



Challenge: Meal Planner!

Eating a varied and balanced diet is really important in keeping us fit, healthy and ready to learn. It's important to squeeze in our '5 a day' of fruit and vegetables, as well as a good mixture of protein and carbohydrates, vitamins and minerals too - phew! This challenge will help you to think about a healthy diet, then plan a menu for your family for a weekend...or even a week! Can you keep to a budget too?

Step 1: Ask an adult to help you ask your family members if anyone has any ingredients or foods that they are allergic to. You need to make a note of these so you don't include them by mistake.

You will need:

- Paper
- Pencil
- Crayons or craft items
- Calculator (or your brain!)

Step 2: Ask your family members what their favourite foods are, so that you can try and include them in your meal planner. Don't forget to include your own favourites too!

Step 3: Have a think about the meals - breakfast is a really important meal as it gets your brain working well, ready for the day ahead. Next comes lunch (or some people call this dinner!), then tea (some people call this dinner too - very confusing!). Will you include supper before bedtime? How about some healthy snacks during the day? You could make a list of the meals, then start to think of ideas for each.

Step 4: Start to plan each meal - you could include the ingredients needed and make sure you have included your '5 a day'! Ask an adult to help you if you need to. How about looking online or in cook books for some ideas of new foods to try? You could even have a theme for your meals, such as 'food from Italy' or 'trying new things every day'. See www.nhs.uk/change4life for some ideas!

Step 5: Design your planner - you could create a table (like a calendar) with the days along the top and the meals or snacks down the side. You could create a set of individual menu cards, one for each meal? It's up to you how you create your meal planner - just make it bright and colourful.

Step 6: Can you help the adult shopper in your home by making a shopping list together? Could you even help them with the shopping, or ticking off your list when unpacking it at home? Can you work out the cost of the meal per person? You could help them to prepare some of the meals - do you need to get any food from the freezer to defrost? Use your meal planner to help you remember!



Which skills will I be developing?

Main



Additional



Skills Builder
PARTNERSHIP

