

Design a Balanced Feast with Max and Bea

Learning objective: To understand the principles of a healthy, balanced diet and apply this knowledge to design a nutritious meal based on the Eatwell Guide.

Max the monkey is hungry after his maths puzzles, and Bea the bee wants to ensure he has enough energy for his next adventure. Your task is to design a nutritious meal that includes the correct proportions of nutrients. Use the word bank to label your plate accurately.

Draw: Draw a top-down view of a circular dinner plate. Inside the plate, illustrate a balanced meal using a variety of food items (e.g., grilled chicken or tofu, brown rice or pasta, steamed broccoli, carrots, and a side of fresh berries). Use a clean, diagrammatic style with clear lines. Include a glass of water next to the plate. Ensure the proportions reflect the Eatwell Guide (e.g., large portion of vegetables and carbohydrates).



Label words: Carbohydrates · Protein · Fibre · Healthy Fats · Vitamins · Minerals · Hydration

Steps:

1. Identify which food group on your plate provides the most energy for Max's active lifestyle. Explain why this is important for a Year 5 student.
2. Why is it essential to include a variety of colours (vitamins and minerals) in your meal design?
3. Compare and contrast your meal choice with a typical 'fast food' meal. Which is more beneficial for

long-term health and why?

4. Justify your inclusion of a specific protein source. What function does protein serve in the human body?

5. Label your drawing with the seven terms from the word bank, ensuring they point to the correct components of your meal.

6. What might happen to Max's performance in his daily tasks if his meal lacked fibre? Explain your reasoning.