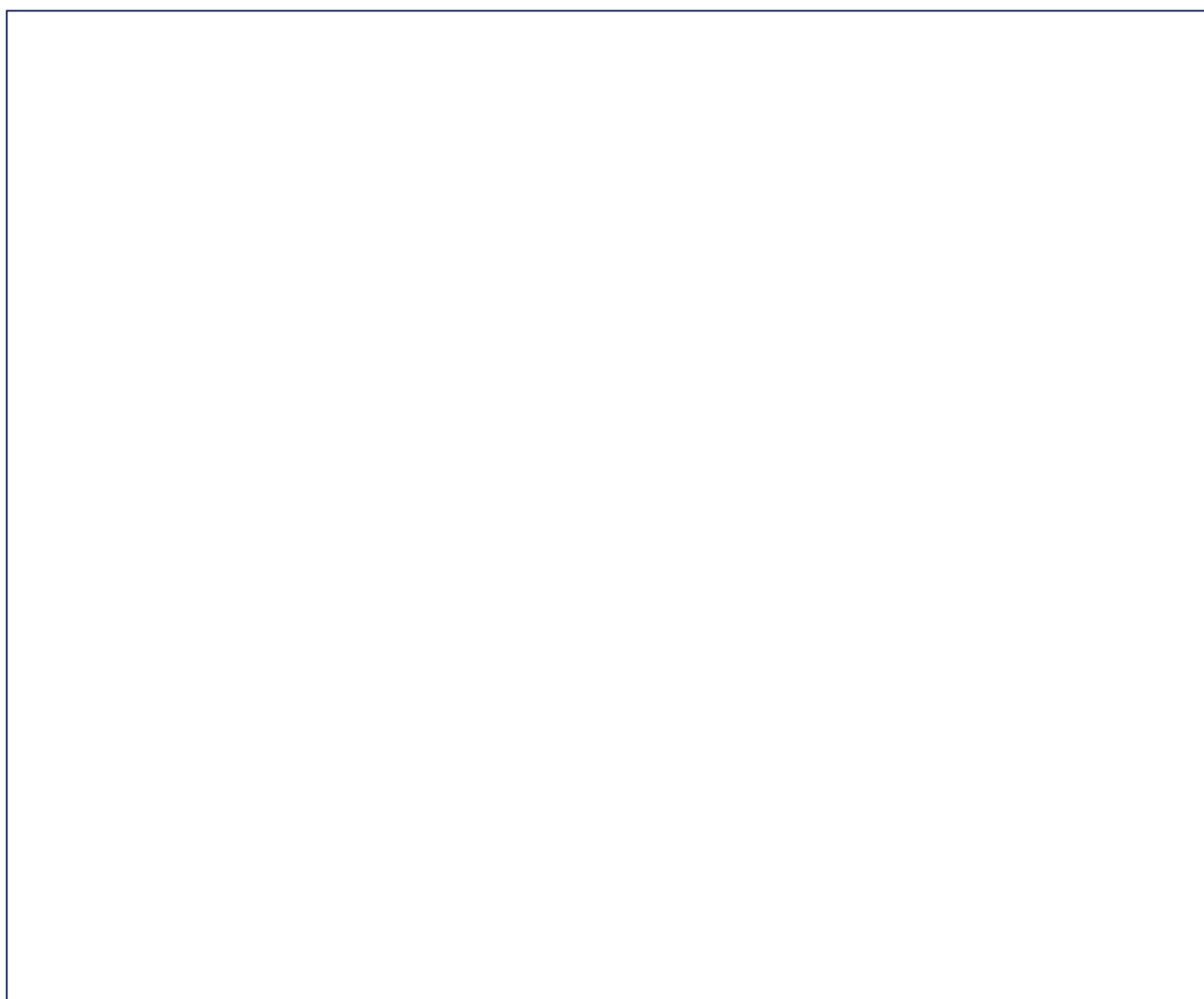


Max's Balanced Plate Challenge

Learning objective: To understand the components of a balanced, healthy diet and explain the nutritional importance of different food groups.

Max the monkey has been studying nutrition! He wants to create the perfect, balanced plate for his next adventure. Use the space provided to design a healthy meal. Label your ingredients using the word bank and explain your choices in the questions below.

Draw: Draw a large dinner plate in the centre of the page. Fill the plate with a balanced meal including a portion of carbohydrates (like brown rice or pasta), a protein source (like lentils or fish), and a vibrant variety of colourful vegetables. Add a glass of water next to the plate to represent hydration. Use a clean, educational illustration style with clear labels pointing to each component.



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

Steps:

1. Identify one item you included from the 'Protein' group and explain why it is essential for Max's physical development.
2. Compare and contrast the nutritional value of a piece of fruit versus a packet of crisps. Justify why fruit is a healthier energy source.

3. Explain why it is important to include a variety of colours on your plate, rather than just one type of food.
4. What might happen to Max's energy levels during his adventures if he consistently skipped eating vegetables?
5. If a healthy meal costs £2.50 to prepare, calculate how much it would cost to feed Max and his four friends for one lunch.
6. Justify your choices: Why did you decide on these specific portion sizes for a growing monkey?