Introduction: Describe your chosen dish and explain why it is a healthy, balanced option for a Year 5 student. Start by saying: 'My proposed meal is...' (3 marks)

2. Nutritional Breakdown: Identify the primary food groups present in your dish. Explain how each ingredient contributes to a person's energy and health. Start by saying: 'The key nutrients provided by this meal include...' (4 marks)

3. Sourcing and Sustainability: Compare and contrast using locally sourced ingredients versus imported goods. Justify your preference for this recipe. Start by saying: 'When considering the origin of these ingredients, I have decided to...' (4 marks)

4. Cost Analysis: If you were to buy these ingredients for a family of four, how would you ensure the total cost is reasonable? Start by saying: 'To manage the budget for this meal, which costs approximately £... , I would...' (3 marks)

5. Refining the Design: Explain what might happen if you substituted a key ingredient (e.g., replacing protein with a plant-based alternative). Start by saying: 'If I were to modify this recipe, the nutritional impact would be... because...' (3 marks)

6. Conclusion: Summarise why your design is successful. Start by saying: 'Ultimately, this meal is a superior choice because...' (2 marks)

Extension challenge: Imagine a classmate has a specific dietary requirement, such as being gluten-free or vegetarian. Redesign your meal to accommodate them while maintaining the same nutritional value. Write a paragraph explaining your changes and justify why these modifications are still considered a 'healthy' design.