# A-life

## ‘Mr Men Meal Plan’

**Learning Objective:**

- To understand the nutritional benefits of various food groups.
- To understand that our bodies require a balanced diet in order to function well.
- To think about how diet can be adapted to body type and need.

**Success Criteria:**

- ✓ I can plan a meal with a specific goal in mind
- ✓ I am beginning to understand the different nutritional values of food

**Curriculum Links:**

- Science - Humans and other animals
- PSHE - health and hygiene

**No. of Children:** 30  
**Age group:** Years 5&6  
**Time:** 1.5 hours

**Resources:**

- Mr Men flipchart *(created by 'ttxny2' TES website)*
- Nutritional values powerpoint *(created by 'seasquid' TES website)*
- Nutritional values prompt sheet
- Blank meal plan sheet

**Introduction:**

- Read through the nutritional values powerpoint, discussing the different nutritional values of food. Talk about a balanced diet and why we need to eat food from each food group.
- Answer the questions at the end of the powerpoint about which food groups we would need to give to each person according to their need.
- Hand out the nutritional value prompt sheet for pupils to reference.

**Main Activity:**

- Go through an example on the board of how to create a meal plan for one of the Mr Men. Talk about what he needs in his diet, according to the card.
- Discuss with the pupils which foods we would find those different nutrients in.
- Hand out the Mr Men cards according to pupils abilities. Allow children to work in pairs or small groups. These could be mixed ability.
- Ask the children to plan a meal for the Mr Man they have been given. Children could either write or draw the food that they would give him/ her.
- Either ask the pupils to discuss or write down why they chose particular food groups and what the discovered was beneficially about different foods.
Plenary:

- Select several children to explain their meal plan and the thinking behind it. Which was the easiest meal to plan for? Which was the most difficult?
- Discuss with the pupils their findings about the nutritional values of different food groups. Did they find out anything that they didn’t know before?

Differentiation:

- The Mr Men cards are differentiated: Green - easy, Orange - average, Red - hard. Distribute the character cards (and therefore meal plans) accordingly.
- Allow children to work in pairs or small teams to discuss and generate ideas. These pairings could be mixed ability.
Mr Skinny

Mr Skinny is underweight, his arms and legs are very thin and he regularly feels tired.

He loves healthy, unprocessed foods but often forgets to eat.

He would like to increase his intake of fats, so that he slowly puts on weight.

Mr Greedy

Mr Greedy is overweight. He often feels tired and out of breath.

His doctor says he should start eating more healthily to look after his heart.

He likes foods like chips, cheese and mayonnaise.

Mr Strong

Mr Strong is a bodybuilder. He is competing in The World’s Strongest Man competition in a few months.

He would like to build as much muscle as possible.

He also needs lots of energy because he goes to the gym every day.

Mr Perfect

Mr Perfect is completely perfect in every way.

He is a healthy weight, has no medical problems and likes all foods.

He would like to continue his healthy diet, with a few small treats of course.
Mr Fussy

Mr Fussy will only eat 1 meal a day.

He needs a lot of calories because he enjoys a 10 mile run every day.

He does not like cheese or potatoes.

---

Mr Tall

Mr Tall has diabetes, he needs small and regular amounts of sugar.

---

Mr Worry

Mr Worry is very worried about the welfare of animals.

He does not eat meat or diary, he is a vegan.

---

Mr Bounce

Mr Bounce hasn’t been very bouncy recently.

He has lost a lot of weight and has had sickness and diarrhoea.

His doctor has said that he has Coeliacs Disease which means he is intolerant to gluten.
Mr Nosey

Mr Nosey likes to know all about his food and how it is prepared. He will only eat organic food, this means it has not been treated with any chemicals, such as fertilisers or pesticides.

Mr Impossible

Mr Impossible aims to have less than 200g of carbohydrates, 60g of protein and would like his diet to have about 20% of his diet to be fat.

Mr Slow

Mr Slow is 80 years old today. He is concerned about keeping his bones healthy and strong. He is also interested in keeping his salt intake lower than 5g.

Mr Mischief

Mr Mischief has spent the past year on a boat pretending to be a pirate. He has developed Scurvy, a deficiency disease caused by a lack of vitamin C. He needs to eat lots of vitamin C every day.
Mr Man Meal Plan

I am designing a meal for....

I need to include:

Explain the meal you have planned:
LO: I can list the main food groups and describe their role in the body.

**Starter:** Write down what you ate yesterday for breakfast, lunch and tea.
Our bodies need a variety of different foods so that they can keep working properly.

Let’s look at the sort of foods we should be eating and why they are good for us.
Carbohydrates are in starchy and sugary foods. Carbohydrates give you energy. These foods contain carbohydrates:

- potato
- cereal
- pasta
- rice
Meat & Fish contain protein. Proteins help your body grow and repair itself. Here are some good ways of getting protein:

- beef
- eggs
- fish
- nuts
Vitamins & Minerals are found in fruit & vegetables. They help your bodies to work properly. These are really good for us. carrot apple corn grapes
Foods containing fats and oils are used as an energy store. Although they taste good, these foods can be bad for you if you eat too many!

- Oil
- Cheese
- Butter
- Chips
We also need...

- **Fibre**
  - Helps to clean your digestive system

- **Water**
  - Needed for chemical reactions in your body
Give us energy.

Help your body to work and grow.

Help our bodies to grow.

Help your body to work and grow.

Acts as an energy store

Give us energy.

Check your understanding!
Your Task

Complete the worksheet to match the food type to its function and give some examples.
Come round the front

Can you help these people??
What food do they need?

- Carbohydrate
- Protein
- Vitamins & Minerals
- Fats & Oils
What food do they need?

- Carbohydrate
- Protein
- Vitamins & Minerals
- Fats & Oils
What food do they need?

- Carbohydrate
- Protein
- Vitamins & Minerals
- Fats & Oils
What food do they need?

- Carbohydrate
- Protein
- Vitamins & Minerals
- Fats & Oils
What food do they need?

- Carbohydrate
- Protein
- Vitamins & Minerals
- Fats & Oils
What food do they need?

- Carbohydrate
- Protein
- Vitamins & Minerals
- Fats & Oils
What food do they need?

- Carbohydrate
- Protein
- Vitamins & Minerals
- Fats & Oils
Check your Learning

Look back at what you wrote down for breakfast, lunch and tea in the starter:

Circle Carbohydrates in Green

Proteins in Blue

Vitamins & Minerals in Yellow

Fats and Oils in Red
<table>
<thead>
<tr>
<th>Type of Food Group</th>
<th>Function</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamins &amp; Minerals</td>
<td>Helps your body work properly</td>
<td>🥕 🍒 🌽</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>Gives you energy</td>
<td>🍠 🍚 🍳</td>
</tr>
<tr>
<td>Fats and Oils</td>
<td>Acts as an energy store</td>
<td>🥧 🥓 🍎</td>
</tr>
<tr>
<td>Water</td>
<td>Needed for chemical reactions in our body</td>
<td>🍇 🥤 🥞</td>
</tr>
<tr>
<td>Protein</td>
<td>Helps your body grow and repair itself</td>
<td>🐟 🌶 🍗</td>
</tr>
<tr>
<td>Fibre</td>
<td>Cleans our digestive system</td>
<td>🍗 🍚 🍗</td>
</tr>
</tbody>
</table>