

2 REGULAR MEALS



Eat Regular Meals on Time

1. Tick the correct option -

a. Why is it important to eat meals on time?

- It decreases appetite
- It prevents unhealthy snacking
- It makes food tastier
- It makes me eat more

b. Why is it important to eat 3 meals a day?

- Helps maintain steady energy and focus
- Prevents overeating
- Supports better digestion and metabolism
- All of the above

2. Match the Kid to Their Energy & Digestion Level-

Kid-1: Skipped lunch and had a packet of chips



Feels energetic, focused, and has good digestion



Kid-2: Eats at random times every day



Feels weak or bloated



Kid-3: Has 3 balanced meals and sometimes an evening snack



Low energy, poor digestion, and frequent hunger



3. Fill in the blanks-

a. We should eat _____ meals every day.

b. A _____ dinner helps in better sleep.

c. _____ is called the natural clock of the body.

