

Max's Nutritious Picnic Planner

Learning objective: To understand the principles of a balanced diet and make informed choices about nutritional value to support a healthy lifestyle.

Max the monkey is planning a big picnic for his friends, but he wants to make sure everyone has plenty of energy for their adventures! You have a budget of £10.00 to spend on a balanced meal. Use the items below to create a menu that includes at least one source from each food group (carbohydrates, proteins, fruit/vegetables, and dairy). You must calculate the total cost and explain why your choices provide a balanced, healthy diet.

Word bank: Carbohydrates · Protein · Nutrients · Balanced · Energy · Fibre · Dairy · Hydration

1. The Picnic Shop Menu: Wholemeal Bread Roll (£1.20), Grilled Chicken Breast (£2.50), Carrot Sticks (£0.80), Apple (£0.50), Natural Yoghurt (£1.10), Pasta Salad (£1.80), Cheese Slice (£0.90), Mixed Berries (£1.50). Choose your items and calculate the total cost. (2 marks)

2. Justify why your chosen menu provides a 'balanced' meal. Refer to at least two food groups in your explanation. (3 marks)

3. Explain why Max needs carbohydrates to help him climb trees and play with his friends all day. (2 marks)

4. Compare and contrast: Why might a snack of mixed berries be a healthier choice than a packet of highly processed sugary sweets? (3 marks)

5. What might happen to your body's energy levels if you only ate foods high in sugar and fat for the whole day? (2 marks)

6. If you had an extra £5.00 budget, what additional healthy item would you add to your picnic and why? (2 marks)

Draw: Draw a colourful plate showing your chosen picnic meal. Label each item with its food group (e.g., 'Carbohydrate - Wholemeal Roll') and add a small speech bubble for Max saying why he is excited to eat it.



Extension challenge: Research the 'Eatwell Guide'. Design a weekly menu for your family that incorporates the 5-a-day recommendation for fruits and vegetables. How would you ensure the cost remains under a reasonable weekly shopping budget of £40.00?