

Max's Healthy Fuel Guide: Building a Balanced Plate

Learning objective: To understand the importance of a balanced diet and make informed choices about healthy eating for physical and mental wellbeing.

Max the monkey believes that our bodies are like complex machines that need the right fuel to perform at their best. Use this writing scaffold to draft a persuasive guide on healthy eating. Use the word bank to help you construct thoughtful sentences.

To maintain high energy levels throughout the school day, it is essential to consider the nutritional balance of the food we consume.

Word bank: nutritional value · essential vitamins · energy levels · consequently · furthermore · in moderation · sustained focus · vibrant ingredients · metabolic health

1. Introduction: Why is it important to view food as 'fuel' for our bodies? Start by explaining how different food groups contribute to our daily activities. (2 marks)

2. The Balanced Plate: Describe what a 'balanced' meal looks like. Explain why including a variety of colours and food groups is beneficial for our physical health. (3 marks)

3. Hidden Sugars and Fats: Explain why it is important to check the nutritional labels on packaged snacks. What might happen if we rely too heavily on processed foods? (3 marks)

4. The Impact on Learning: Justify why eating a healthy breakfast can improve concentration in the classroom. How does fuel affect your brain's ability to solve maths problems? (4 marks)

5. Personal Choices: Compare and contrast a healthy snack with a less nutritious one. How can you make small, sustainable changes to your current diet? (3 marks)

6. Conclusion: Summarise your argument. How does making healthy food choices demonstrate self-respect and responsibility? (2 marks)

Extension challenge: Design a 'Budget-Friendly Balanced Meal' plan for a family of four, where the total cost is under £15.00. Create a table showing the ingredients, their nutritional benefits, and the price of each item. Write a short paragraph justifying why your chosen meal provides the best value for both money and health.