



For The Teacher

Upper Primary Years 5 & 6

Week 7

Title 3 Meals & 2 Snacks

Theme Nutrition

Overview

Students will be investigating the importance of eating regularly throughout the day.

They will create posters to be displayed around the school advertising the slogan, "3 meals and 2 snacks for good health".

Time required

50 minutes

Preparation

Provide information about the importance of eating five nutritious meals throughout the day. This information can be gathered from the background information and support materials below, as well as articles from newspapers, pamphlets, magazines and books.

Background information and possible discussion points

Regular consumption of small and frequent meals:

- maintains blood sugar levels – prevents the ups and downs of your blood sugar levels so you stop craving food, and assists with mental concentration
- allows the digestive system to work more efficiently as it does not need to process large volumes of food in one meal
- helps to provide consistent and continuous energy for children's rapid growth rates

Consuming a variety of food is as important as eating regularly. The following describes the essential components of a balanced daily diet for healthy eating:

- a large variety of fresh fruits and vegetable
- plenty of wholegrain cereals including bread, pasta, rice, legumes, etc.
- moderate amounts of animal products such as lean meats (chicken, meat, fish), milks, yoghurts, skim milk cheeses and their alternatives
- small amounts of oil, sugar, salt and fats

As students suggest reasons for eating snacks between meals, use discretion to create a list of the most beneficial reasons. The greatest misconception will probably be that eating more meals makes people put on weight and is unhealthy. The answer to that is; if you don't eat between the main meals you end up becoming hungry (your blood sugar levels are low) and you may overeat to compensate for this hunger.



Support materials and references

For Kids

- 1Seven article: [The Most Important Meal](#)
- 1Seven article: [Healthy Snacks](#)
- 1Seven article: [Sneaky Snack Attacks](#)
- 1Seven article: [Think About Eating](#)
- 1Seven article: [Kitchen Cleanout Time](#)

For Teachers & Parents

- 1Seven article: [Low Fat Lunches Needed](#)
- 1Seven article: [Be a Sometimes Cookie Monster](#)

[Australasian Society for the Study of Obesity](#)

[Healthy Kids – Snacks \(NSW Govt\)](#)

Thinking strategies

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
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Gardner's Multiple Intelligences

Verbal/ Linguistic	Bodily/ Kinesthetic	Musical	Logical/ Mathematical	Interpersonal	Visual/Spatial	Intrapersonal	Naturalist
*				*	*	*	

Edward De Bono's Six Thinking Hats

White Hat Information	Red Hat Feelings	Black Hat Judgement	Yellow Hat Benefits	Blue Hat Thinking	Green Hat Creativity
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