

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.

