

Numeracy: Time - Building Understanding

Lesson 4: Sequencing meals throughout the day

Lesson 4 of 4

Simon



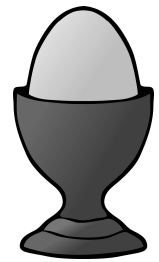
Do you remember the mealtimes we learned about in lesson 3?

What did you have for each of these meals yesterday? Write, say or sign what you had yesterday for breakfast, lunch, tea/ dinner and supper.



Sorting meals by mealtimes

Use the images which show meals or draw your own. Sort them by matching the meals with the time that they are usually eaten.

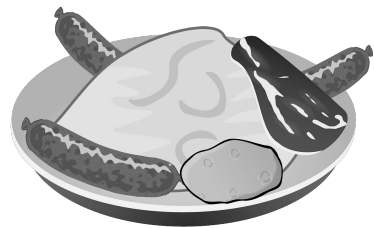


breakfast

lunchtime

teatime

supper

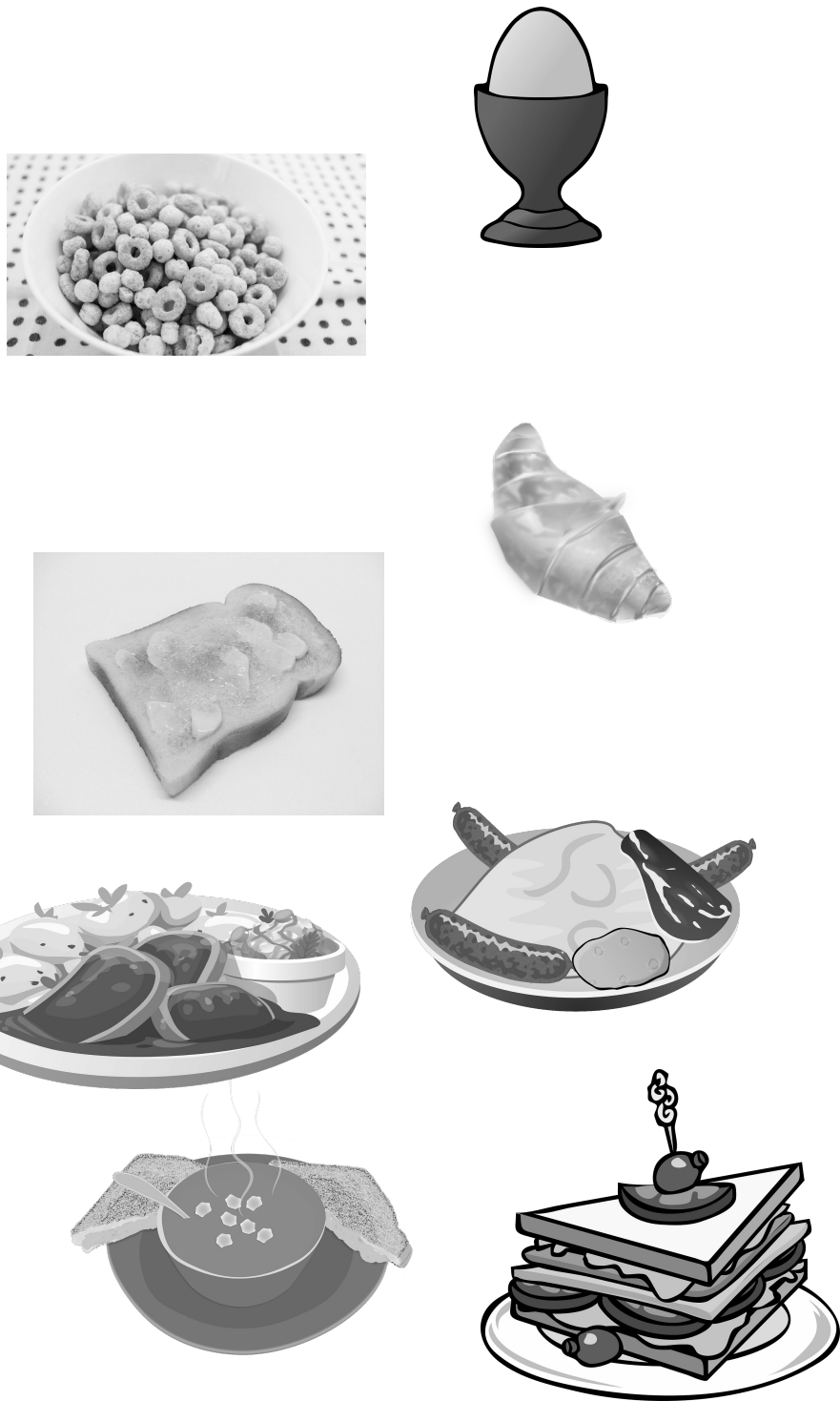


See the next slide for an example.



Sorting meals by mealtimes

Example:



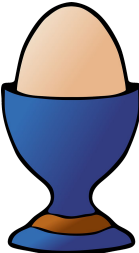


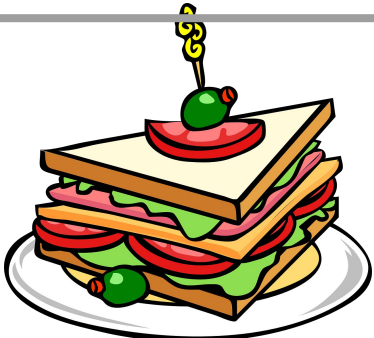
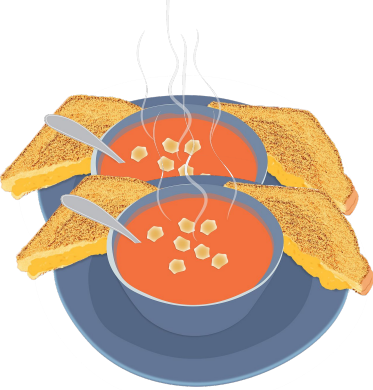
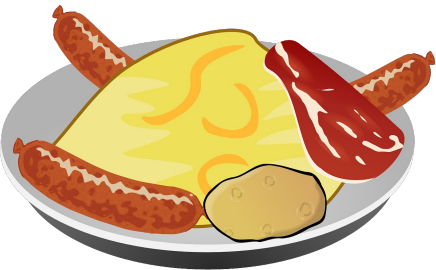
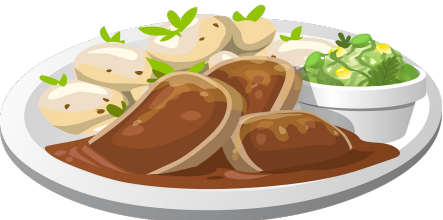
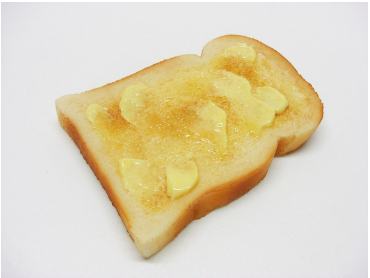
breakfast	lunchtime	teatime	supper
  	 	 	



Table 1

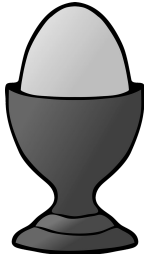

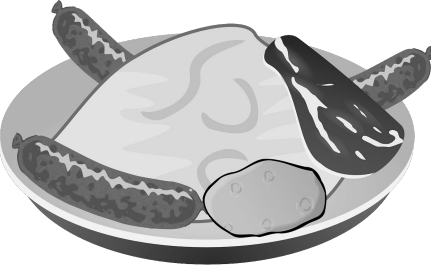

breakfast	lunchtime	teatime	supper



Planning your own meals

During this activity, you will use your knowledge of which meals happen at which times, and focus on the types of foods you eat for different meals.

Choose a meal that you would like to go in each of the columns.





breakfast	lunchtime	teatime	supper
			



Planning your own meals

Now choose the foods that will make up each meal.

For example, for my hot meal I would like pork chops, potatoes and a salad.
I am thinking about making healthy choices too.

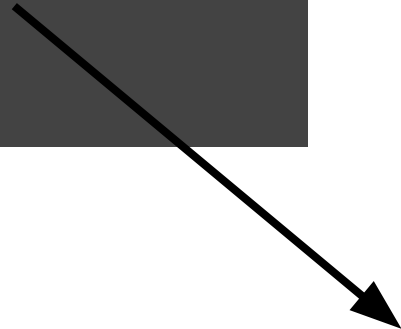
breakfast	lunchtime	teatime	supper
			
		Pork chops, potatoes, lettuce, cucumber, tomatoes	



Planning your own meals

Let's have another go. This time I am going to choose breakfast.

I have chosen to have cereal with milk.







breakfast	lunchtime	teatime	supper
			
Cereal, milk		Pork chops, potatoes, lettuce, cucumber, tomatoes	



Table 2

breakfast	lunchtime	teatime	supper



Task - Planning your own meals

Instruction

Choose the meals you like for each of the mealtimes. Decide what foods will make up those particular meals.

Suggestions

You should think about which foods are usually eaten at each of the mealtimes and what foods make up each meal. You should think about the foods you like as well as which ones will make up a healthy, balanced meal.

If you need to, do this activity for yesterday's meals instead of making up your own meals.



Unit 4 Lesson 4: Sequencing meals throughout the day

Make it easier

Return to the first activity and sort meals. Which foods do we eat for breakfast? Which foods do we eat for supper?

Make it harder

You could add snacks and drinks. What drinks do you have at different times of day? What is a suitable snack for the morning? Are there any meals that have puddings?

Other ideas

Plan out the meals for a week. Over the course of the week, how healthy is your diet?

You could keep a food diary showing all your meals in order throughout the day.

