



Student Activities

Title **3 Meals & 2 Snacks**

Theme **Nutrition**

Introduction

Many people believe that eating between the main meals of breakfast, lunch and dinner is unhealthy. Nothing could be further from the truth.

There are many benefits to eating smaller meals and snacks throughout the day. It is important to remember that a snack does not mean chips, chocolates and cakes, which should only be eaten occasionally. Snacks need to be just as nutritious as your main meals.

Learning tasks

You will be creating posters for your school that will help explain why eating three main meals and two snacks is a healthier alternative to just eating three larger main meals.

1. In small groups, using all available resources, develop a list of reasons why it is healthier to eat smaller meals more often during the day, rather than three large meals.
2. Discuss each group's findings with the class.
3. In your small groups produce one large poster advertising the benefits of eating "3 Meals and 2 Snacks for good health".
4. Display the posters around the school.

