

Max's Healthy Kitchen Challenge

Learning objective: To understand the principles of a healthy, balanced diet and the importance of nutritional variety in meal design.

Help Max the monkey solve his culinary puzzles! Read each question carefully and select the best answer to show you are a master of healthy meal design.

Answer Key: 1.C, 2.True, 3.False, 4.Protein, 5.B, 6.True, 7.A, 8.False, 9.Fibre, 10.B. Greater Depth

Explanation: A balanced meal should ideally contain a variety of food groups to ensure the body receives all necessary micronutrients. Over-processing food often removes essential fibre and vitamins, which is why whole foods are superior for sustained energy.

Word bank: Carbohydrates · Protein · Nutrients · Balanced · Hydration · Vitamins · Fibre · Portion

1. 1. Max is planning a meal. Which of these is the best example of a balanced plate? A) Just pasta, B) Just cheese, C) A grilled chicken breast with brown rice and steamed broccoli*, D) A packet of crisps. (1 mark)

2. 2. True or False: Carbohydrates are an essential fuel source for our bodies to provide energy for physical activity. (1 mark)

3. 3. True or False: Eating the same single type of food for every meal is the best way to stay healthy. (1 mark)

4. 4. Fill in the blank: _____ is the food group primarily responsible for the growth and repair of our muscles. (1 mark)

5. 5. Why is it important to include a variety of colours on your plate? A) It makes the plate look heavy, B) Different colours represent different vitamins and minerals*, C) It makes the food taste saltier, D) It is only for decoration. (1 mark)

6. 6. True or False: Drinking water is essential for maintaining proper hydration and helping our organs function correctly. (1 mark)

7. 7. If a meal costs £4.50 to make, and you want to serve 3 portions, how much does each portion cost? A) £1.50*, B) £2.00, C) £1.25, D) £4.50. (1 mark)

8. 8. True or False: Highly processed foods usually contain more natural nutrients than fresh, raw vegetables. (1 mark)

9. 9. Fill in the blank: _____ helps our digestive system work smoothly and is found in whole grains, fruits, and vegetables. (1 mark)

10. 10. Which of these is a healthy cooking method? A) Deep-frying in oil, B) Steaming or grilling*, C) Covering in sugar, D) Boiling until the vegetables lose their colour. (1 mark)

Draw: Draw a 'Master Chef' plate design for Max. Include at least four different food groups and label them to explain why they make a balanced meal.



Extension challenge: 1. Explain why a diet high in sugar but low in fibre might lead to an energy 'crash' during the school day. 2. Compare and contrast the nutritional benefits of an apple versus a fruit-flavoured sugary drink. 3. Justify your choice of ingredients for a school lunch that costs under £2.00. 4. What might happen to a person's physical performance if they completely removed protein from their diet? 5. If you were designing a meal for an athlete, why would you increase the portion size of carbohydrates? 6. Propose a three-course healthy menu for a school event and explain the nutritional value of each dish.