

Max's Healthy Plate Challenge

Learning objective: To identify and categorize different food groups to create a balanced, healthy meal.

Max the monkey wants to eat a healthy lunch to keep his energy up for solving math puzzles. Follow the steps below to draw and label a balanced plate of food.

Draw: Draw a circular plate in the center of the page. Inside the plate, illustrate a balanced meal including colorful vegetables, a portion of carbohydrates (like pasta or rice), and a source of protein (like beans or fish). Next to the plate, draw a glass of water. Use bright colors to make the food look fresh and appetising.



Label words: fruit · vegetables · protein · carbohydrates · water

Steps:

1. Step 1: Draw a large circle in the middle of the page to represent a dinner plate. Inside the plate, draw your favorite healthy meal. (2 marks)
2. Step 2: Use an arrow to point to the part of your meal that gives you energy (carbohydrates) and label it. (1 mark)
3. Step 3: Draw a glass next to your plate. What healthy drink should you have with your meal? Label it. (1 mark)
4. Step 4: Why is it important to eat vegetables? Write one short sentence. (2 marks)