Max and Bea’s Balanced Plate Challenge

Learning objective: To identify the five main food groups and understand how they contribute to a healthy, balanced diet for a human body.

Max the monkey has been busy calculating the nutrients in his lunch, and Bea the honeybee has been helping him categorise them! Use the word bank to correctly sort the food items into their main nutritional group. Then, answer the application questions to help Max and Bea plan a balanced meal.

Word bank: Carbohydrates · Proteins · Fats and Sugars · Fibre · Vitamins and Minerals

1. Sort these foods into their correct groups: Pasta, Chicken, Spinach, Butter, Lentils, Oranges, Wholegrain bread, Sweets. (4 marks)

2. Max is planning a long day of climbing. Why does he need more carbohydrates than fats and sugars in his diet? (2 marks)

3. Bea says that vitamins and minerals are 'protective' nutrients. What does she mean by this? (2 marks)

4. If a meal costs £4.50 and contains 50% carbohydrates, 25% protein, and 25% vitamins/minerals, is it a balanced meal? Explain your reasoning. (2 marks)

5. Why is fibre an essential part of a human diet, even though the body does not digest it for energy? (2 marks)

Draw: Draw a 'Balanced Plate' for a healthy lunch. Include at least one item from each of the five food groups and label them clearly.

Extension challenge: Research a 'balanced diet' for a different animal. How does it differ from a human's nutritional needs, and why?