Max and Bea’s Balanced Plate Challenge

Learning objective: To understand the principles of a balanced diet and identify the food groups that contribute to a healthy, active lifestyle.

Max the monkey is planning his energy-boosting lunch, and Bea the honeybee is here to help him sort his food groups. Use the word bank to label your plate and follow the drawing steps to create a perfect, healthy meal.

Draw: Draw a large circular plate in the centre of your paper. Inside the plate, draw a variety of healthy foods: include a colourful portion of vegetables (like carrots or broccoli), a serving of protein (like beans or fish), and a serving of carbohydrates (like brown rice or a jacket potato). Add a small corner for a treat. Use bright, natural colours. In the corner of the page, draw Max the monkey looking excited about his healthy meal.

Label words: Carbohydrates · Protein · Fruit and Vegetables · Fats and Sugars · Balanced Meal

Steps:

1. Why is it important to include a variety of colours on your plate?
2. Step 1: Draw a large circle in the middle of your page to represent a plate. Divide it into sections based on the recommended proportions of a healthy diet.
3. Label your plate using the words from the word bank to show where each food group should go.

4. Which food group gives you the most energy for running and jumping like Max?
5. Write down one healthy snack choice that would give you long-lasting energy for your school day.