Max’s Balanced Plate: My Healthy Eating Guide

Learning objective: To understand the importance of a balanced diet and to write a persuasive explanation about healthy food choices.

Use the prompts below to help Max the monkey understand what makes a meal healthy. Use the word bank to help you connect your ideas clearly.

Eating a balanced diet is like fuelling a high-performance machine; it gives our bodies the energy they need to grow, learn, and play every single day.

Word bank: furthermore · essential nutrients · balanced · consequently · in addition · however · energy · vital · on the other hand

1. Introduction: Why is it important to have a variety of food groups in our daily diet? Start your paragraph by saying: 'A healthy diet is essential because...' (2 marks)

2. The Five Food Groups: Describe the role of fruit and vegetables. Use these sentence starters: 'Fruit and vegetables are packed with vitamins. For example...' (2 marks)

3. Energy for Learning: Explain why carbohydrates and proteins are necessary for a Year 5 student. Start your paragraph with: 'To stay focused in class, our bodies require...' (2 marks)

4. Making Better Choices: Discuss why we should limit sugary snacks and drinks. Start with: 'While treats are enjoyable in moderation, it is important to remember that...' (2 marks)

5. Conclusion: Summarise your main point about health. Use this starter: 'In conclusion, by choosing a rainbow of different foods, we can...' (2 marks)

Extension challenge: Max has £5.00 to spend on a healthy lunch. Research the prices of fresh produce and write a short list of items you could buy to create a balanced meal for under £5.00.