

# The Evening Meal



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**WAVES**

Can you name some foods from each food group?

Insert image of the Eatwell Plate

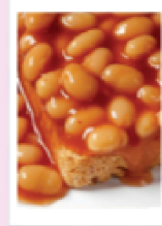
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**WAVES**

- There are lots of different ingredients that can make up a healthy dinner – just as before the important points to stress are that a healthy dinner:
- Contains vegetables or fruit
- Is low in salt
- Is low in sugar
- Is lower in fat

- **Dinner** is usually the last MEAL of the day



- Some people call dinner by different names, what do you call it?

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**WAVES**

- **Dinner** should usually have:

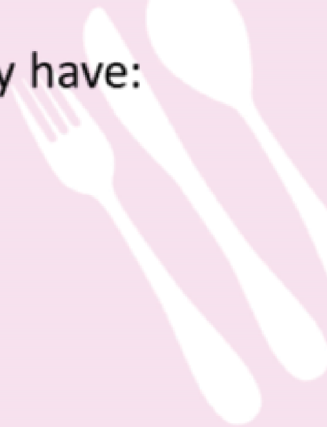
vegetables OR fruit

protein – e.g. meat, fish or beans

a starchy food

dairy food or drink

a drink



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**WAVES**

# Activity

## Breakfast, Lunch, Dinner or Snack?



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Slide where the children say whether the meals are breakfast, lunch, dinner or snack and whether it is an everyday meal or a treat.

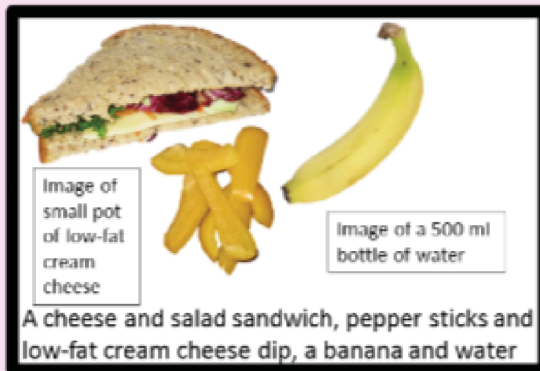
Breakfast

Lunch

Dinner

Snack

12 : 00 PM



Everyday or Treat?

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WAVES

# An Everyday Lunch

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**WAVES**

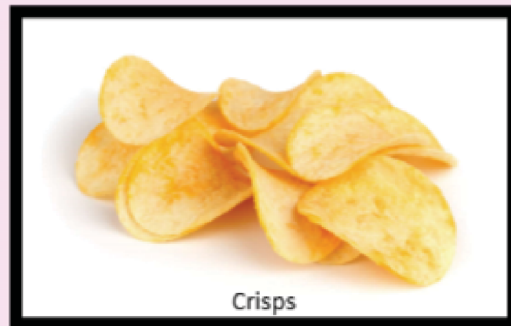
Breakfast

**10: 30 AM**

Lunch

Dinner

Snack



Crisps

**Everyday** or **Treat?**

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**WAVES**

Baked crisps?



# A Treat Snack

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WAVES

Breakfast

7 : 30 AM

Lunch

Dinner

Snack



Image of  
a 250 ml  
bottle of  
semi-  
skimmed  
milk

A low-sugar cereal, with semi-skimmed milk  
and raisins

Everyday or Treat?

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# An Everyday Breakfast

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**WAVES**

Breakfast

Lunch

Dinner

Snack

**3 : 00 PM**

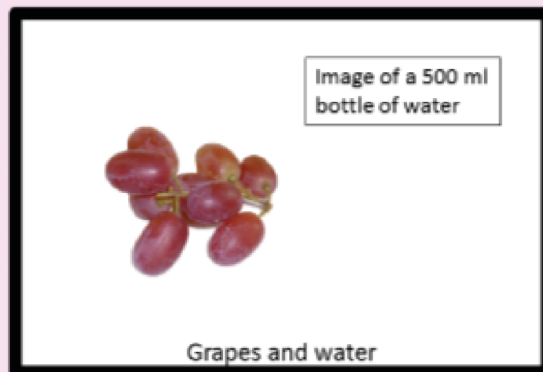


Image of a 500 ml  
bottle of water

Grapes and water

**Everyday** or **Treat?**

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**WAVES**

# An Everyday Snack

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**WAVES**

Breakfast

Lunch

Dinner

Snack

**6 : 30 PM**



**Everyday** or **Treat?**

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**WAVES**

# An Everyday Dinner

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**WAVES**

Some images included in this appendix are from iStock.com:

Chicken curry and rice/Rafal Stachura

Breakfast with fried eggs and vegetables/Olha\_Afanasieva

Mexican food – beef fajitas and bell peppers/Rez-art

Baked beans on toast/Robyn Mackenzie

Pile of potato chips/Spaxiax