

### Appendix 3. Module 2

- Provide students with the following sheet and ask them to reflect on Mark's day: what could be improved?

N °	MEAL
1°	<b>BREAKFAST 30%</b> 1 cup of milk+ 6 shortbread cookies+ 1 apple + a handful of cornflakes
2°	<b>SNACK 17%</b> Sandwich with ham
3°	<b>LUNCH 28 %</b> Pasta with tomato and parmesan cheese
4°	<b>SNACK ----</b>
5°	<b>DINNER 20%</b> 1 mozzarella + tomato salad



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