

Max's Masterclass: The Science of Healthy Meals

Fuel Your Future: Design a Plate, Power Your Day!

- Why is it essential to include a variety of colours on your plate rather than just one type of food group?
- How do starchy carbohydrates provide the necessary energy for a busy day of learning and physical activity?
- What role does fibre play in maintaining a healthy digestive system within the human body?
- Why should we limit the consumption of foods high in sugar and saturated fats in our daily diet?
- In what ways does hydration through water intake support the nutrients we absorb from our meals?

Did you know? Did you know? Your body is like a complex engine! It requires a specific ratio of fuel to function correctly. A balanced meal should ideally consist of one-third fruit and vegetables, one-third starchy carbohydrates like potatoes or wholegrain pasta, and the remainder divided between proteins and dairy or dairy alternatives.

Key vocabulary: nutrients · carbohydrates · protein · saturated fats · fibre · metabolism · balanced diet · micronutrients