

Planning a Balanced Meal

Chapter 5: Food for Health · Topic 2

Key Concept

A balanced meal plate might include rice or roti (grains), dal or chicken (protein), a vegetable curry, a side salad, and a glass of milk or curd (dairy).

Including different colours of fruits and vegetables in our meals ensures we get a wide range of vitamins and minerals.

Avoiding too much oily, sugary, or processed food, while including more fresh, whole foods, supports better health.

Planning balanced meals for breakfast, lunch, and dinner ensures our body gets steady energy and nutrition throughout the day.

Quick Revision Notes

- A balanced meal includes grains, proteins, vegetables, fruits and dairy.
- A meal plate might have roti, dal, vegetables, salad and milk.
- Different coloured fruits/vegetables give varied nutrients.
- We should limit oily, sugary and processed foods.
- Fresh, whole foods support better health.
- Balanced meals should be planned for all meals of the day.
- Steady nutrition throughout the day supports energy levels.
- A balanced meal covers all major food groups.

Practice Questions

- 1 Plan a balanced meal for lunch, including all food groups.
- 2 Draw a balanced meal plate.
- 3 List the food groups in your dinner last night.
- 4 Discuss ways to reduce oily or sugary food in your diet.
- 5 Plan a colourful, nutritious fruit salad.
- 6 Explain what a balanced meal means to a family member.