

Lesson One: Snacks at School



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What is a snack?

A snack is a small amount of food eaten in
between your meals.

A healthy snack can :

- Keep you full until your next meal
- Help you to concentrate on your school activities and lessons
- Give you energy to play with friends



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**Healthy
Meals**



**Healthy
Snacks**

IS BEST EVERY DAY

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**Can you think
what snacks
would be good to
have at school?**



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Activity 1: Guess the snacks



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Quiz – Guess the fruit