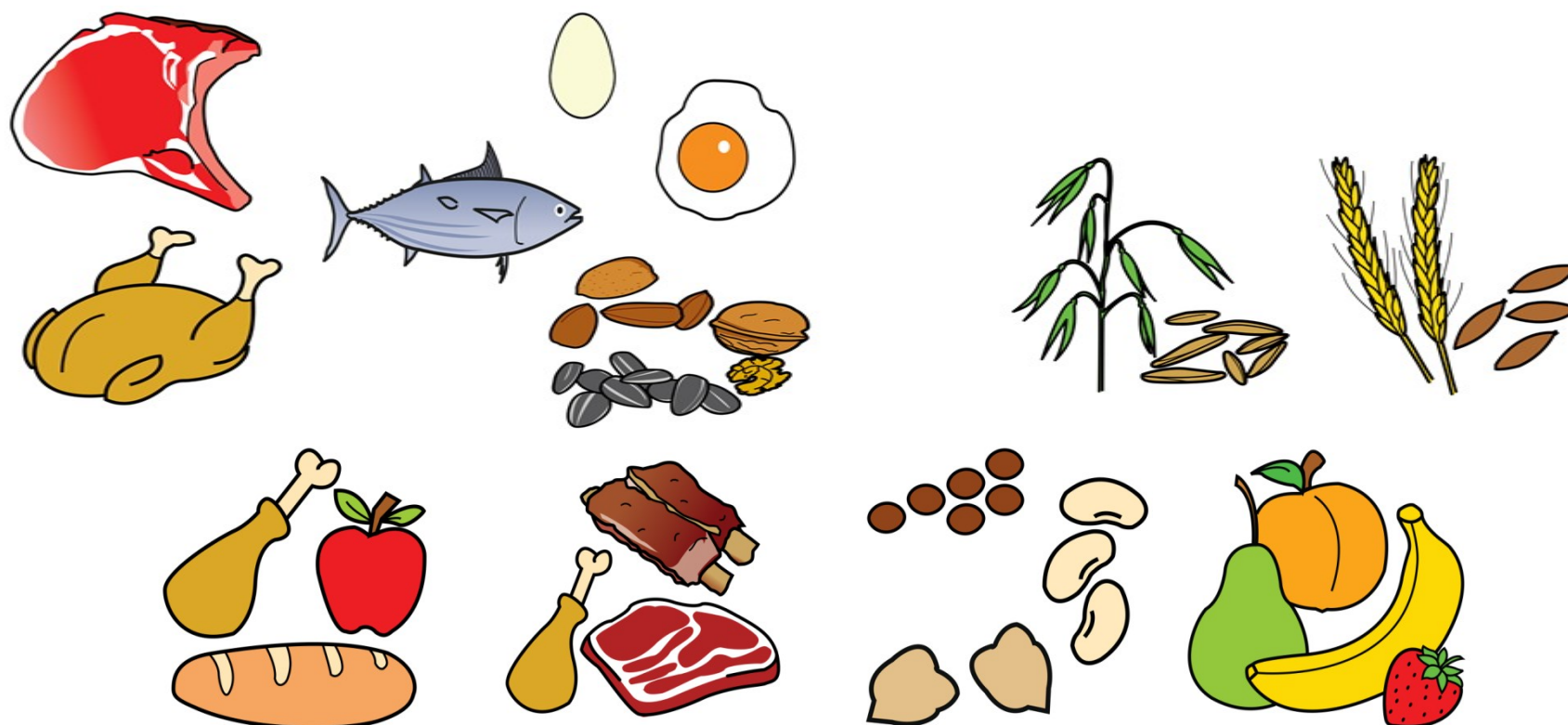
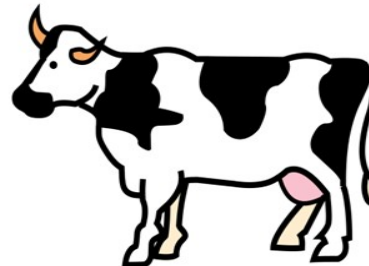
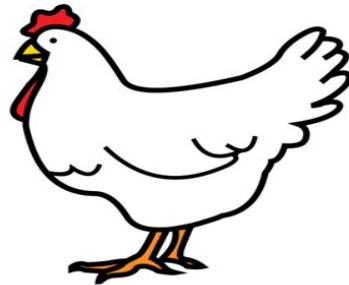
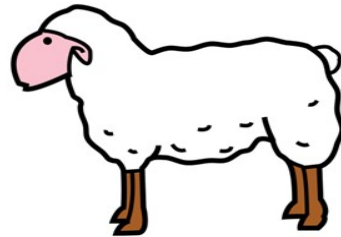
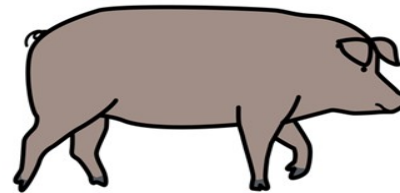
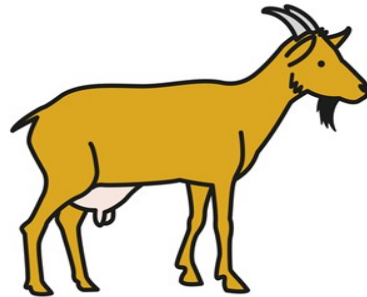


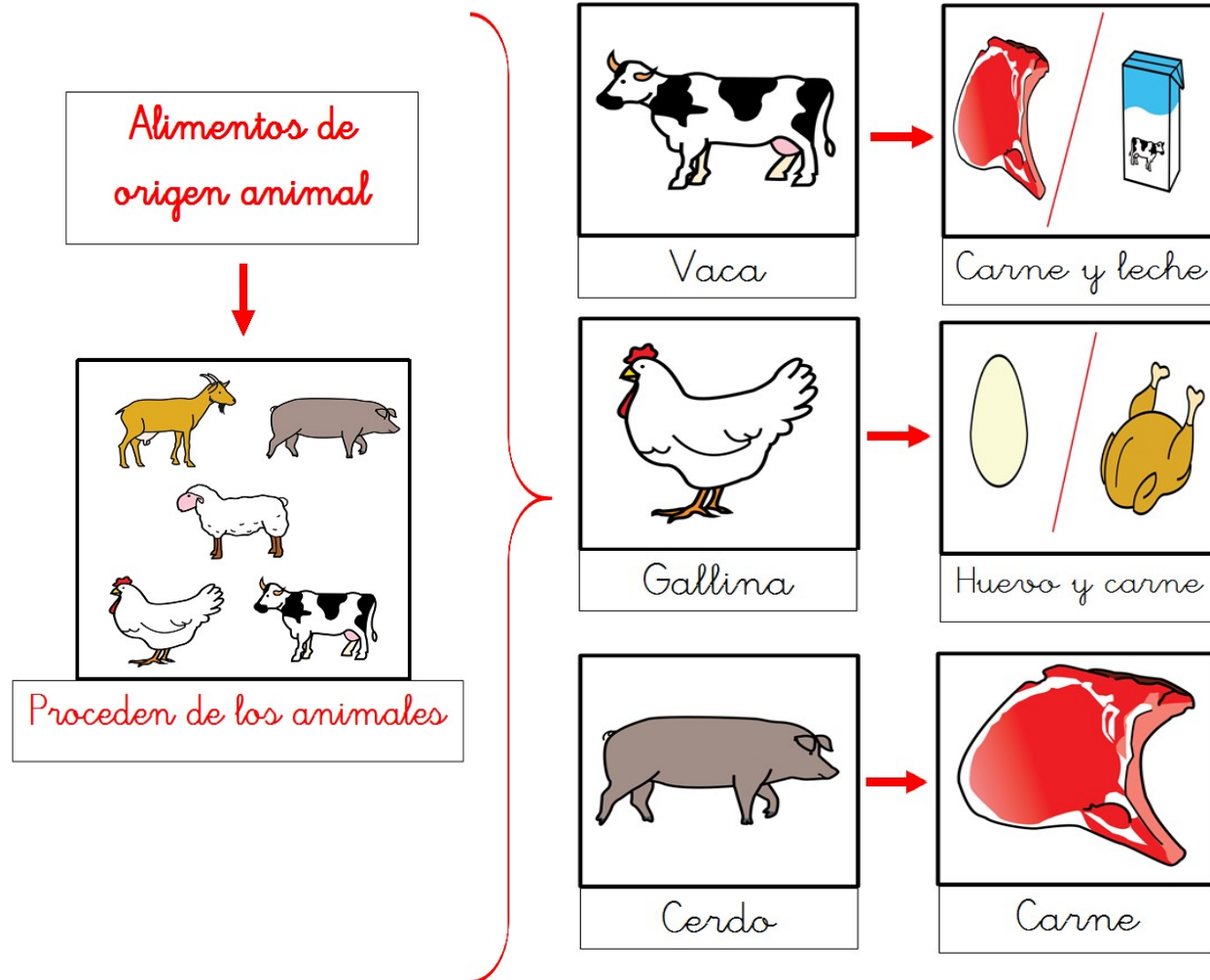
Los alimentos

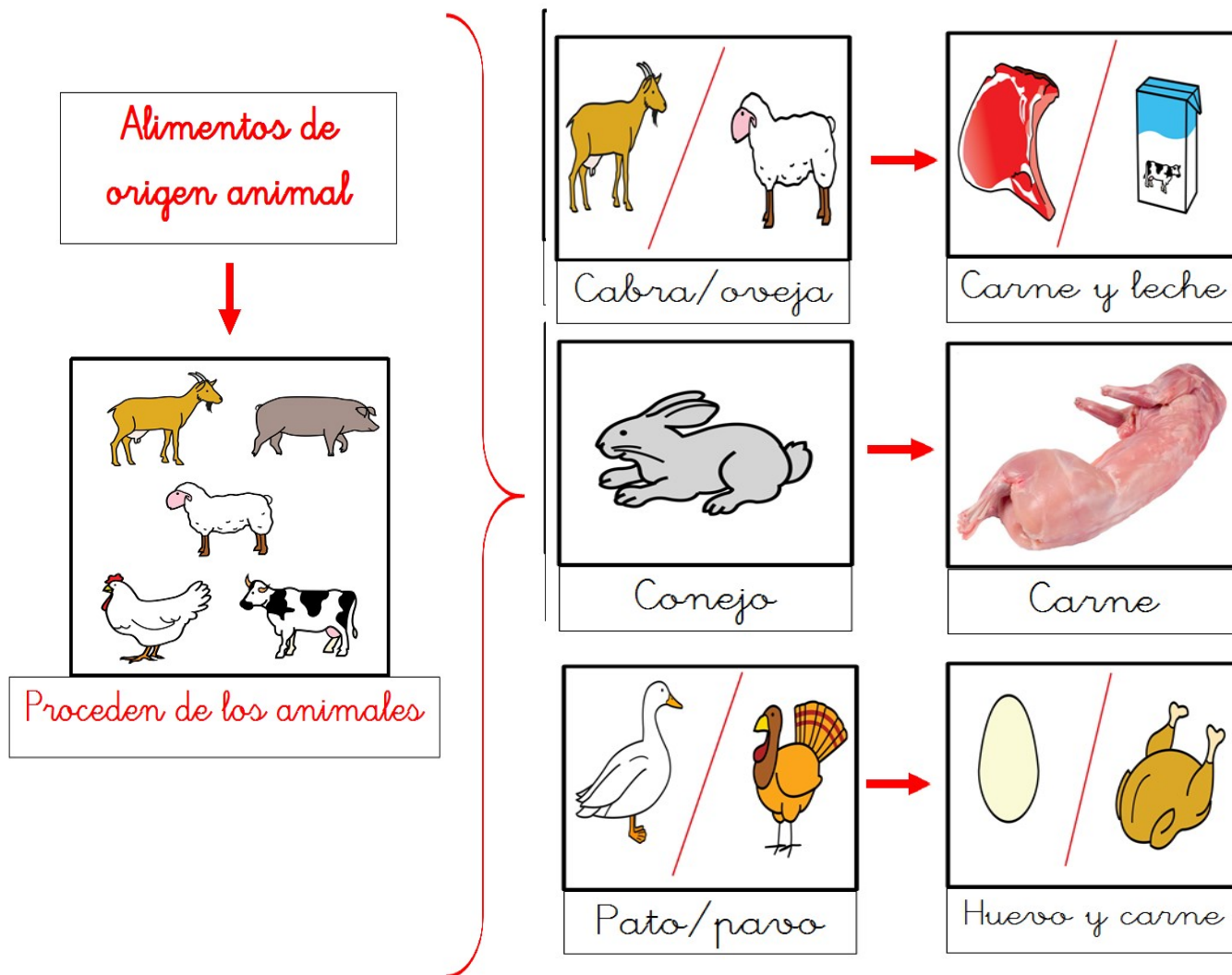


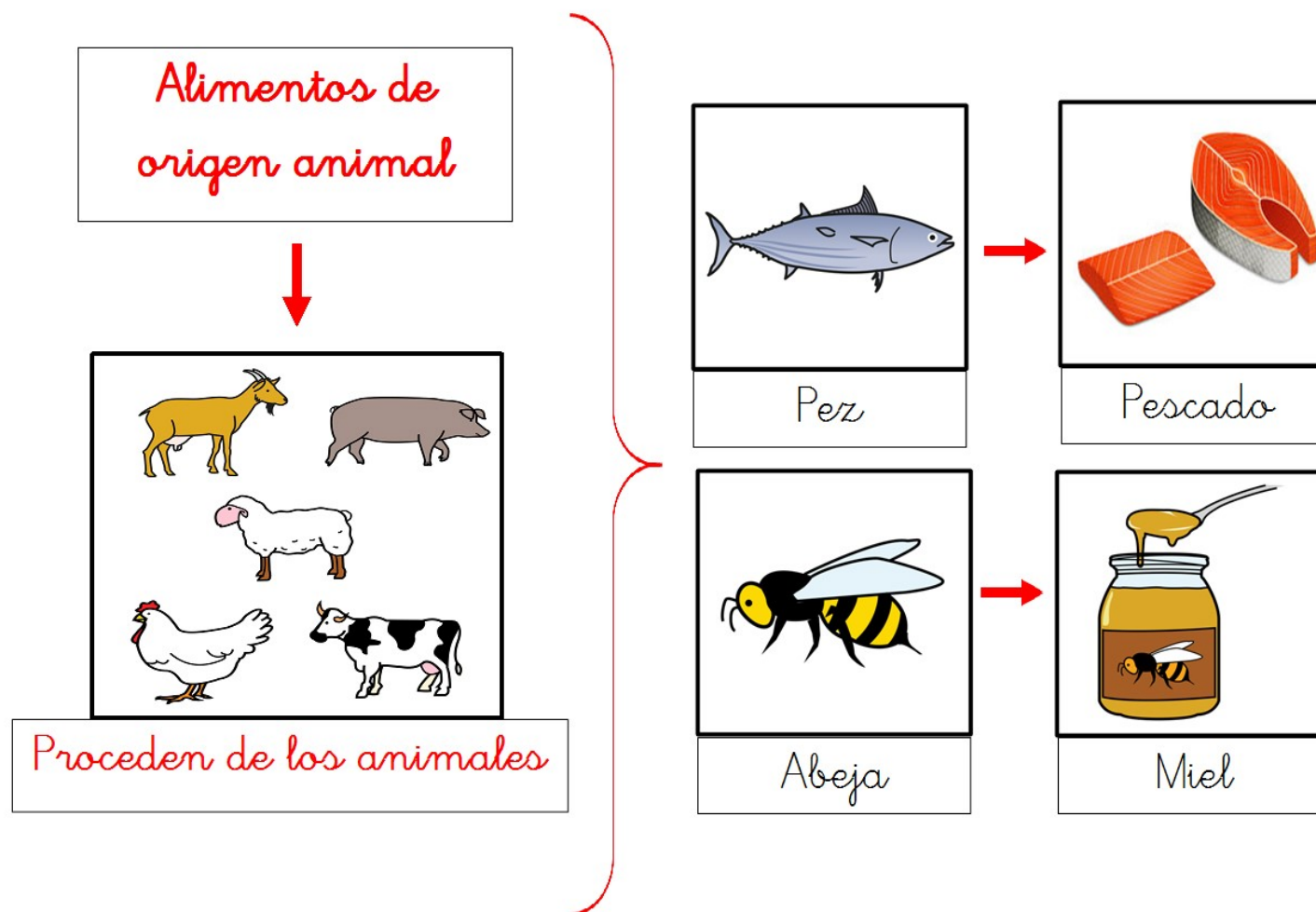
Alimentos de origen animal



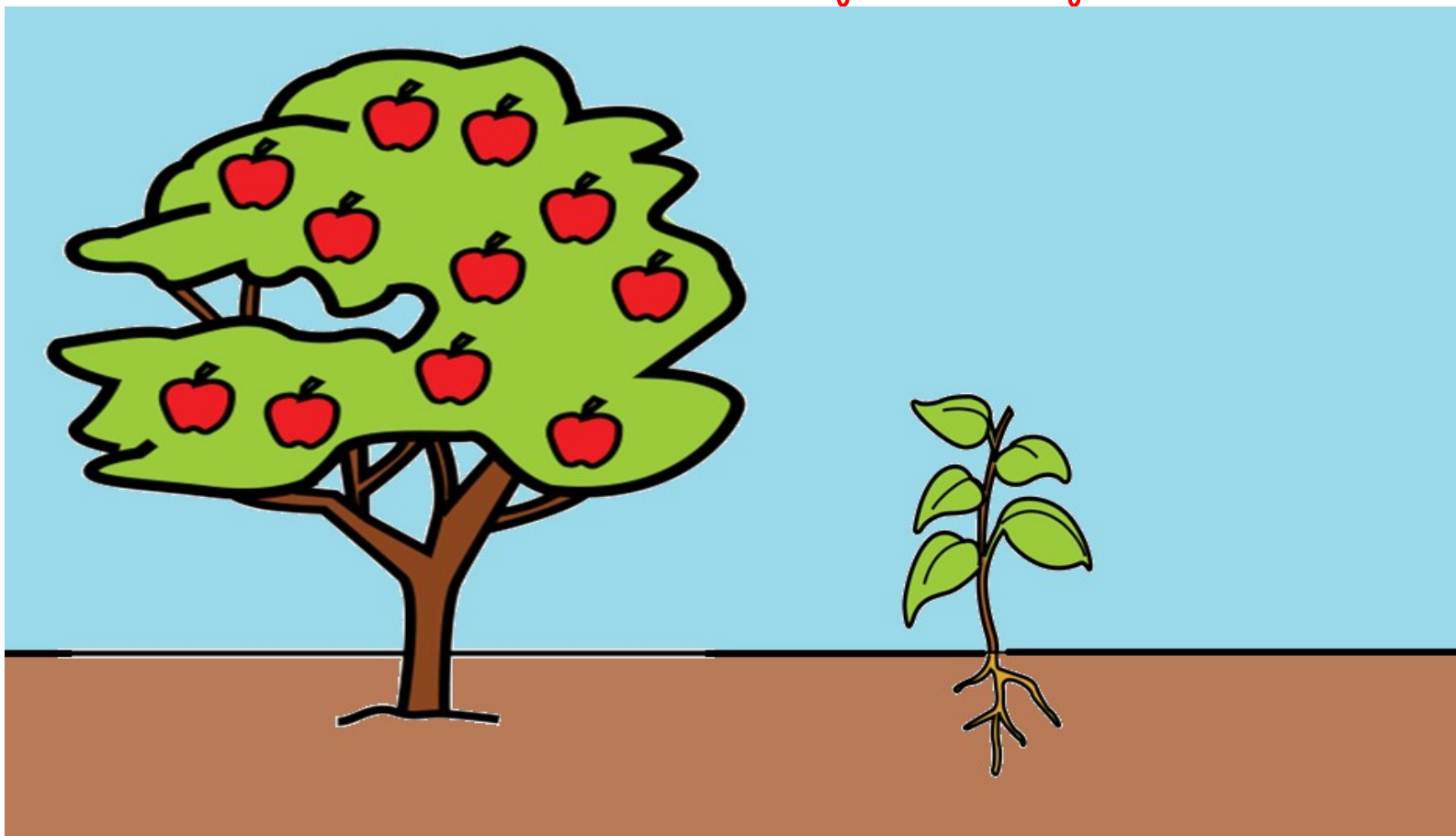
Los alimentos de origen animal:



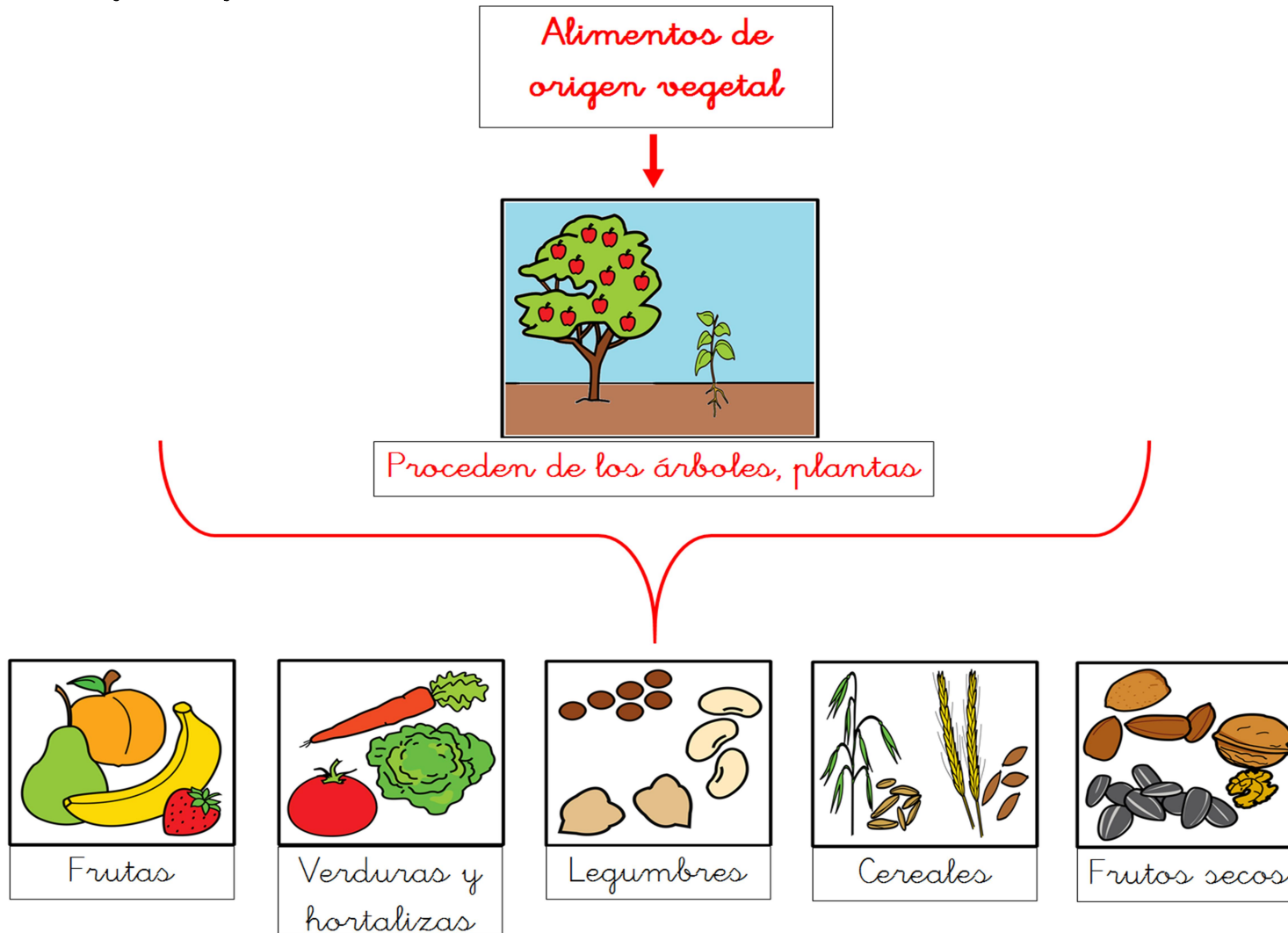




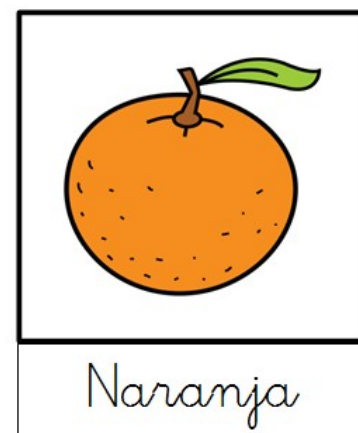
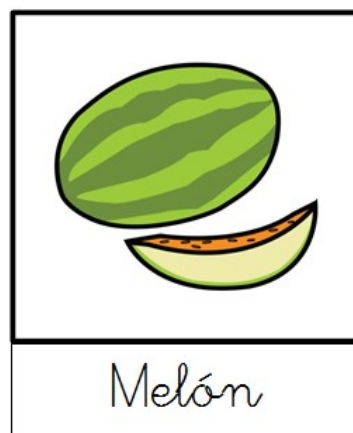
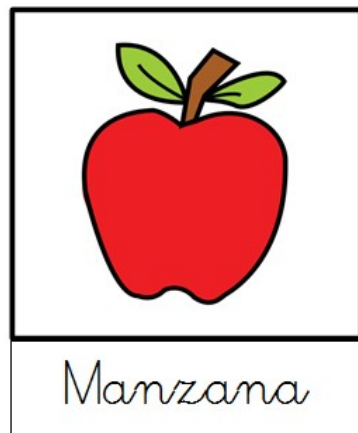
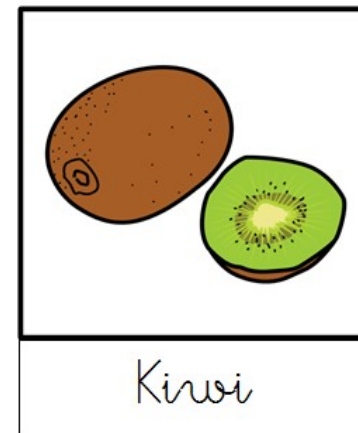
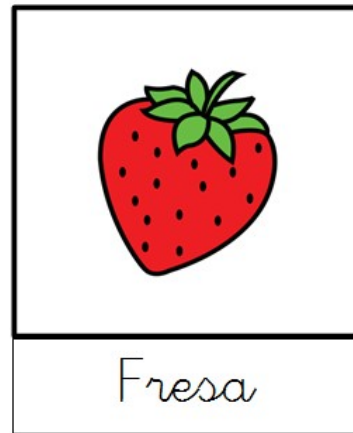
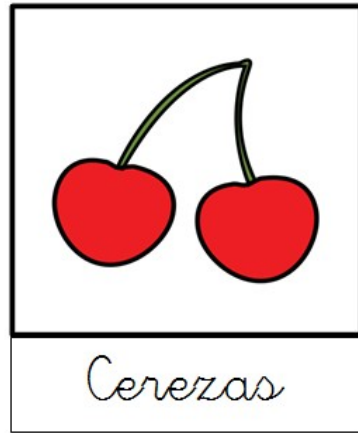
Alimentos de origen vegetal



Alimentos de origen vegetal:

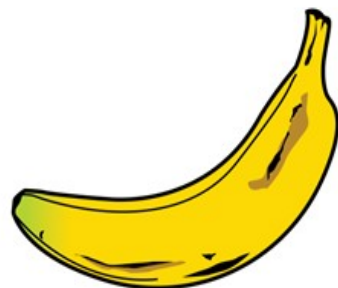


Frutas:

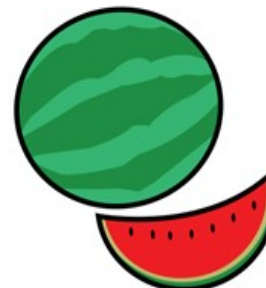




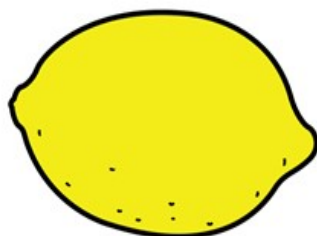
Piña



Plátano



Sandía



Limón

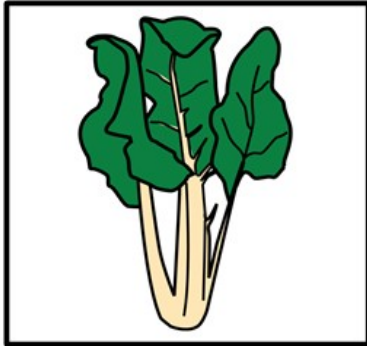


Pera



Uvas

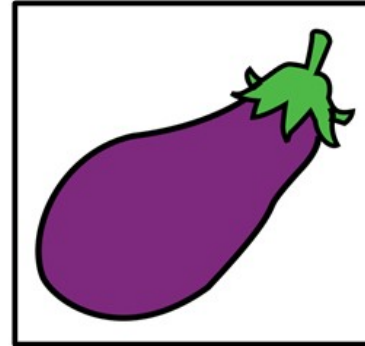
Verduras y hortalizas:



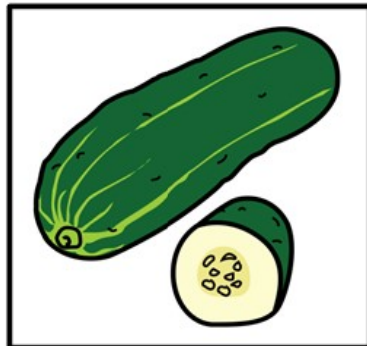
Acelgas



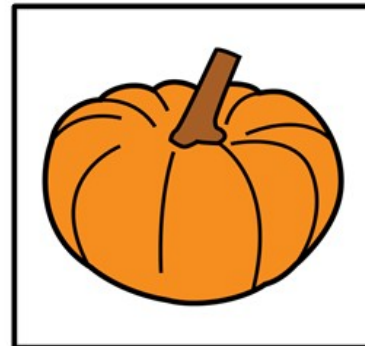
Ajos



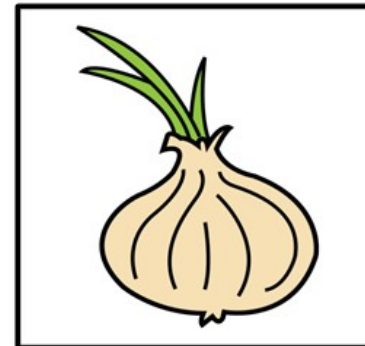
Berenjena



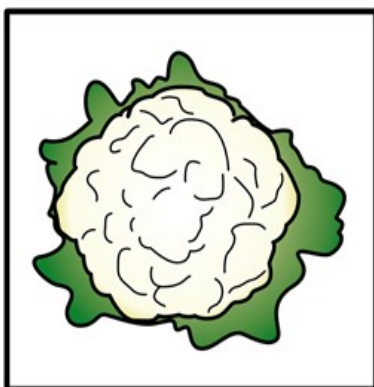
Calabacín



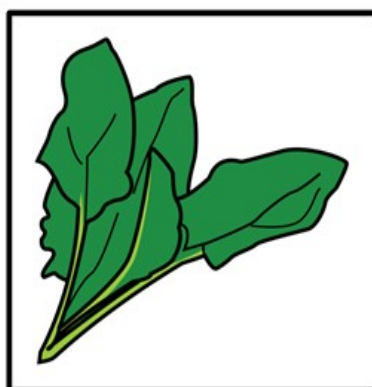
Calabaza



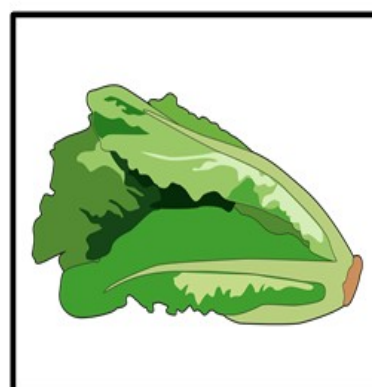
Cebolla



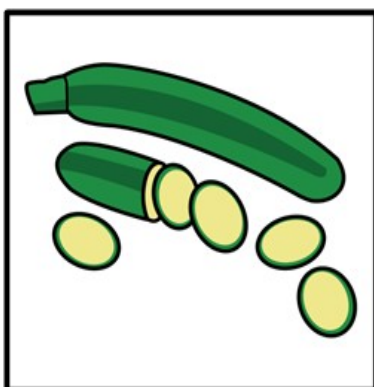
Coliflor



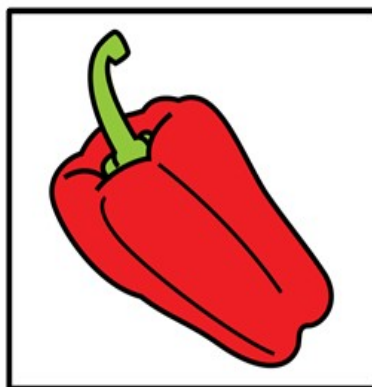
Espinacas



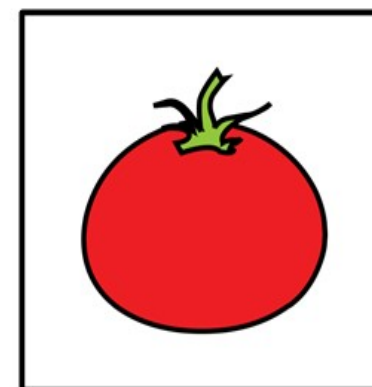
Lechuga



Pepino



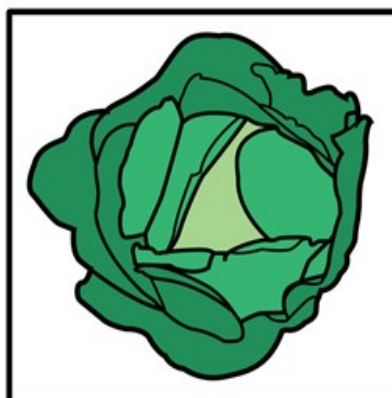
Pimiento



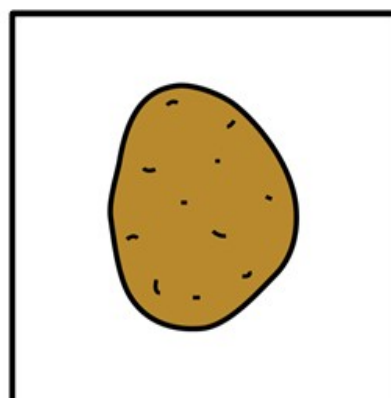
Tomate



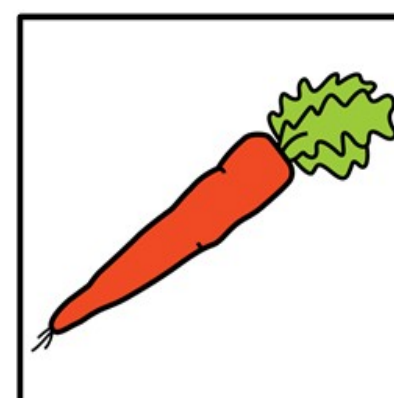
Brócoli



Col

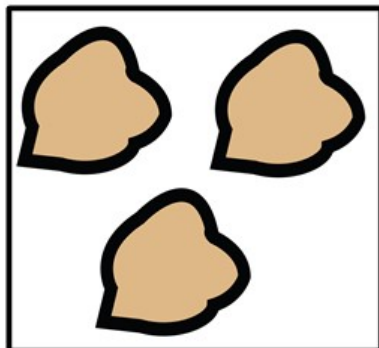


Papa

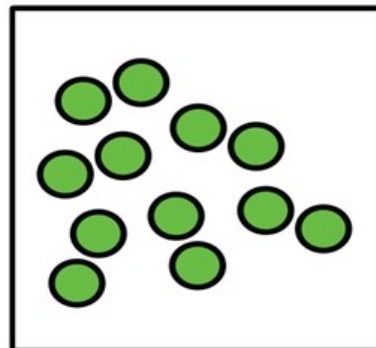


Zanahoria

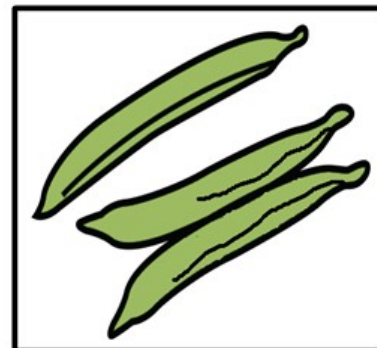
Legumbres:



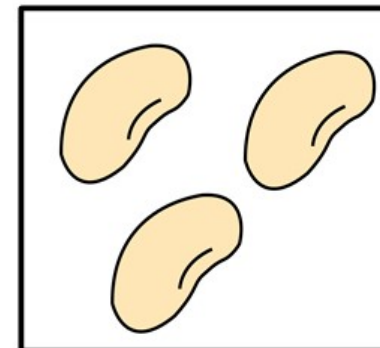
Garbanzos



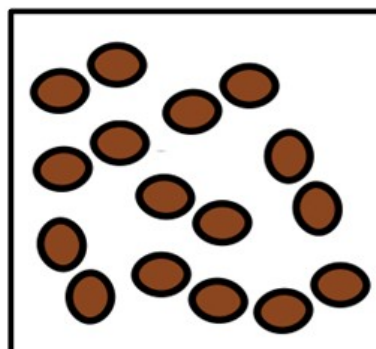
Guisantes



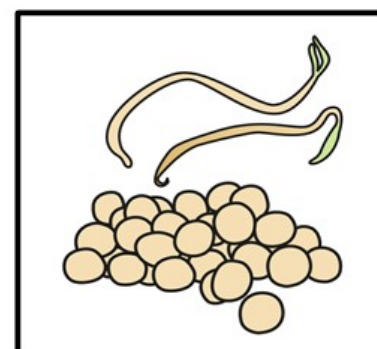
Habichuelas



Judías



Lentejas



Soja

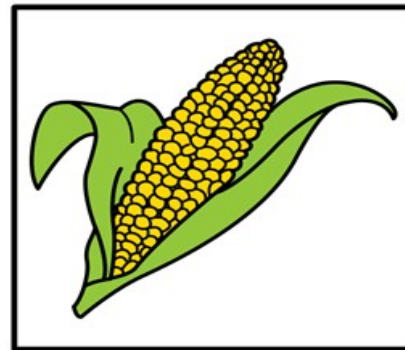
Cereales:



Arroz



Avena

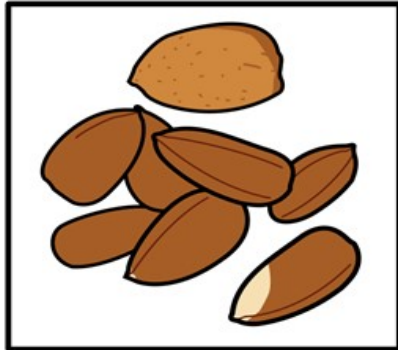


Maiz/millo

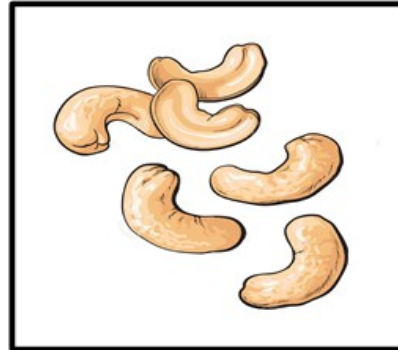


Trigo

Frutos secos:



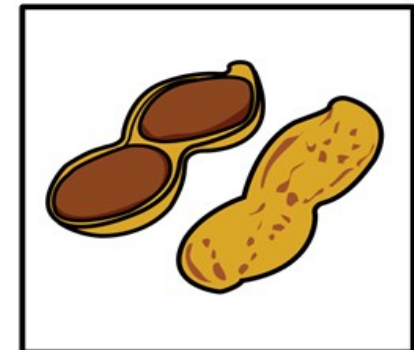
Almendras



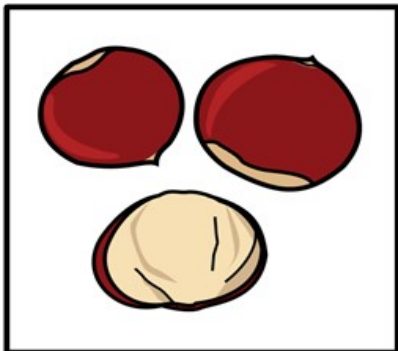
Anacardos



Avellanas



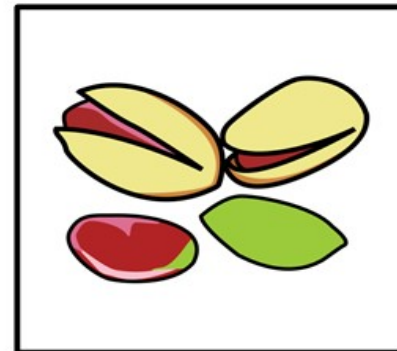
Cacahuets



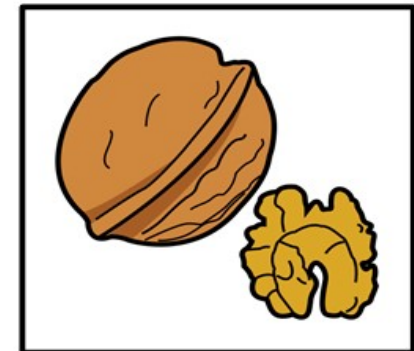
Castañas



Pipas

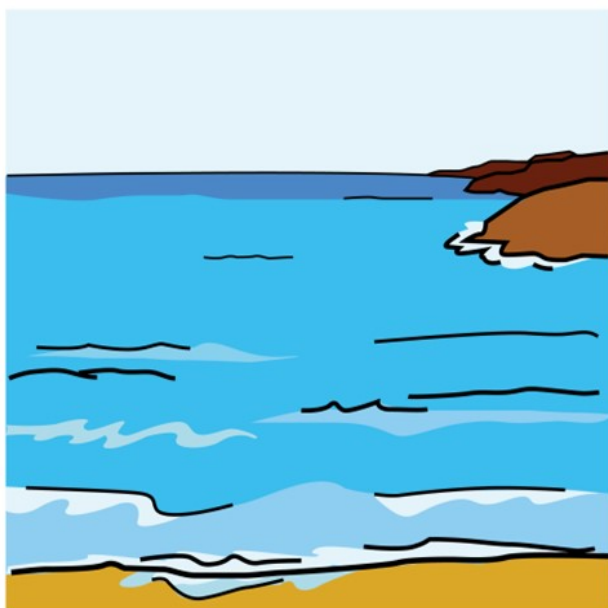


Pistachos



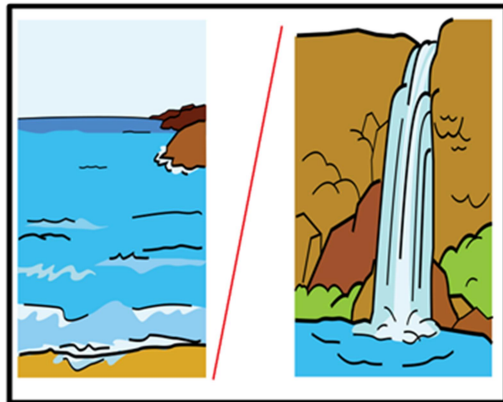
Nuez

Alimentos de origen mineral

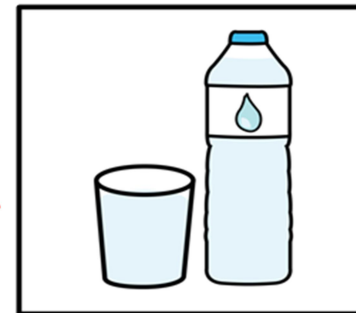


Alimentos de origen mineral:

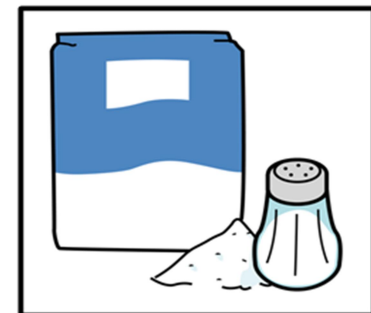
Alimentos de
origen mineral



Proceden del mar, los ríos

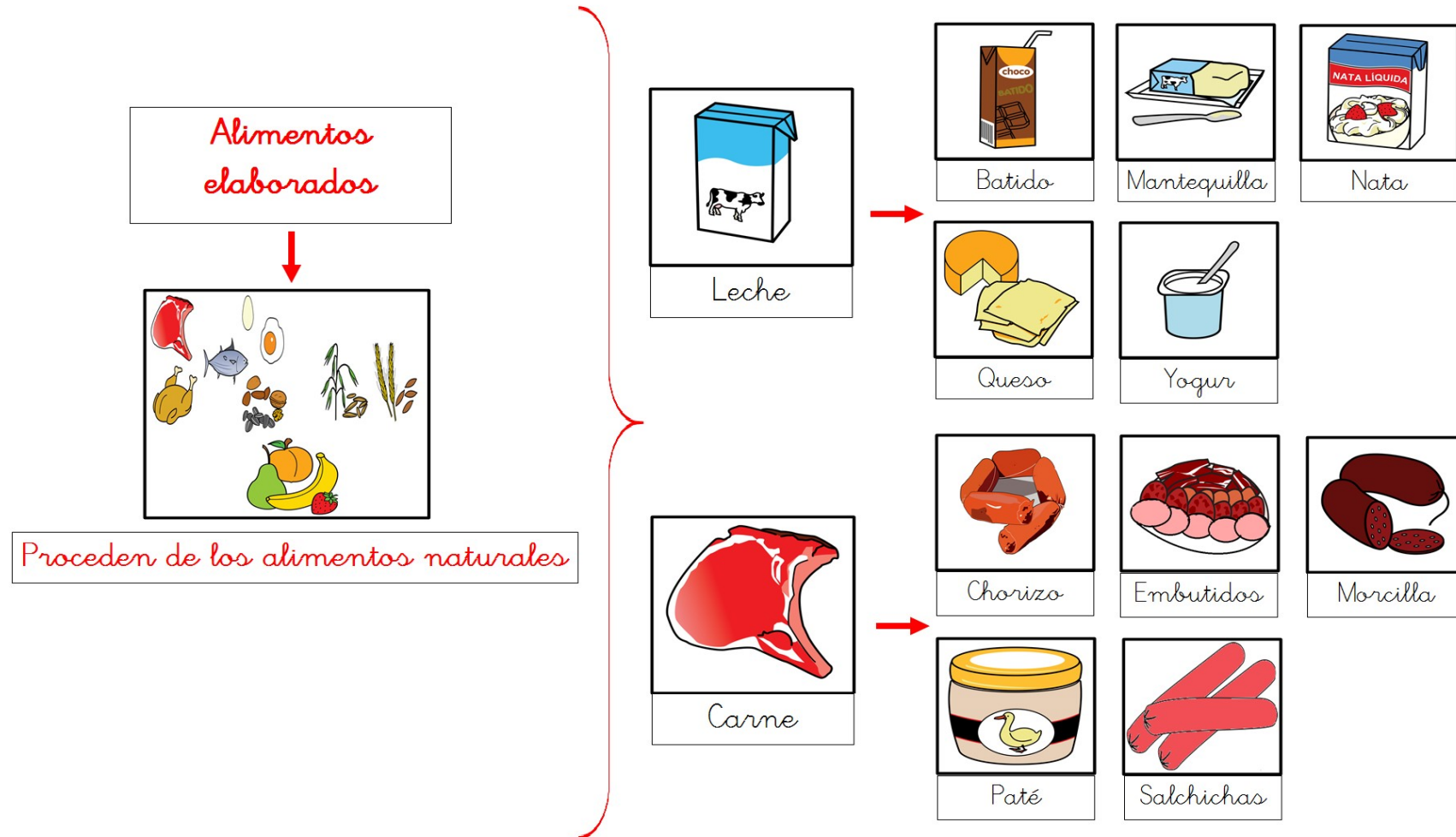


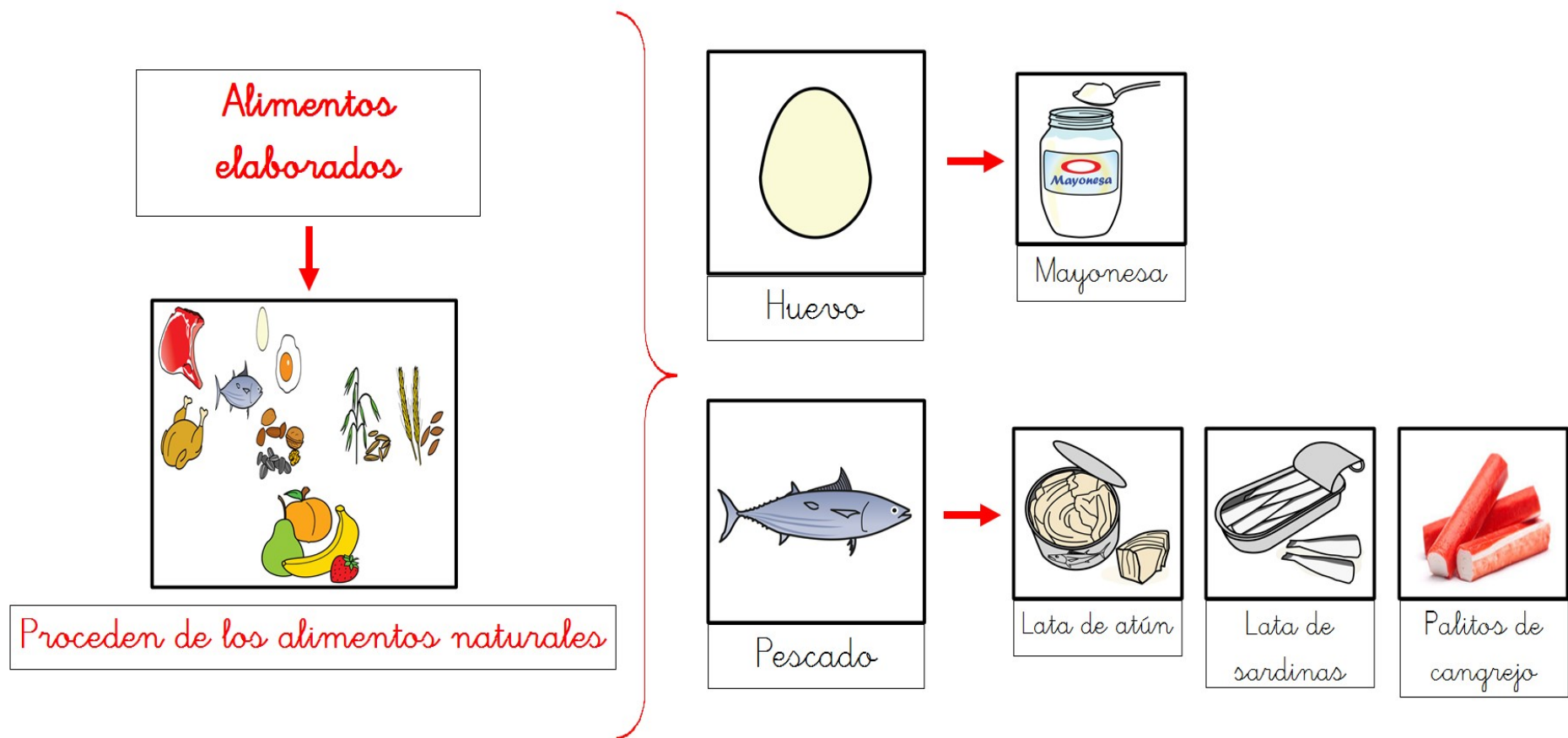
Agua



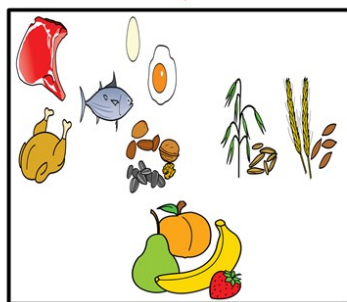
Sal

Alimentos elaborados:

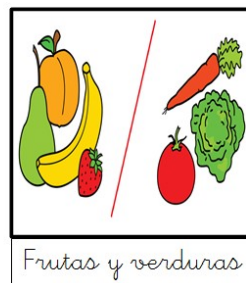




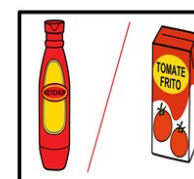
Alimentos
elaborados



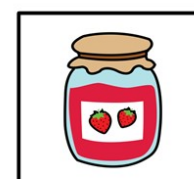
Proceden de los alimentos naturales



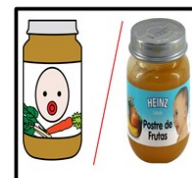
Aceite



Kétchup y
tomate frito



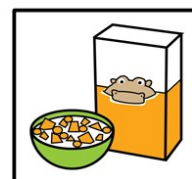
Mermelada



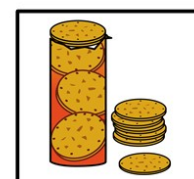
Potitos



Zumos



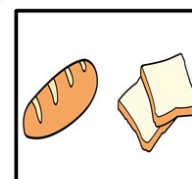
Cereales



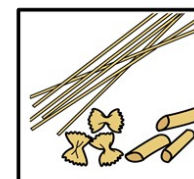
Galletas



Gofio y
harina

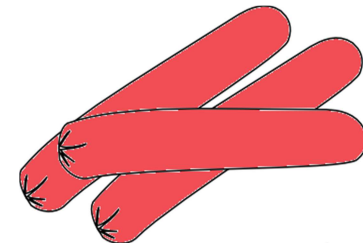
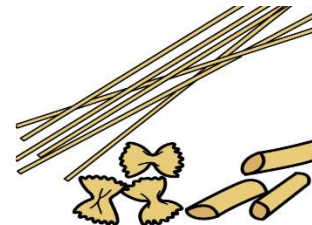
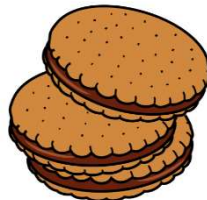
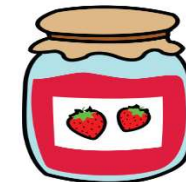
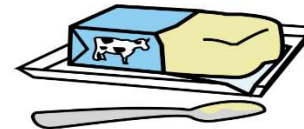
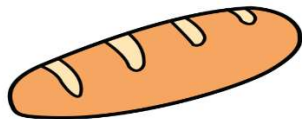
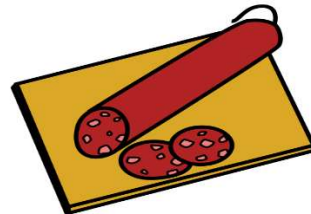
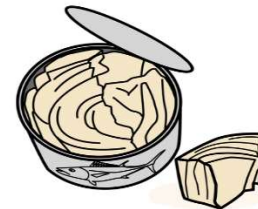
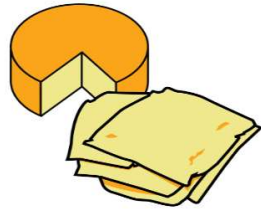


Pan

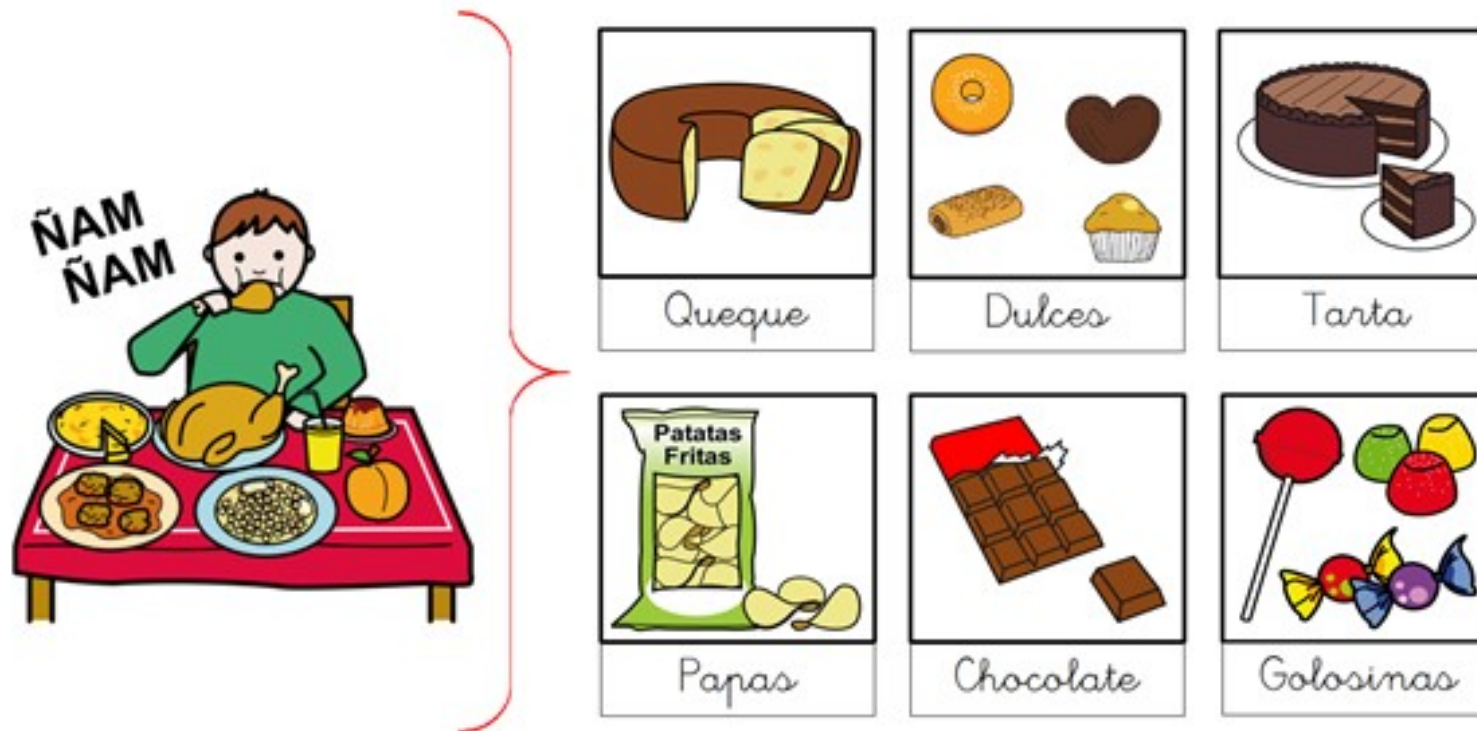


Pasta

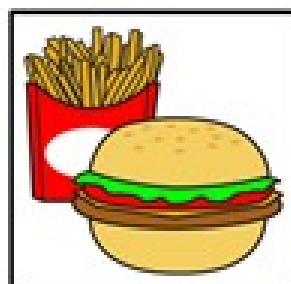
Rodea de rojos los alimentos de origen animal, de verde los alimentos de origen vegetal y azul los de origen mineral.



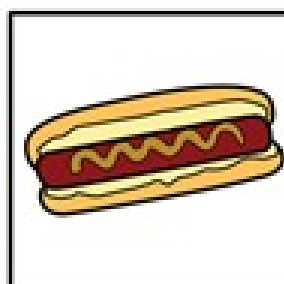
Alimentos basura:



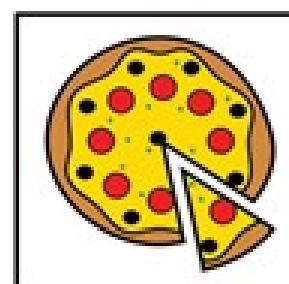
Comida que no se debe consumir
mucho porque es malo para la salud



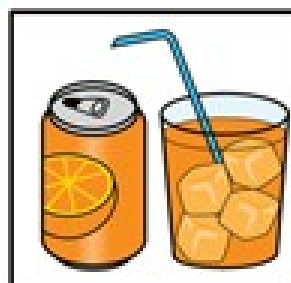
Hamburguesa



Perrito



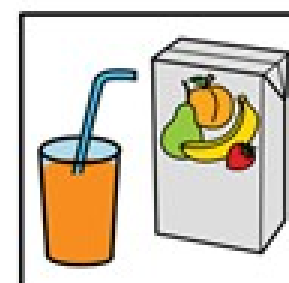
Pizza



Refresco

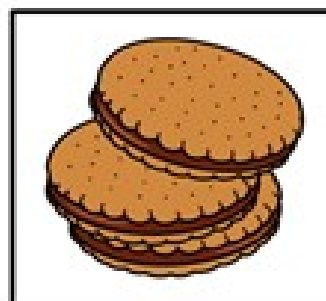


Batido

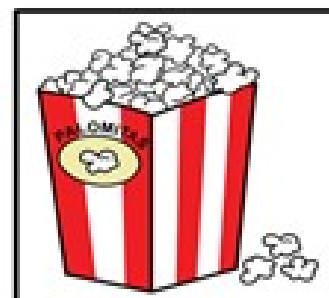


Zumo

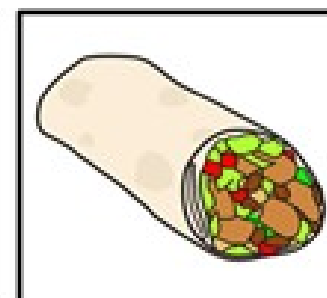
*Comida que no se debe consumir
mucho porque es malo para la salud*



Galletas



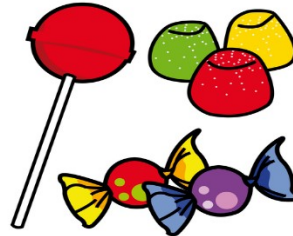
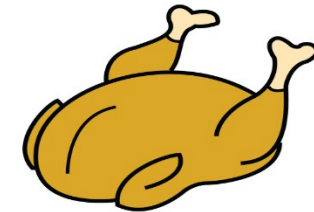
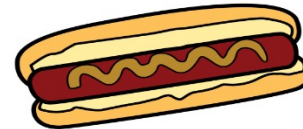
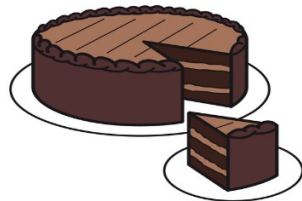
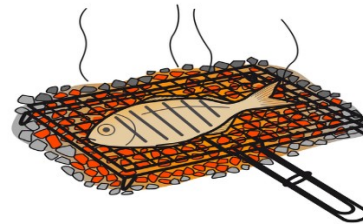
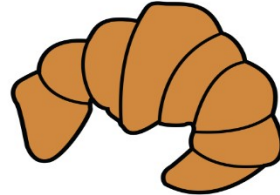
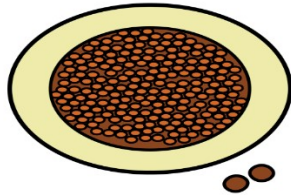
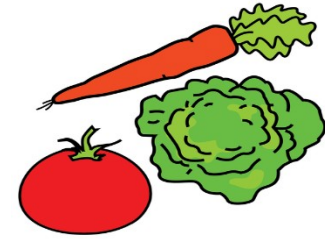
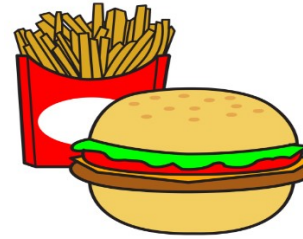
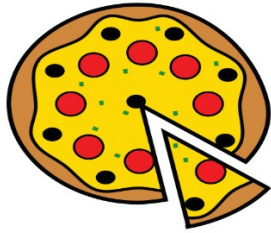
Roscas



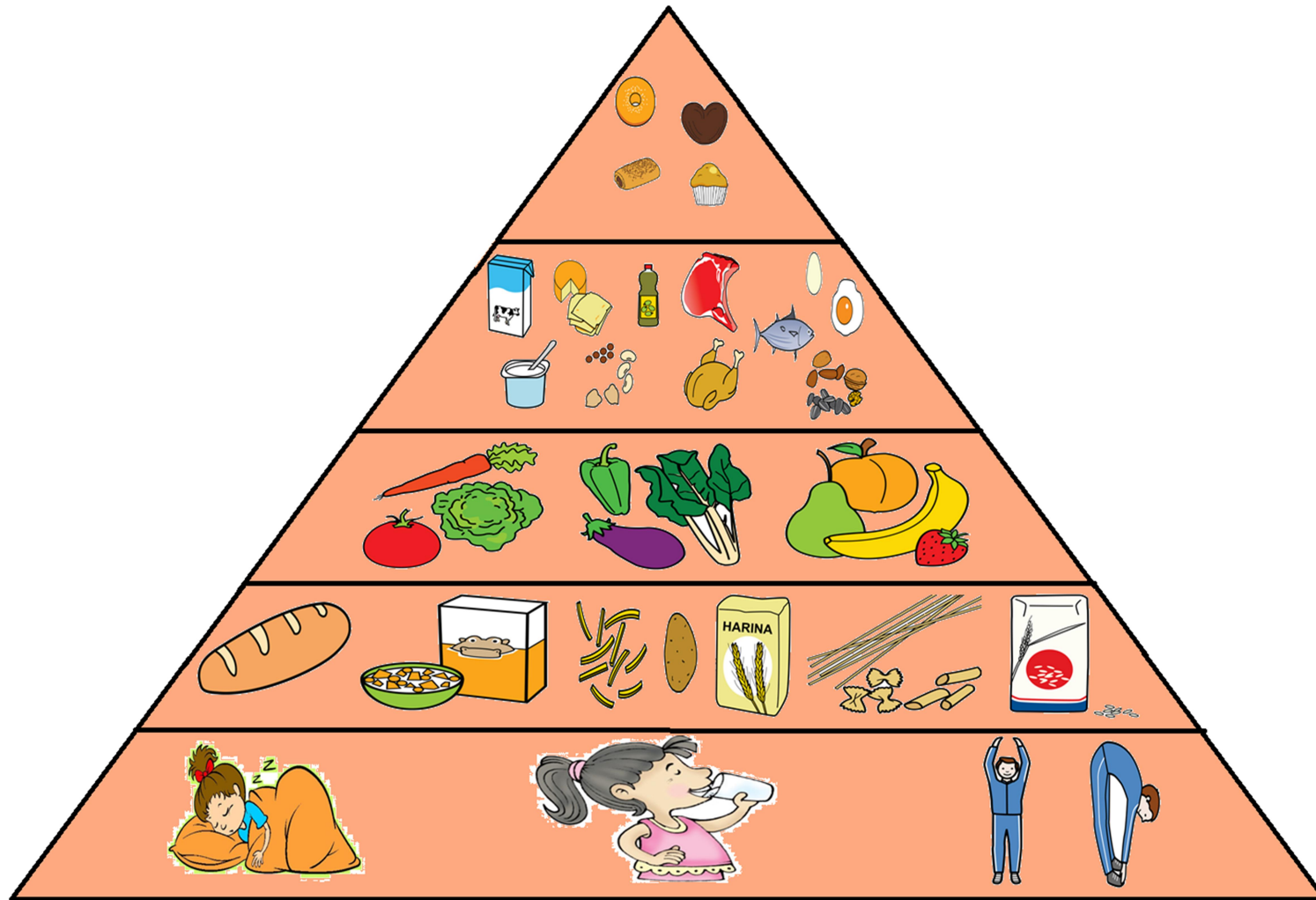
Burrito

*Comida que no se debe consumir
mucho porque es malo para la salud*

Rodea de verde los alimentos sanos y de rojo los alimentos basura.



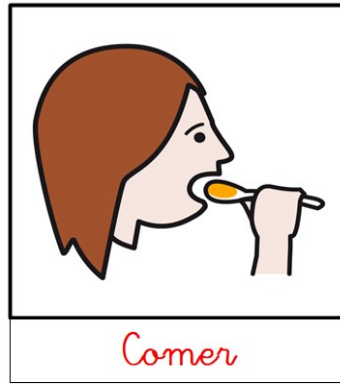
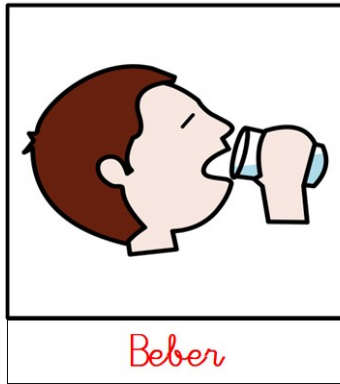
Pirámide alimenticia:



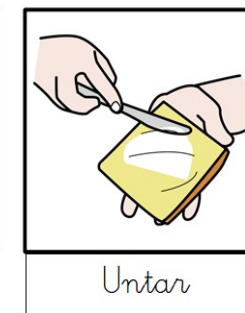
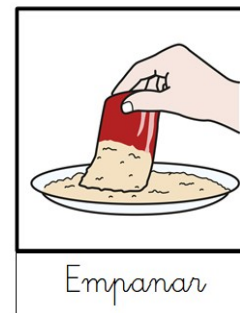
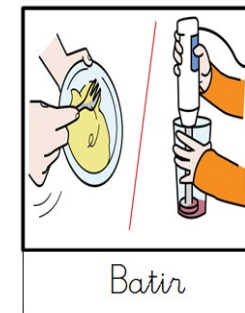
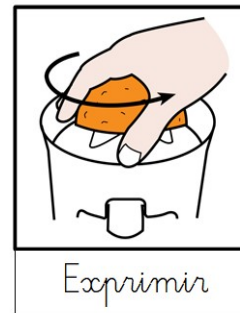
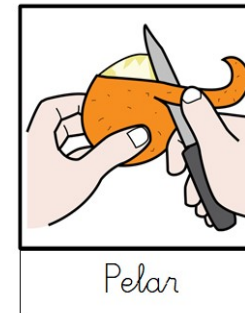
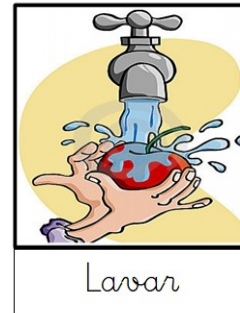
Autor pictogramas: Sergio Palao Procedencia: ARASAAC (<http://arasaac.org>) Licencia: CC (BY-NC-SA) Autora: Cristina Castellano Rivero, maestra de audición y lenguaje. Blog: Micolegiocivitas

¿Qué debemos hacer con los alimentos?:

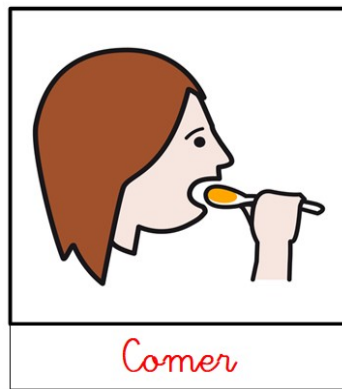
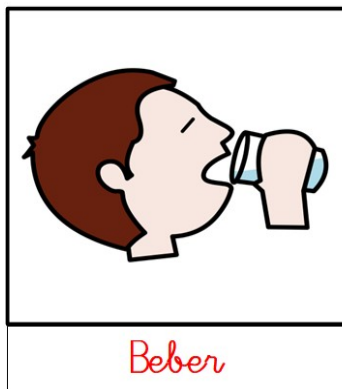
Que podemos hacer
con los alimentos



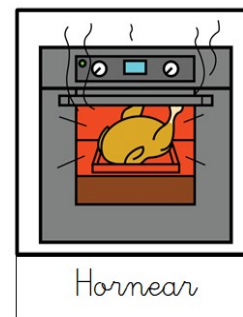
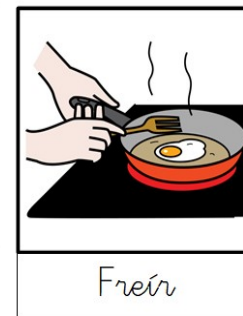
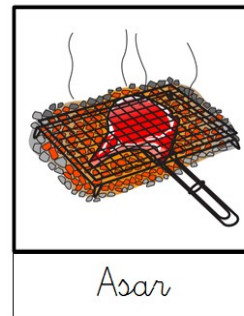
Y para ello debemos:



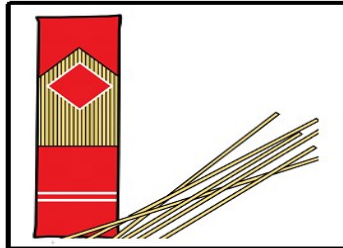
Que podemos hacer
con los alimentos



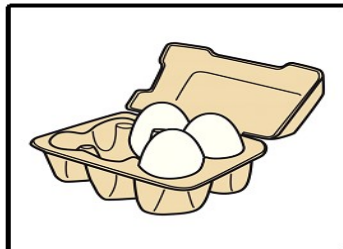
Y para ello debemos



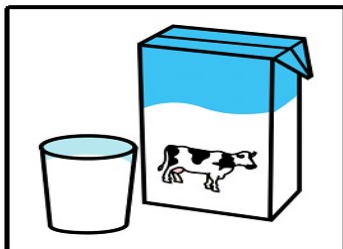
Une con una flecha qué se hace con cada alimento:



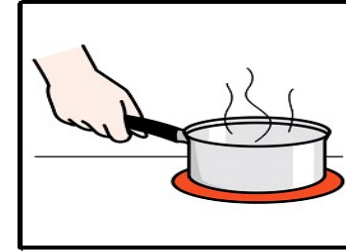
Espagueti



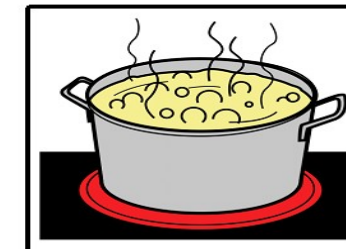
Huevos



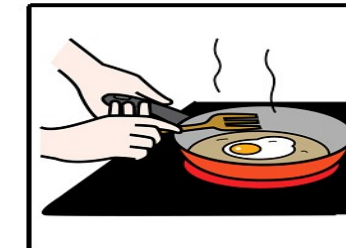
Leche



Calentar

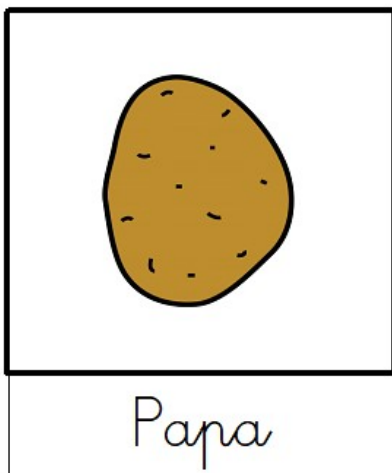
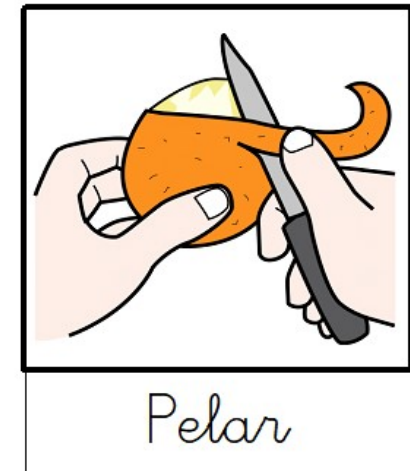
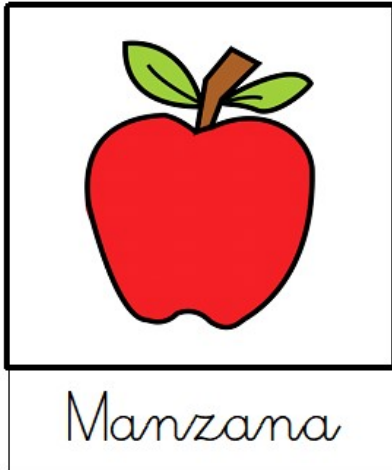


Hervir

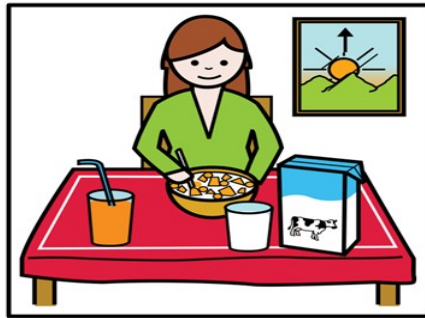


Freír

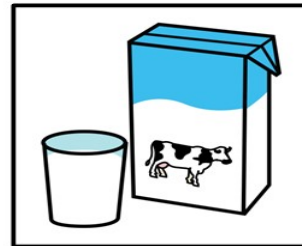
Une con una flecha qué se hace con cada alimento:



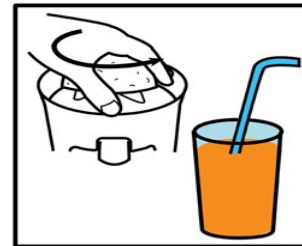
¿Qué podemos desayunar?



Que podemos
desayunar



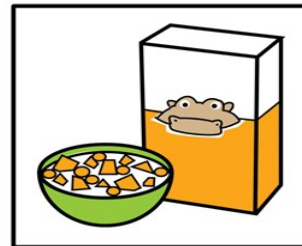
Leche



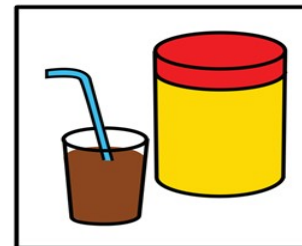
Zumo



Yogur líquido



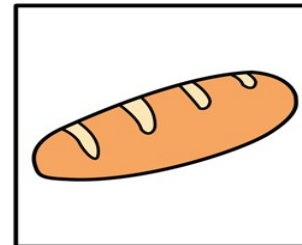
Cereales



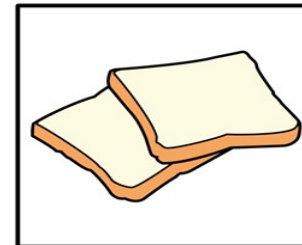
Colacao



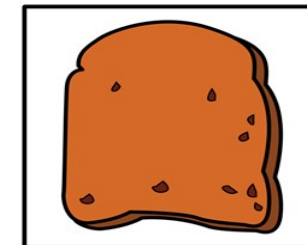
Gofio



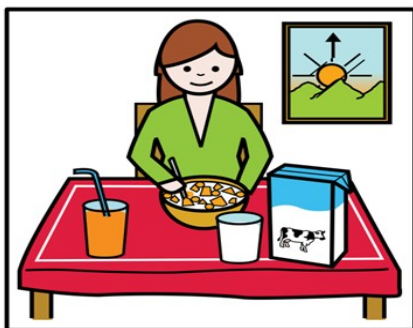
Pan



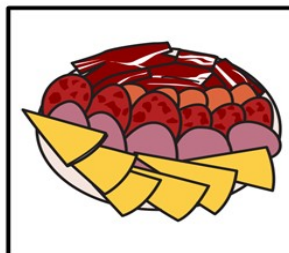
Pan de molde



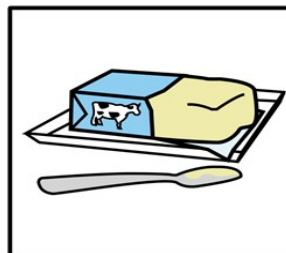
Tostada



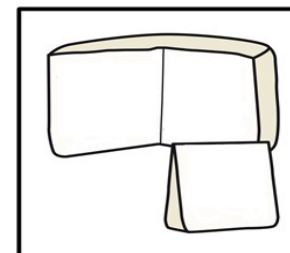
Que podemos
desayunar



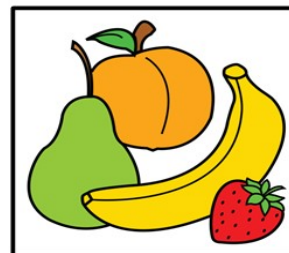
Embutidos



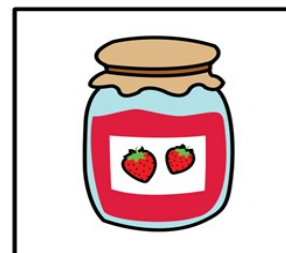
Mantequilla



Queso tierno



Fruta



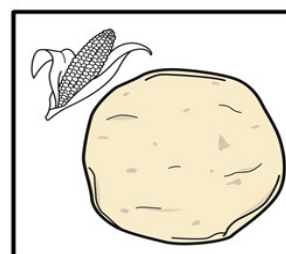
Mermelada



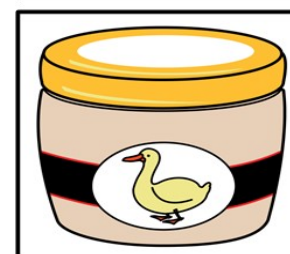
Frutos secos



Café

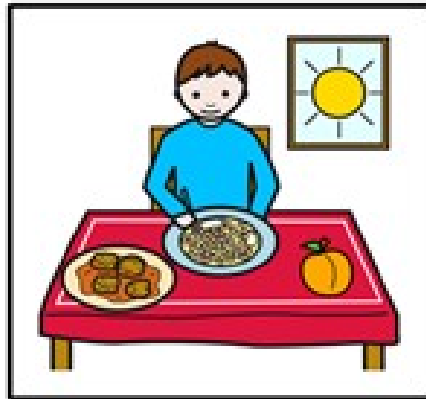


Tortas

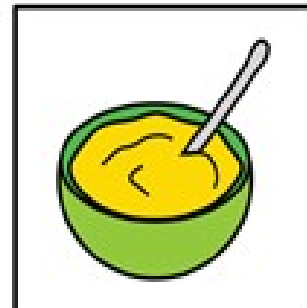


Pate

¿Qué podemos almorzar?



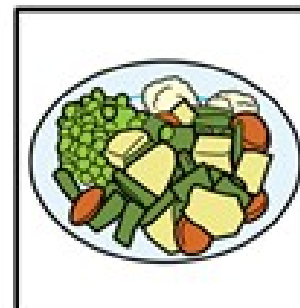
Que podemos
almorzar



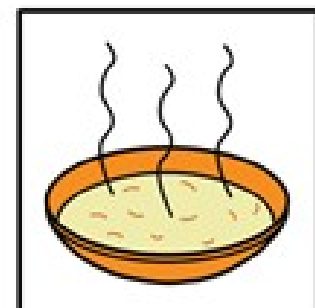
Puré



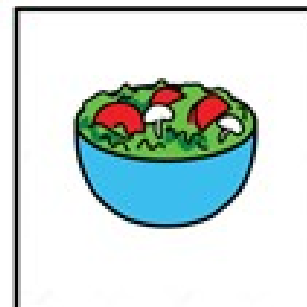
Potaje



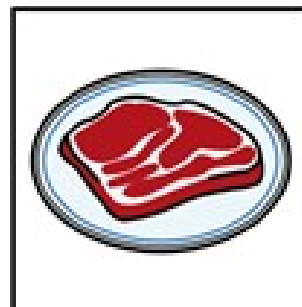
Verduras



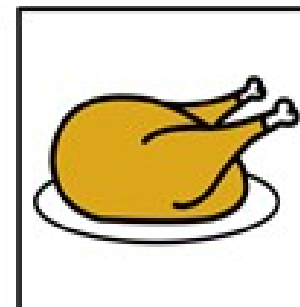
Sopa



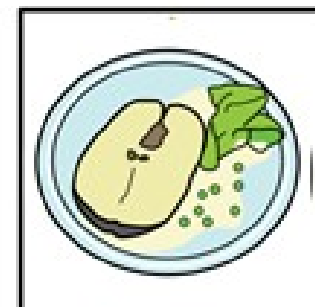
Ensalada



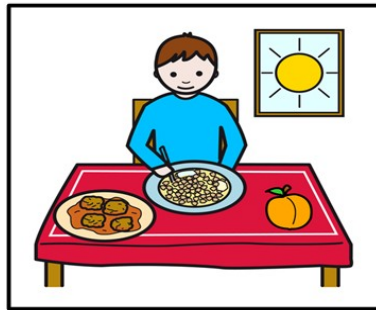
Carne



Pollo



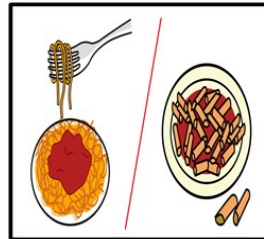
Pescado



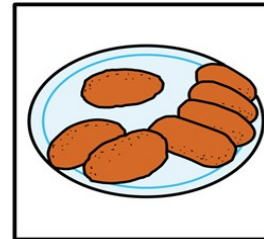
Que podemos
almorzar



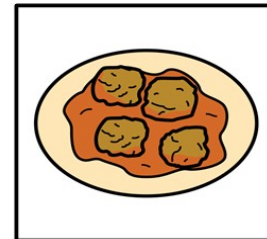
Arroz



Pasta



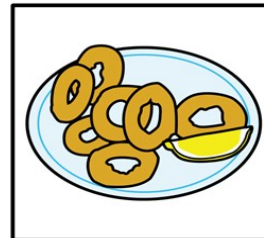
Croquetas



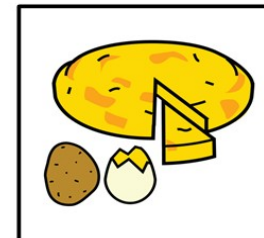
Albóndigas



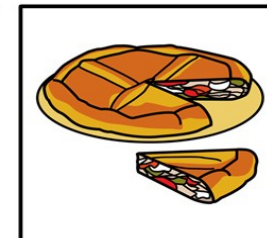
Ensaladilla



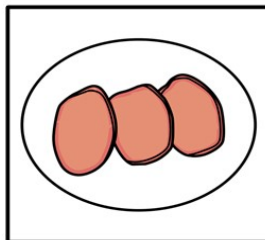
Calamares



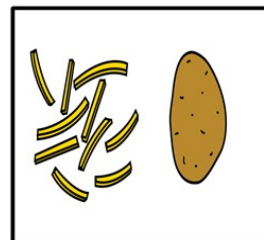
Tortilla de papas



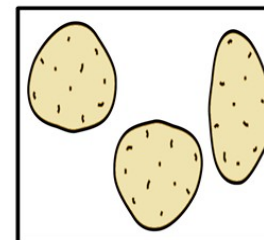
Empanadilla



Lomo



Papas fritas

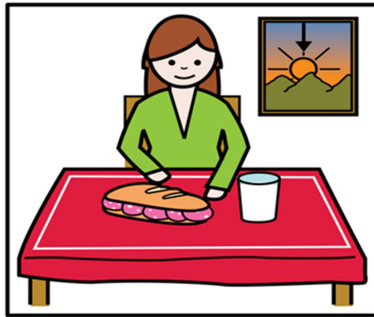


Papas sancochadas

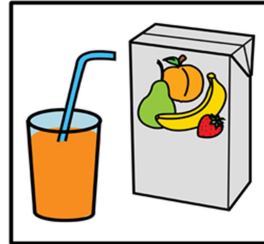


Mariscos

¿Qué podemos merendar?



Que podemos
merendar



Zumo



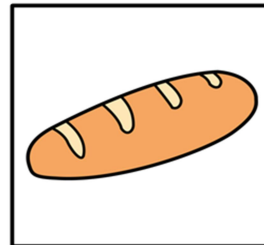
Batido



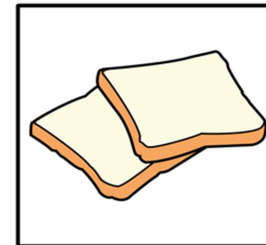
Actimel



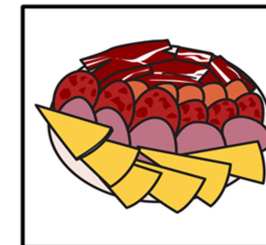
Yogur



Pan



Pan de molde



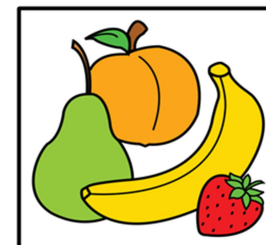
Embutidos



Nocilla

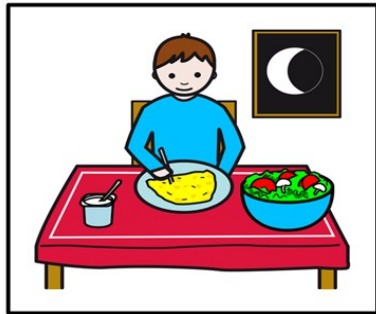


Frutos secos



Frutas

¿Qué podemos cenar?



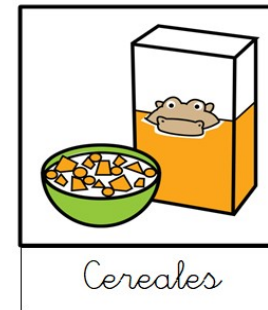
Que podemos
cenar



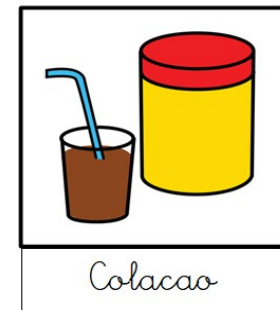
Leche



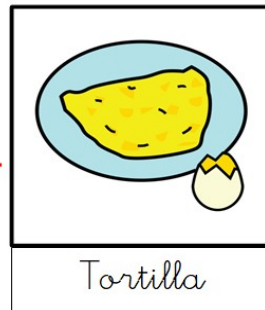
Yogur líquido



Cereales



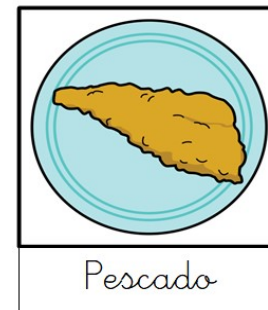
Colacao



Tortilla



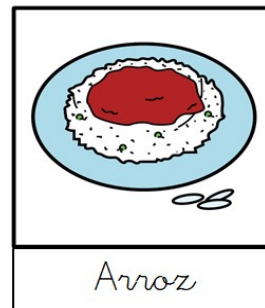
Huevo frito



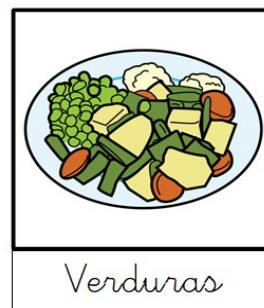
Pescado



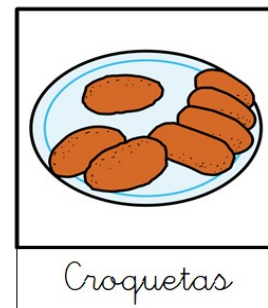
Pechuga de pollo



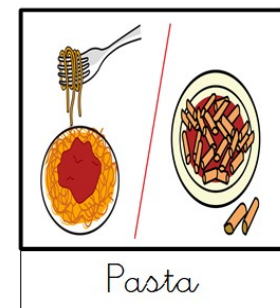
Arroz



Verduras

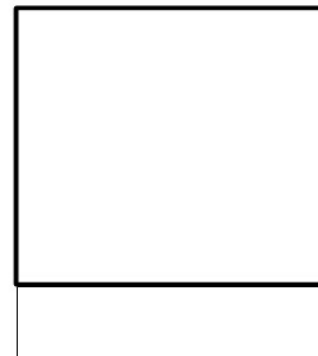
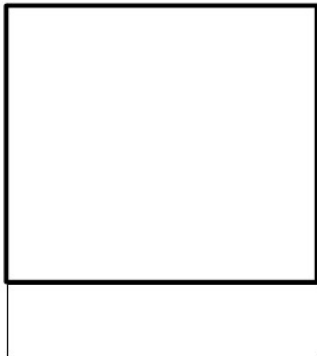
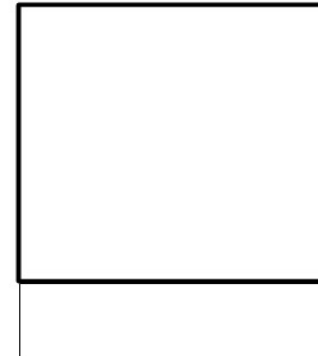
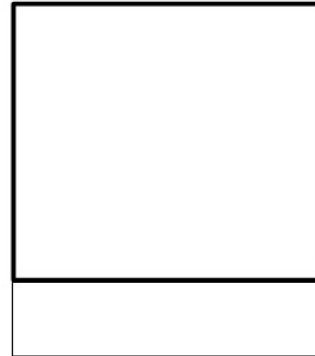
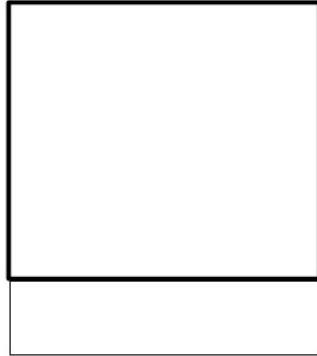
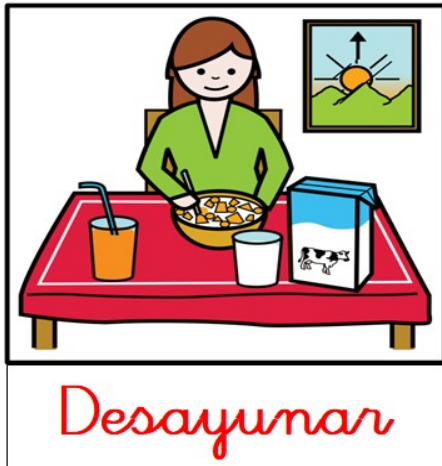


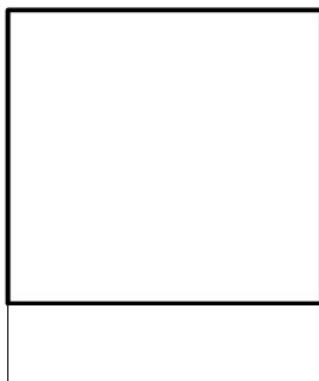
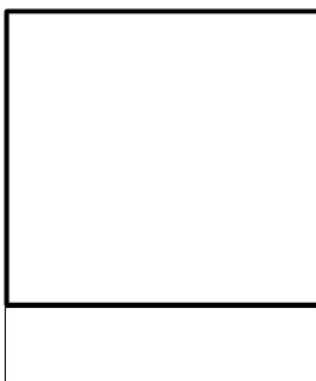
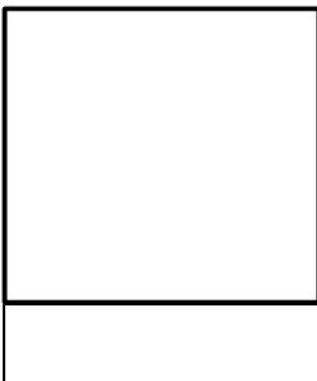
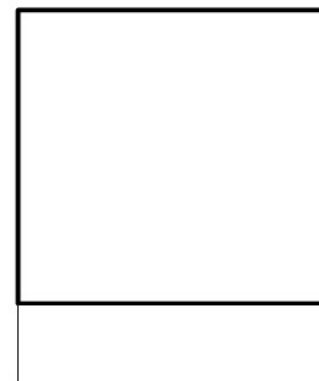
Croquetas



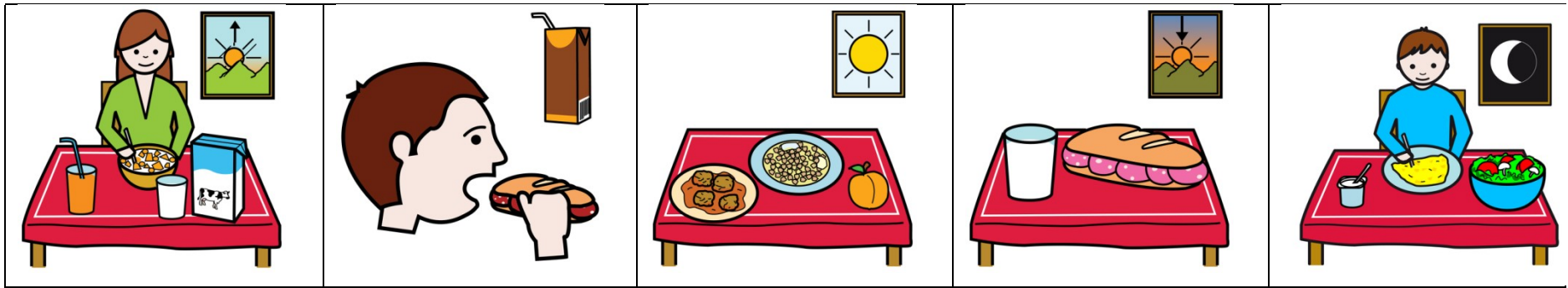
Pasta

Dibuja cómo sería un menú sano:





Cuántas veces comemos en el día.



Desayunar


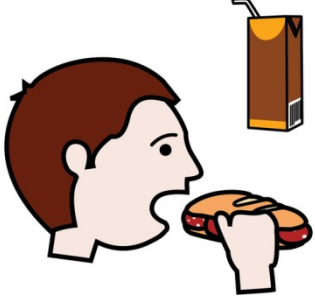
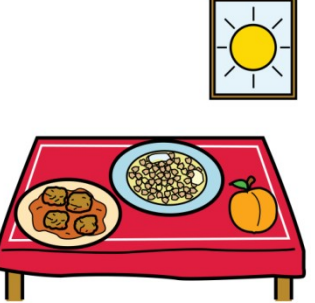
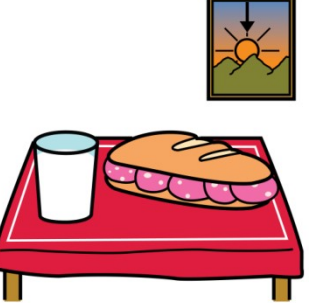
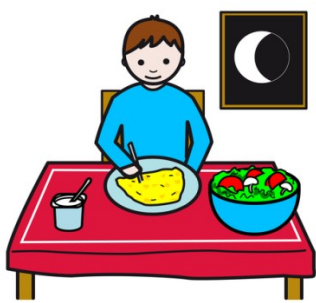
Tentempié

Almorzar

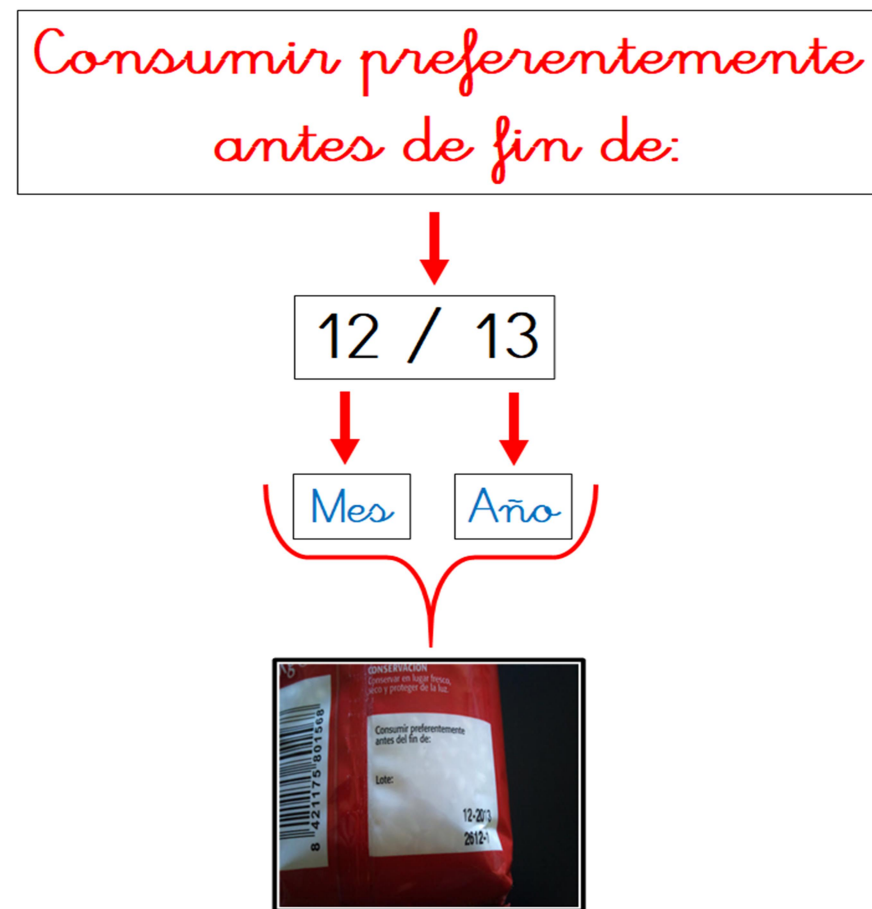
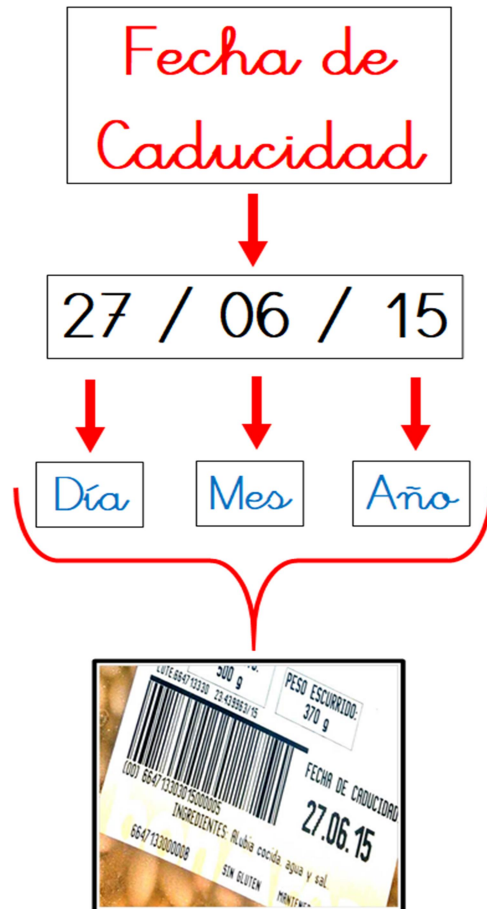
Merendar

Cenar

Escribe cuantas veces comemos en el día.

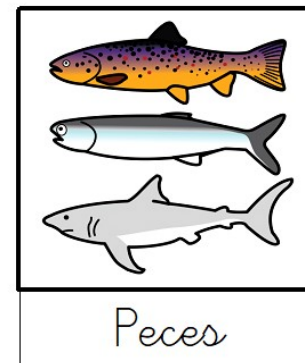
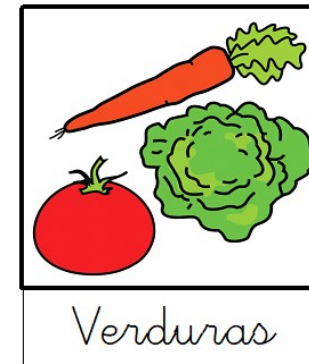
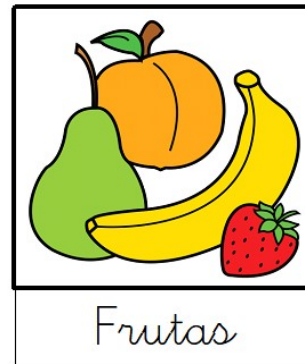
Etiquetas de caducidad:

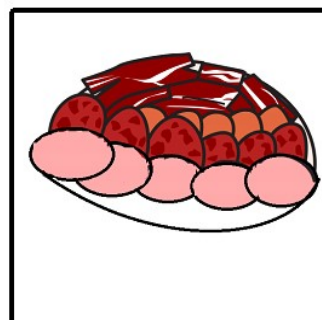


Cuando se caduca los siguientes productos:

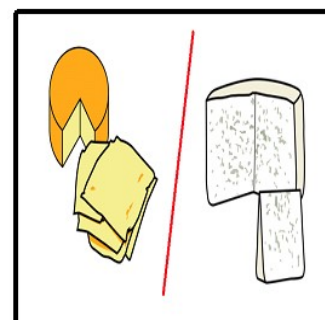


¿Dónde compramos los alimentos?





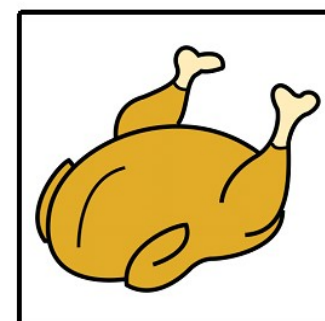
Embutidos



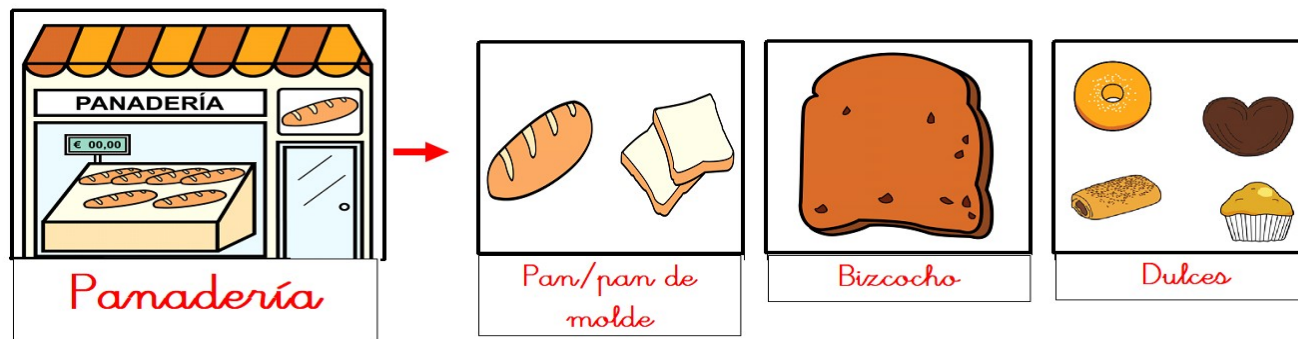
Quesos



Carne



Pollo



Señala con una X los productos que podemos comprar en un supermercado

