

Max's Nutritious Menu Masterclass

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

Max the monkey is hosting a healthy feast! He has a budget of £5.00 per meal. Your task is to design a three-course meal plan. First, select items from the word bank to fill your menu template. Then, answer the challenge questions to justify your nutritional choices based on the Eatwell Guide principles.

Word bank: Grilled Salmon (£2.50) · Quinoa Salad (£1.20) · Steamed Broccoli (£0.60) · Fresh Raspberries (£0.80) · Wholewheat Pitta (£0.40) · Roasted Chickpeas (£0.50) · Natural Yoghurt (£0.70) · Lentil Soup (£1.10) · Baked Sweet Potato (£0.90)

1. Select one main dish and two sides from the word bank. Calculate the total cost and explain why this combination provides a balanced intake of protein and fibre. (3 marks)

2. Max wants to include a source of complex carbohydrates. Which items from the list are the best choices? Justify your answer. (2 marks)

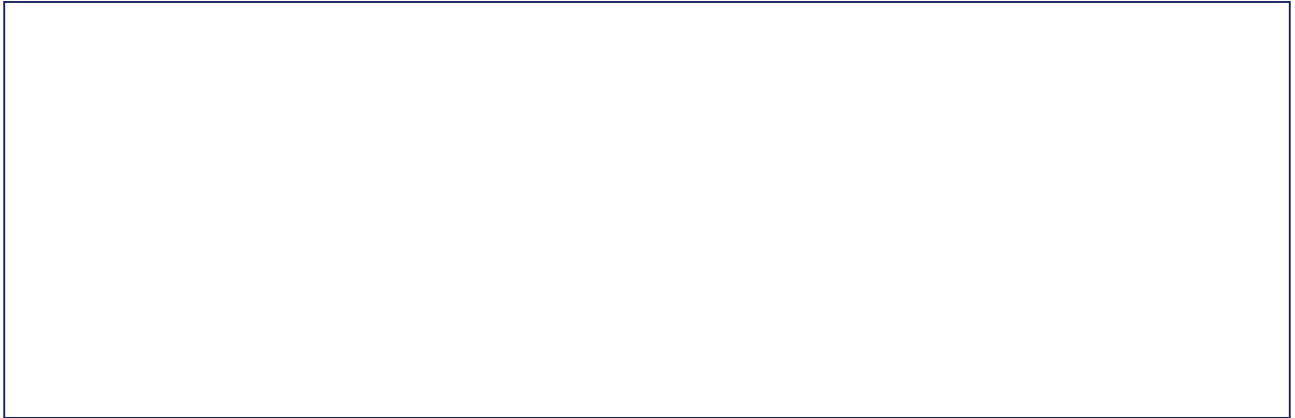
3. Explain why it is important to include a variety of colours on your plate, rather than just one type of food group. (2 marks)

4. If a student replaced the fresh raspberries with a processed chocolate bar, how would this affect the nutritional value of the meal? Compare the two options. (3 marks)

5. Justify your answer: Is it always more expensive to eat a healthy, balanced meal compared to a diet high in processed fats and sugars? Provide reasoning. (3 marks)

6. What might happen to the body if a person consistently consumes meals that lack essential vitamins and minerals found in vegetables? (2 marks)

Draw: Draw your planned meal on a plate. Label the different food groups present, such as 'Protein', 'Complex Carbohydrates', and 'Vitamins/Minerals'.



Extension challenge: Imagine you are a food scientist. Create a new recipe idea that costs under £2.00 per portion. Write a brief proposal explaining which food groups your dish covers and why it would be a popular choice for school lunches.