

Design Your Balanced Plate: A Healthy Meal Project

Learning objective: To design a nutritionally balanced meal, justifying ingredient choices based on the principles of a healthy, varied diet.

Use this scaffold to plan your healthy meal. Ensure you consider the balance of food groups and how they contribute to a healthy lifestyle. Use the word bank to help elevate your vocabulary.

To maintain optimal health, it is essential to design a meal that incorporates a harmonious balance of proteins, carbohydrates, and healthy fats.

Word bank: nutritionally dense · macronutrients · essential vitamins · sustained energy · culinary balance · sustainably sourced · furthermore · consequently · in contrast · optimal health

1. The Concept: Briefly describe your proposed dish. What are the primary ingredients and how do they work together to create a balanced meal? (2 marks)

2. Nutritional Value: Explain why you have chosen these specific ingredients. How do they provide the body with the energy it needs for physical activity? (3 marks)

3. Compare and Contrast: Compare your healthy meal choice to a typical 'fast food' meal. What are the key differences in their nutritional impact on the body? (4 marks)

4. Justification: Justify your choice of vegetables and fibre sources. Why are these crucial for long-term health? (3 marks)

5. What might happen if a person consistently ignored the balance of food groups in their diet? Explain the potential long-term effects on their health. (4 marks)

6. Budgeting: If you have a budget of £5.00 to source these ingredients for one person, how would you ensure the meal remains healthy while being cost-effective? (3 marks)

Extension challenge: Imagine you are pitching your meal to Max the monkey. Write a persuasive paragraph explaining why your meal is the superior choice for his active lifestyle, using at least three pieces of scientific evidence regarding nutrition.