

Max's Balanced Plate Explorer: A Healthy Eating Fact-File

Learning objective: To understand the importance of a balanced diet and the roles of different food groups in maintaining a healthy lifestyle.

Help Max the monkey understand how to fuel his body for climbing and problem-solving! Use this fact-file to research and explain the components of a nutritious diet. Think about how different food groups provide the energy you need for school and play.

Word bank: Nutrients · Carbohydrates · Proteins · Fats · Vitamins · Minerals · Fibre · Hydration · Balanced · Energy

1. The Energy Source: Explain the role of carbohydrates in a balanced diet. Why might an active person need more of these than someone who is sedentary? (3 marks)

2. Building Blocks: Describe the function of proteins in the body. Compare and contrast plant-based proteins with animal-based proteins. (4 marks)

3. Vitamins and Minerals: Justify why it is important to 'eat the rainbow' by including a wide variety of coloured fruits and vegetables in your meals. (3 marks)

4. Hydration Station: Max is curious about water. Explain why water is essential for the human body and what might happen if we do not consume enough throughout the day. (3 marks)

5. Budgeting for Health: If you had a budget of £5.00 to buy healthy ingredients for a school lunch, what would you choose and why? Consider nutritional value and cost. (4 marks)

6. Critical Thinking: Some people choose to follow specific diets for health or ethical reasons. Evaluate the benefits and potential challenges of planning a balanced meal without using certain food groups. (5 marks)

Extension challenge: Design a weekly 'Healthy Lunchbox Menu' for Max the monkey. You must include a breakdown of the key nutrients in each meal and explain how your menu supports his high-energy lifestyle as a climber. Present this as a formal proposal to Max, using persuasive language to justify your food choices.