



Lesson Two: Snacks after School



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Is it a snack or a meal?

Snack » A small amount of food eaten in
between meals

Meal » Food eaten at a regular time to fill
you up e.g. Breakfast, Lunch and
Dinner

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Remember...



Healthy
Meals



Healthy
Snacks

is best every day

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Other types of snacks

In lesson 1, we looked at the types of fruit and vegetables which would be good to have as snacks at school.

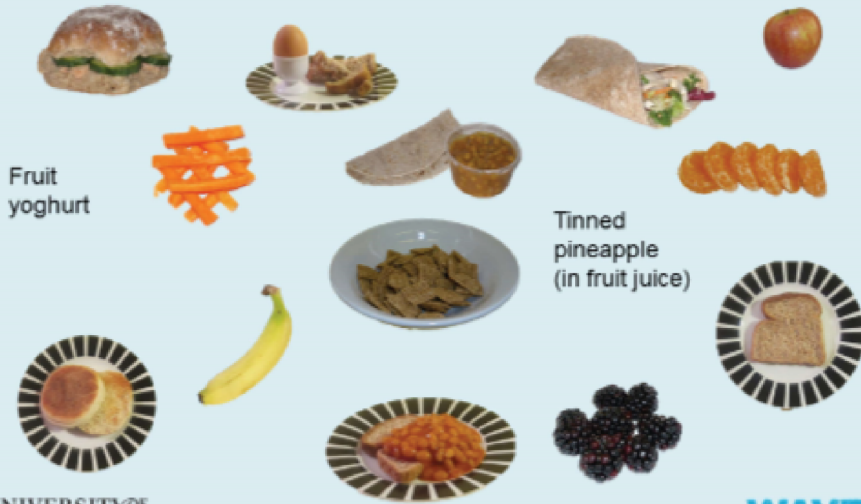
Sometimes, we need a slightly bigger snack to keep us going until our next meal, for example after school.

**Can you think of some
healthy snacks for
after school?**

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Examples of healthy snacks



Fruit yoghurt

Tinned pineapple (in fruit juice)

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Activity 2: Find the snacks



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Word search – Fruit and Vegetables