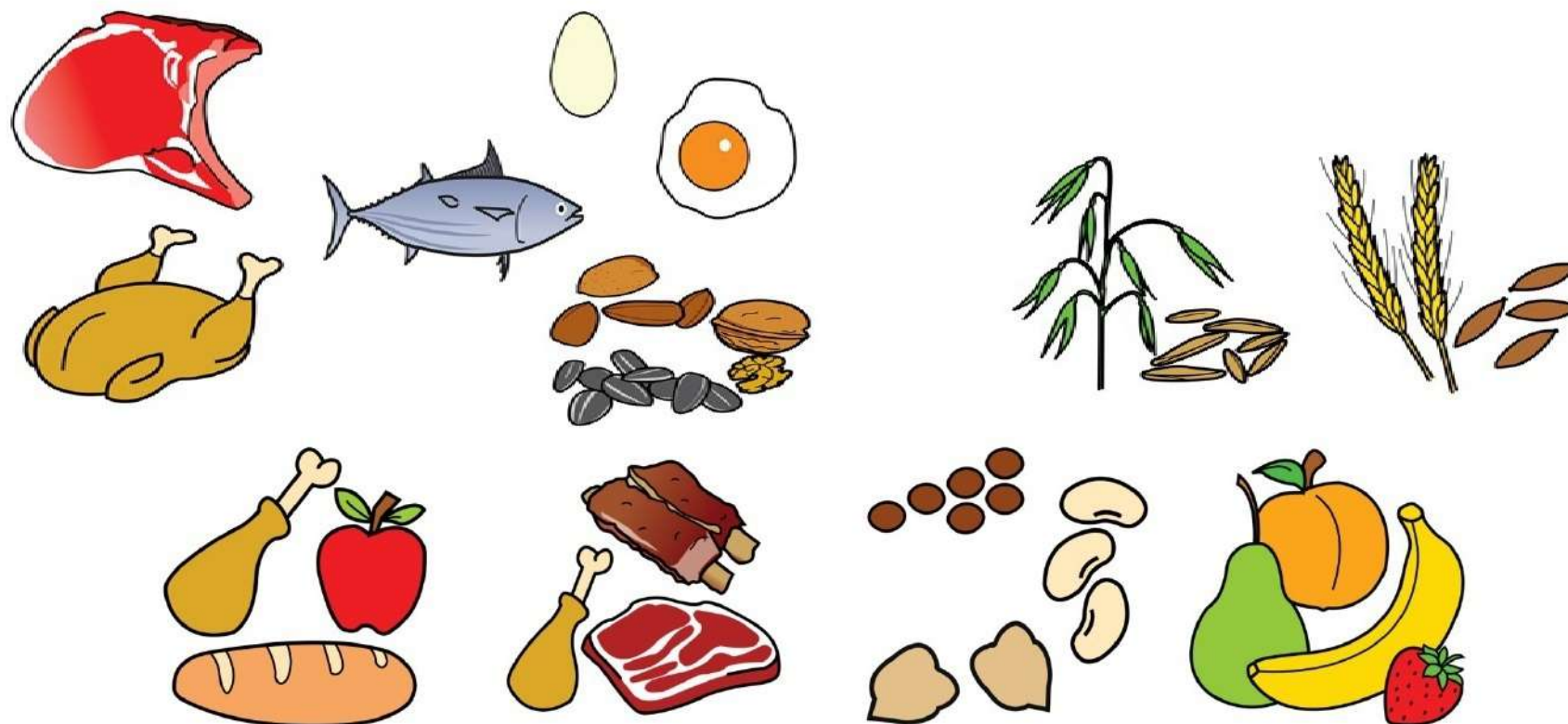
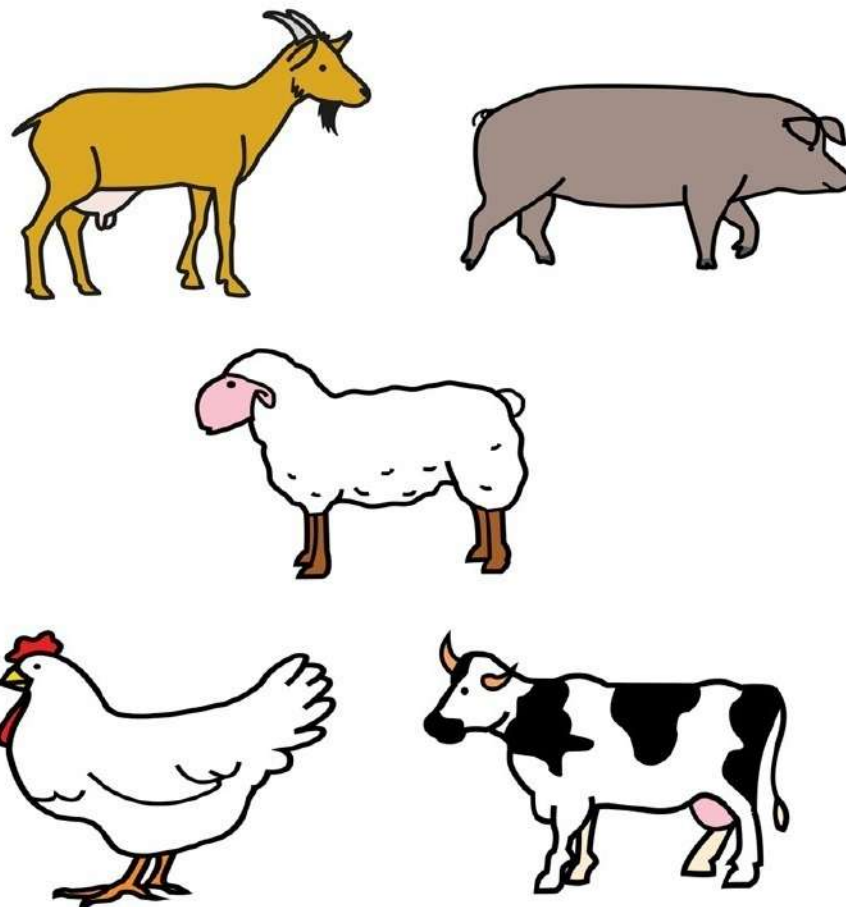


ELIKAGAIAK

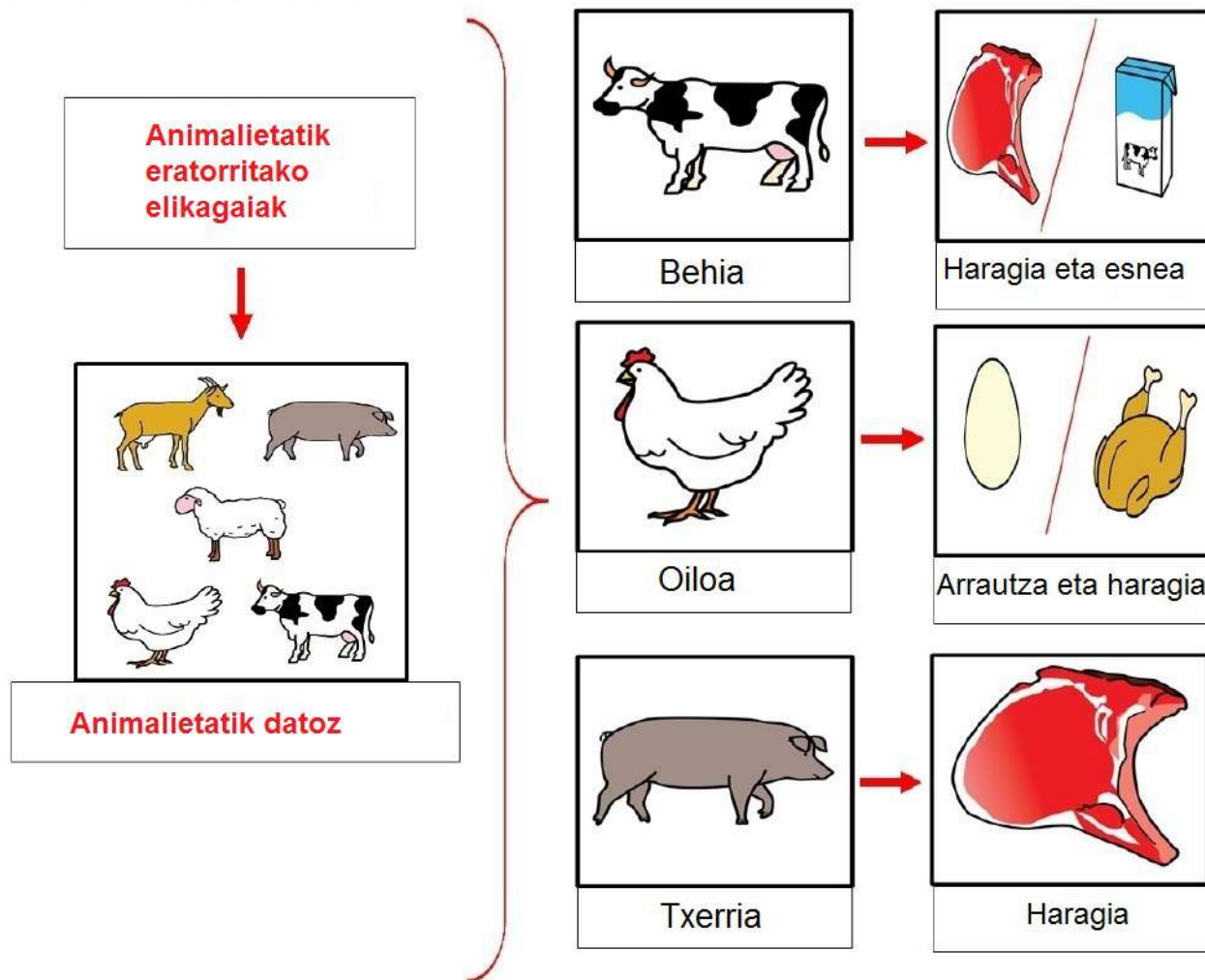


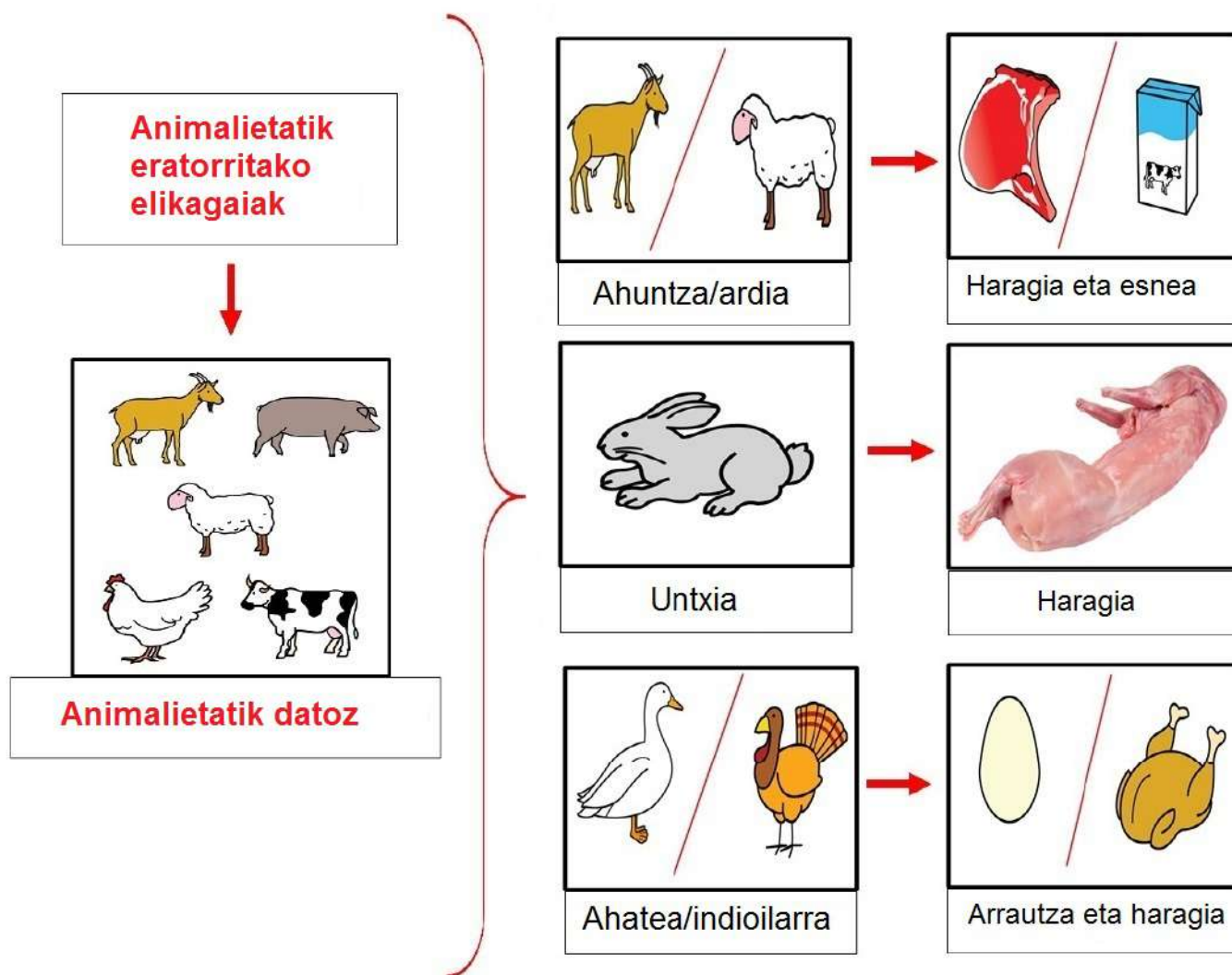
Autor pictogramas: Segio Palao Procedencia: ARASAAC (<http://arasaac.org>) Licencia: CC(BY_NC_SA) Autora: Cristina Castellano Rivero, maestra de audición y lenguaje. Blog: Micolegiocivitas Traducido por: Nagore Maiz

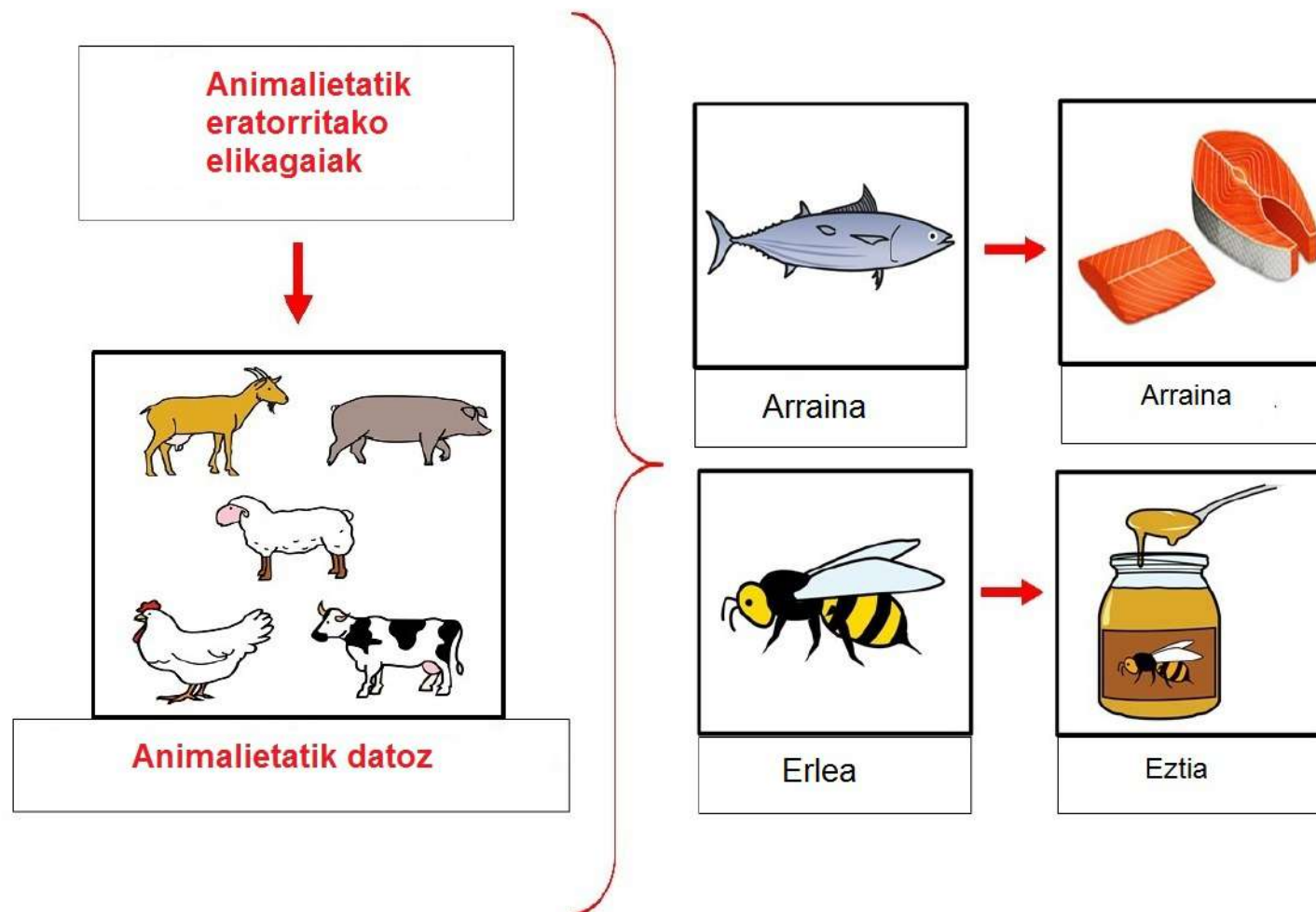
Animalietatik eratorritako elikagaiak



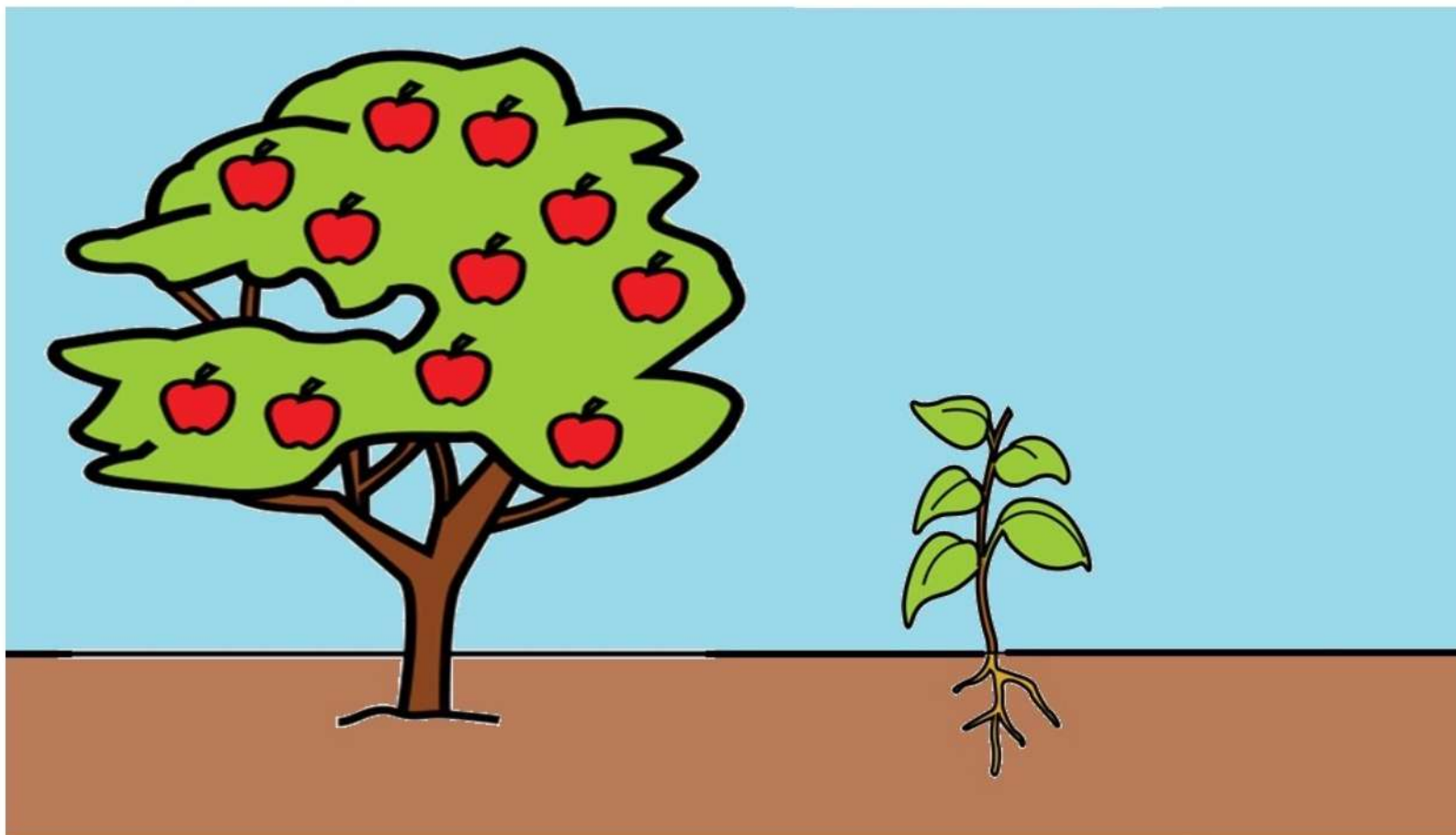
Animalietatik eratorritako elikagaiak





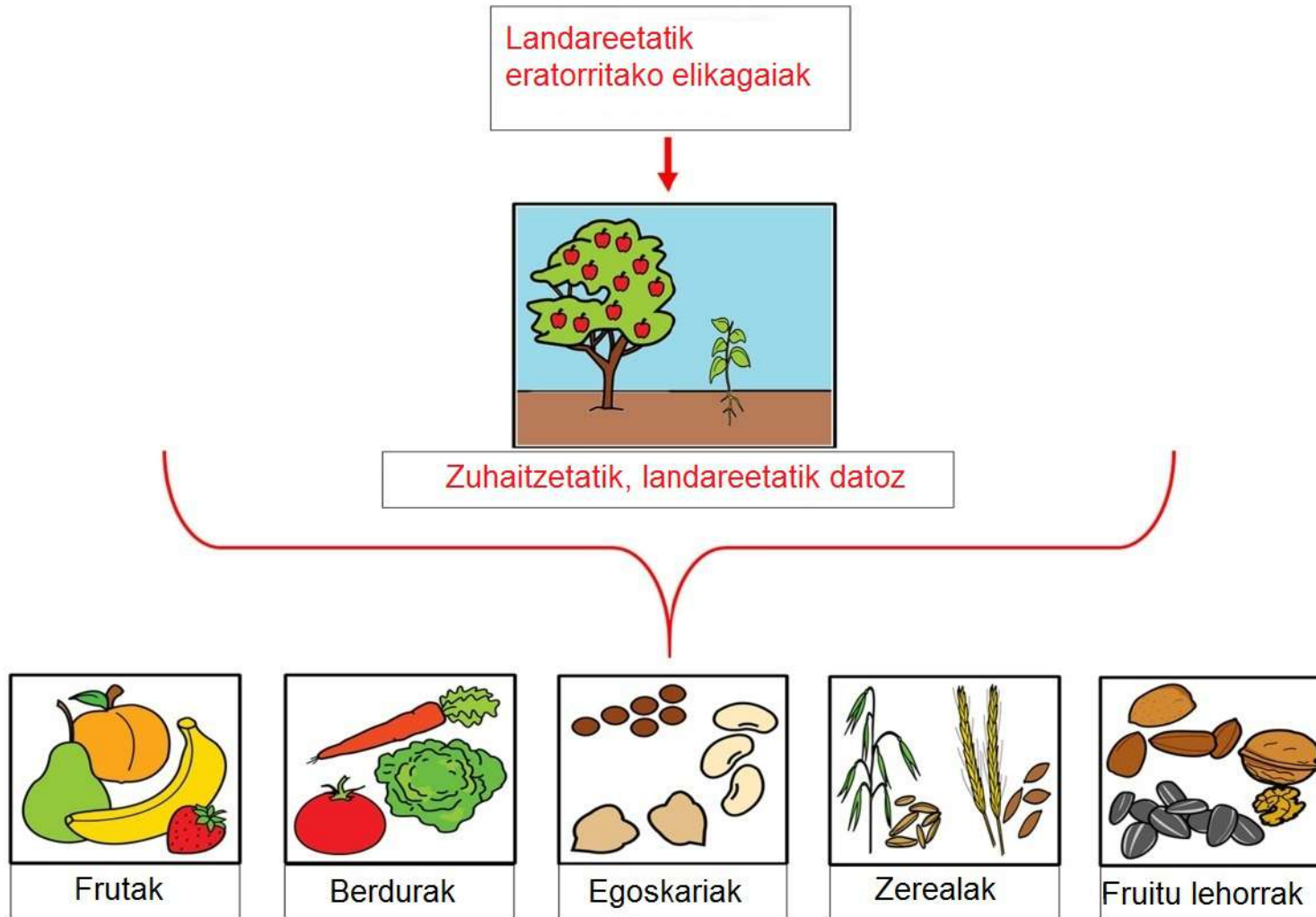


Landareetatik eratorritako elikagaiak

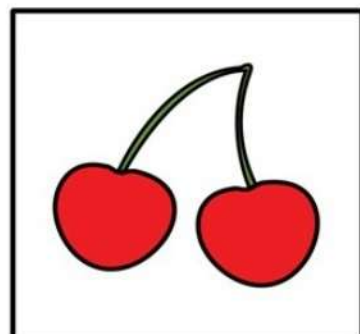


Autor pictogramas: Segio Palao Procedencia: ARASAAC (<http://arasaac.org>) Licencia: CC(BY_NC_SA) Autora: Cristina Castellano Rivero, maestra de audición y lenguaje. Blog: Micolegiocivitas Traducido por: Nagore Maiz

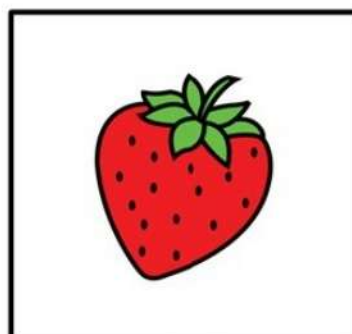
Landareetatik eratorritako elikagaiak



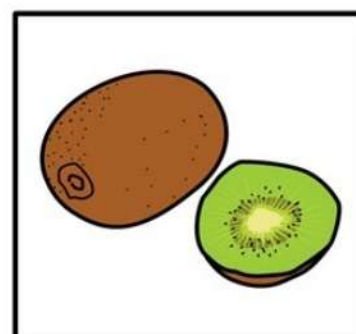
Frutak:



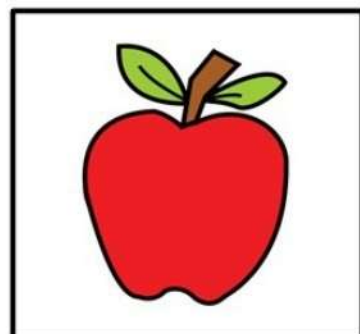
Gereziak



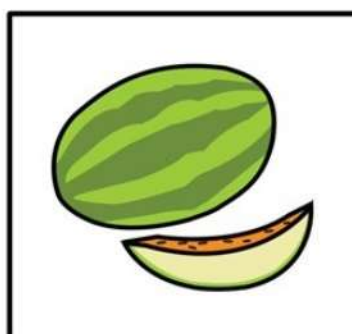
Marrubiak



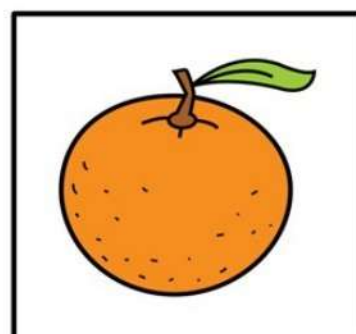
Kiwi



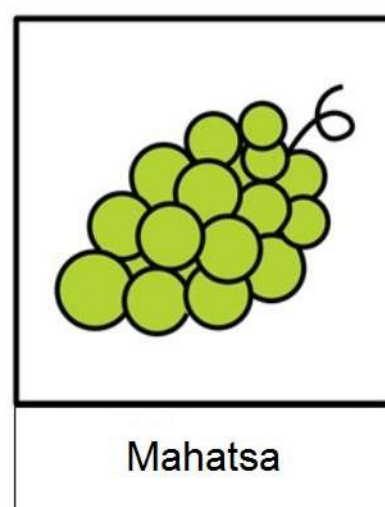
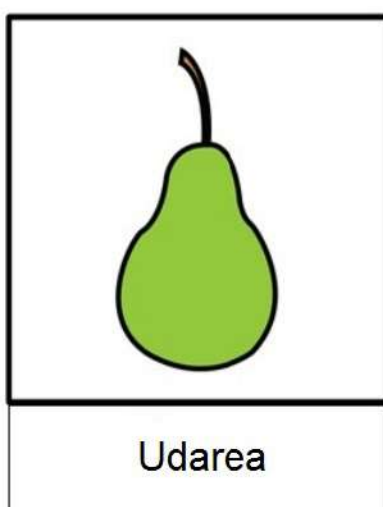
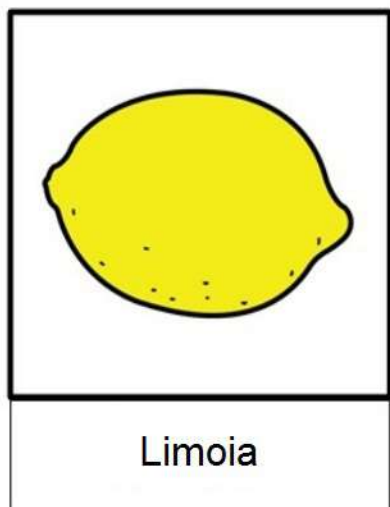
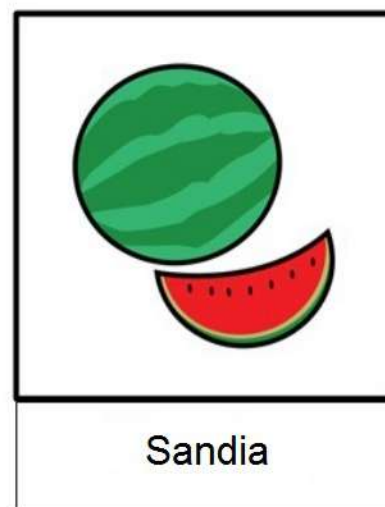
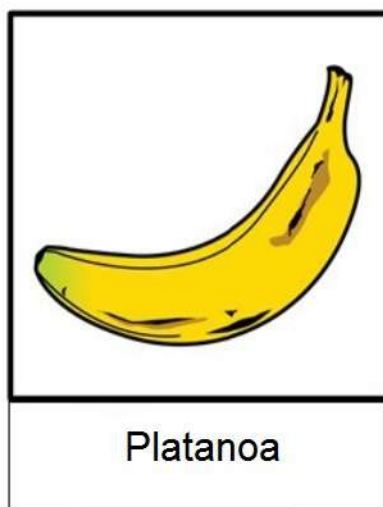
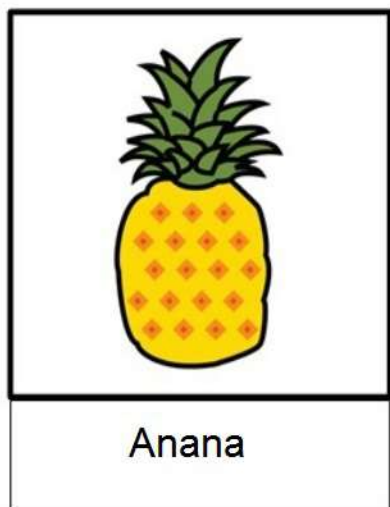
Sagarra



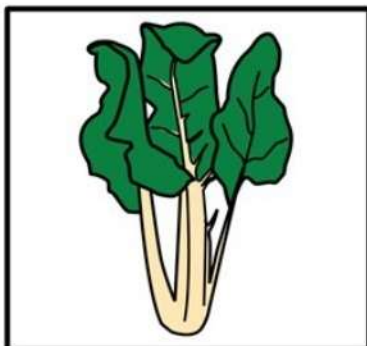
Meloia



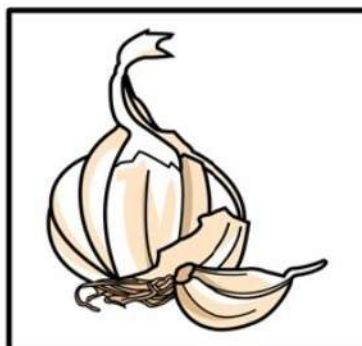
Laranja



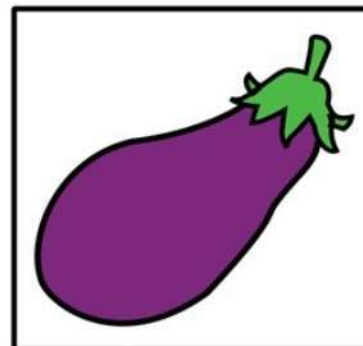
Berdurak:



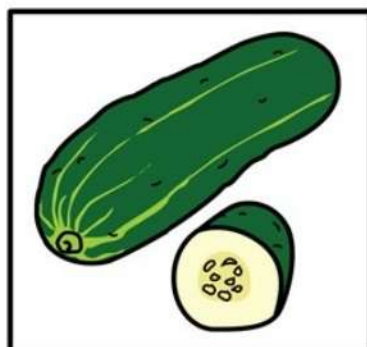
Zerba



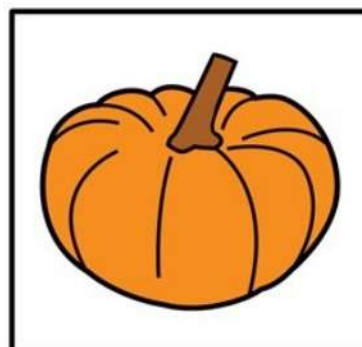
Baratxuria



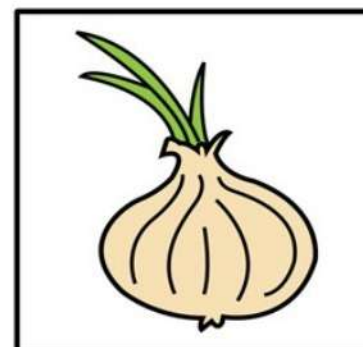
Berenjena



Kalabazina

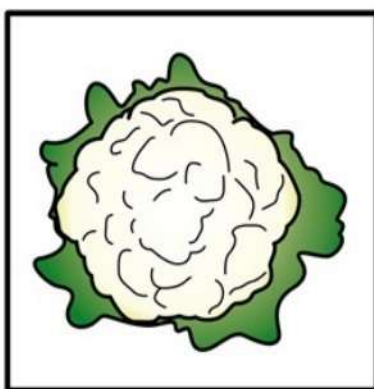


Kalabaza



Tipula

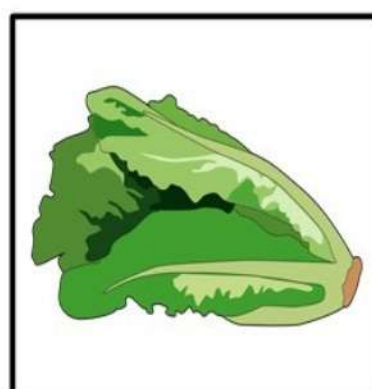
Autor pictogramas: Segio Palao Procedencia: ARASAAC (<http://arasaac.org>) Licencia: CC(BY_NC_SA) Autora: Cristina Castellano Rivero, maestra de audición y lenguaje. Blog: Micolegiocivitas Traducido por: Nagore Maiz



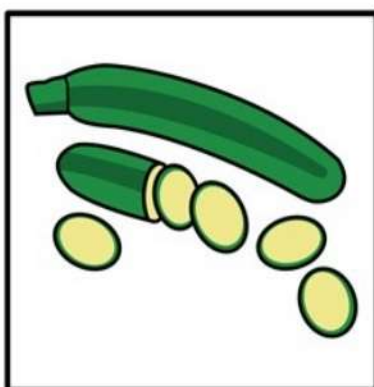
Azalorea



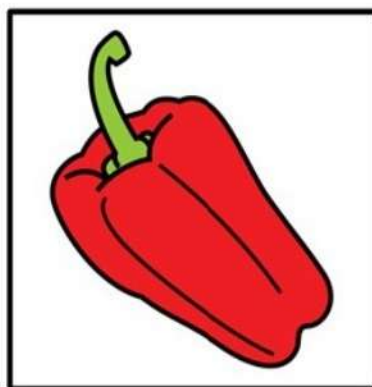
Espinakak



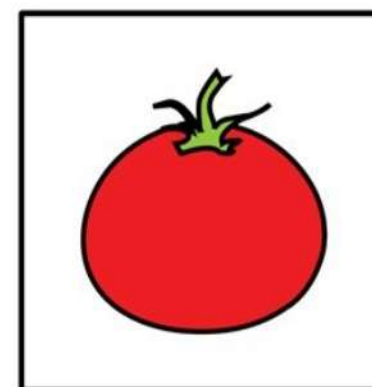
Letxuga



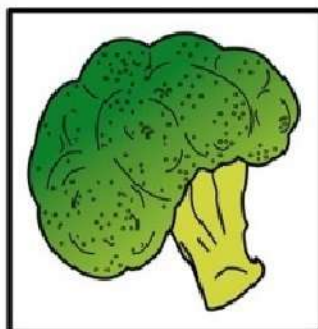
Pepinoa



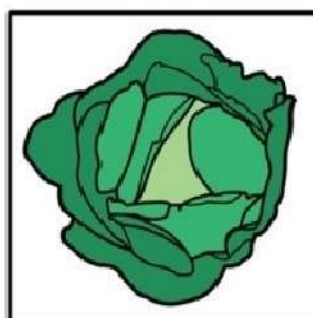
Piperra



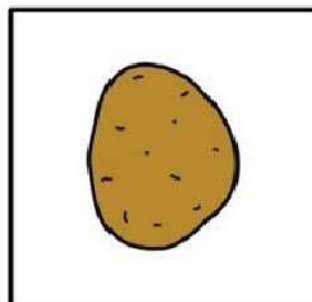
Tomatea



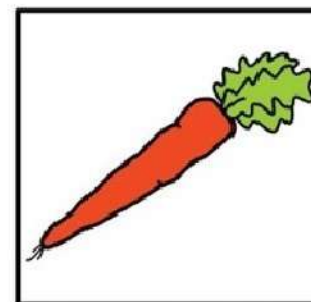
Brokolia



Aza

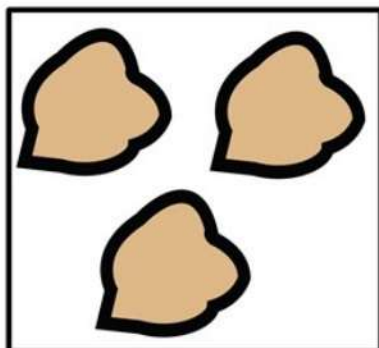


Patata

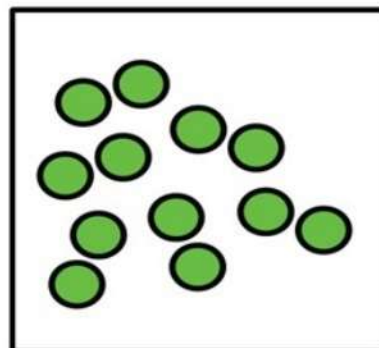


Azenarioa

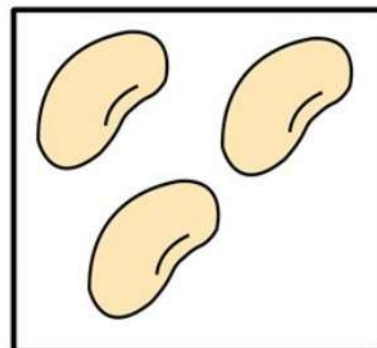
Egoskariak:



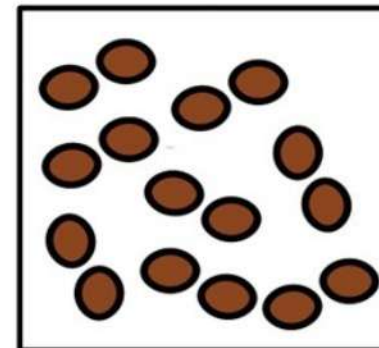
Garbantzak



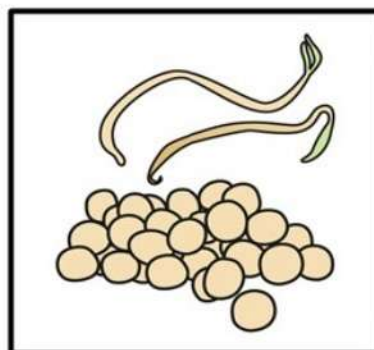
Ilarrak



Babarrunak



Lentejak



Soja

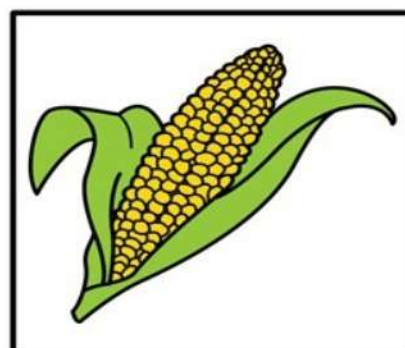
Zerealak:



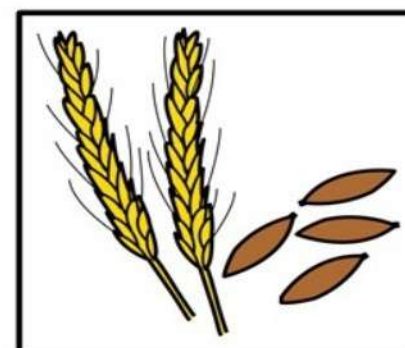
Arroza



Oloa

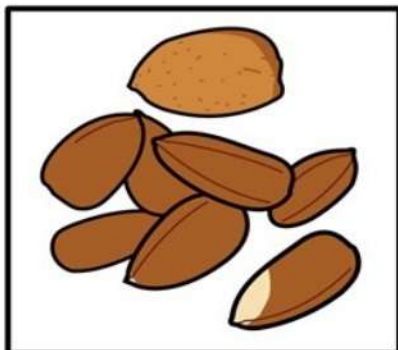


Artoa

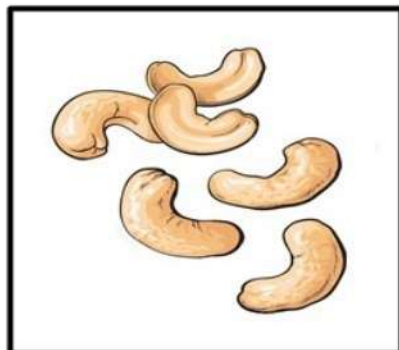


Garia

Fruitu lehorrak:



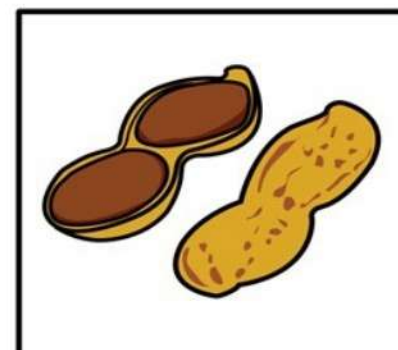
Almendra



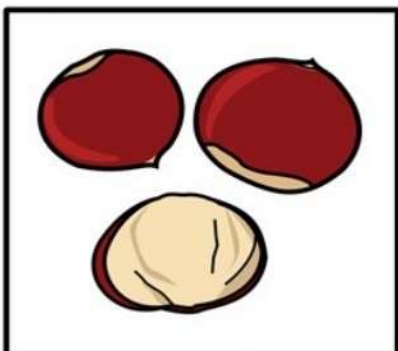
Anakardoa



Urra



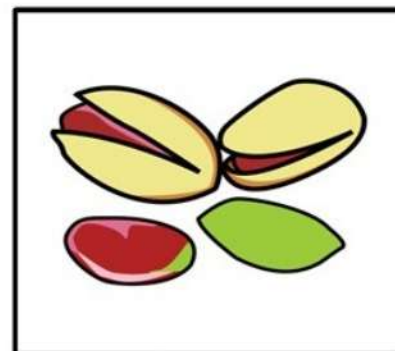
Kakahuetea



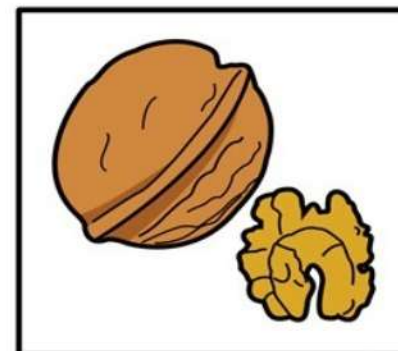
Gaztaina



Pipa

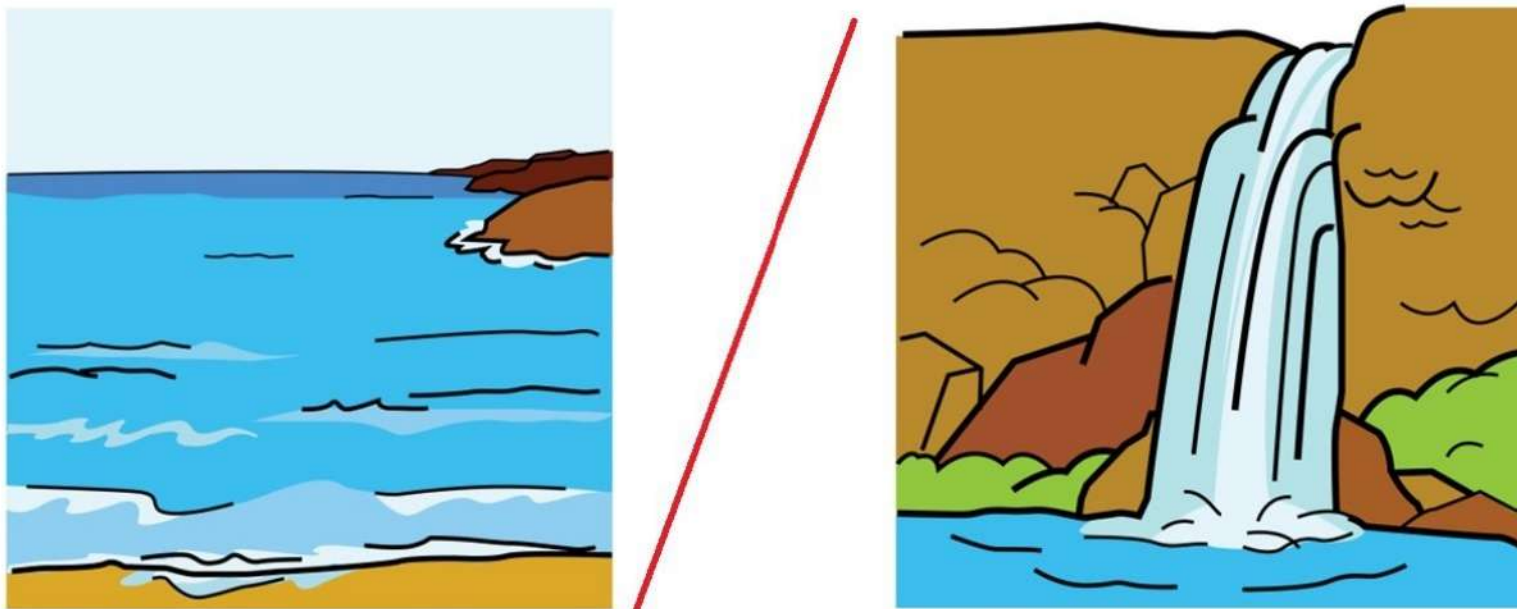


Pistatxo

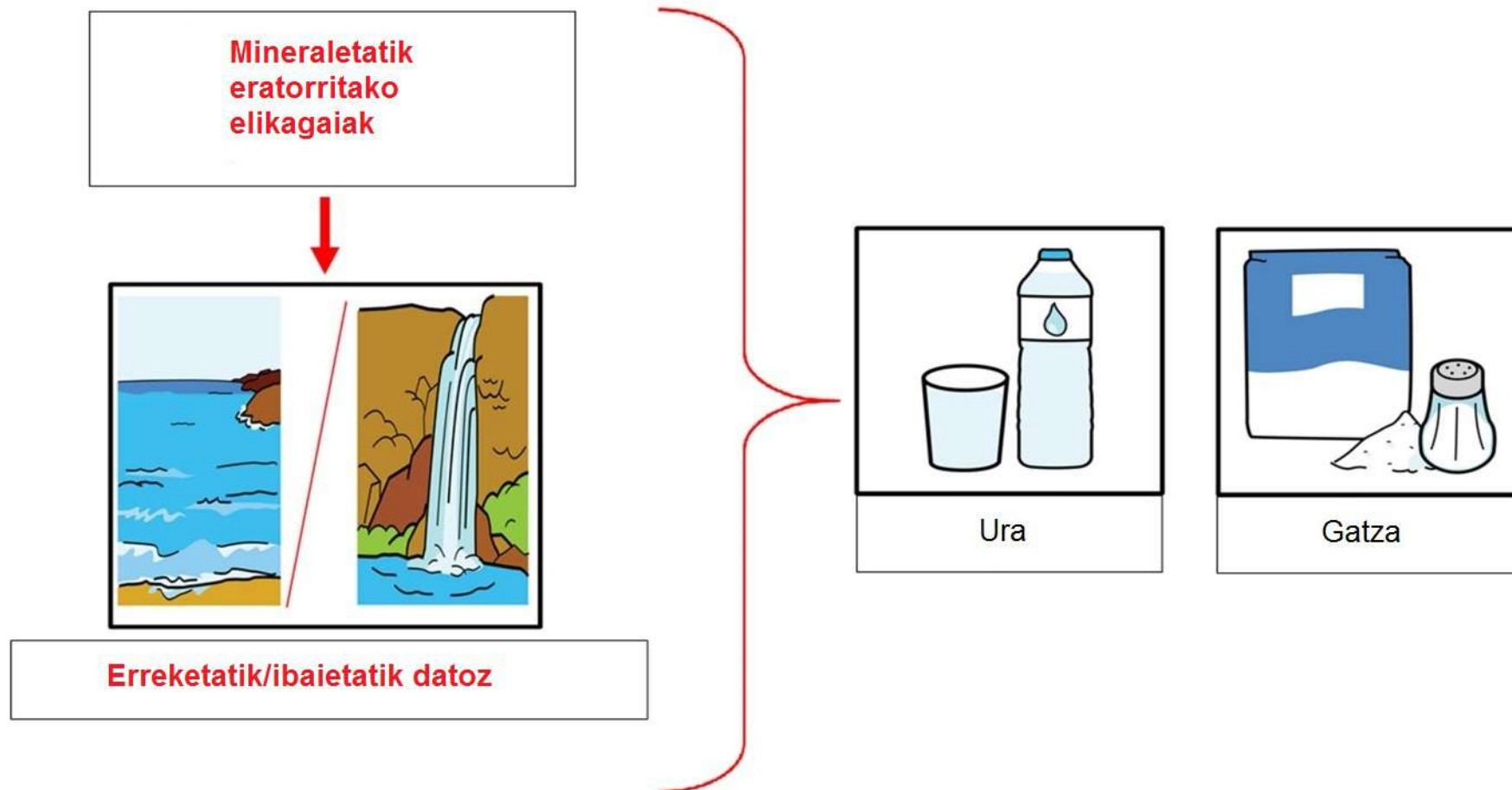


Intxaurra

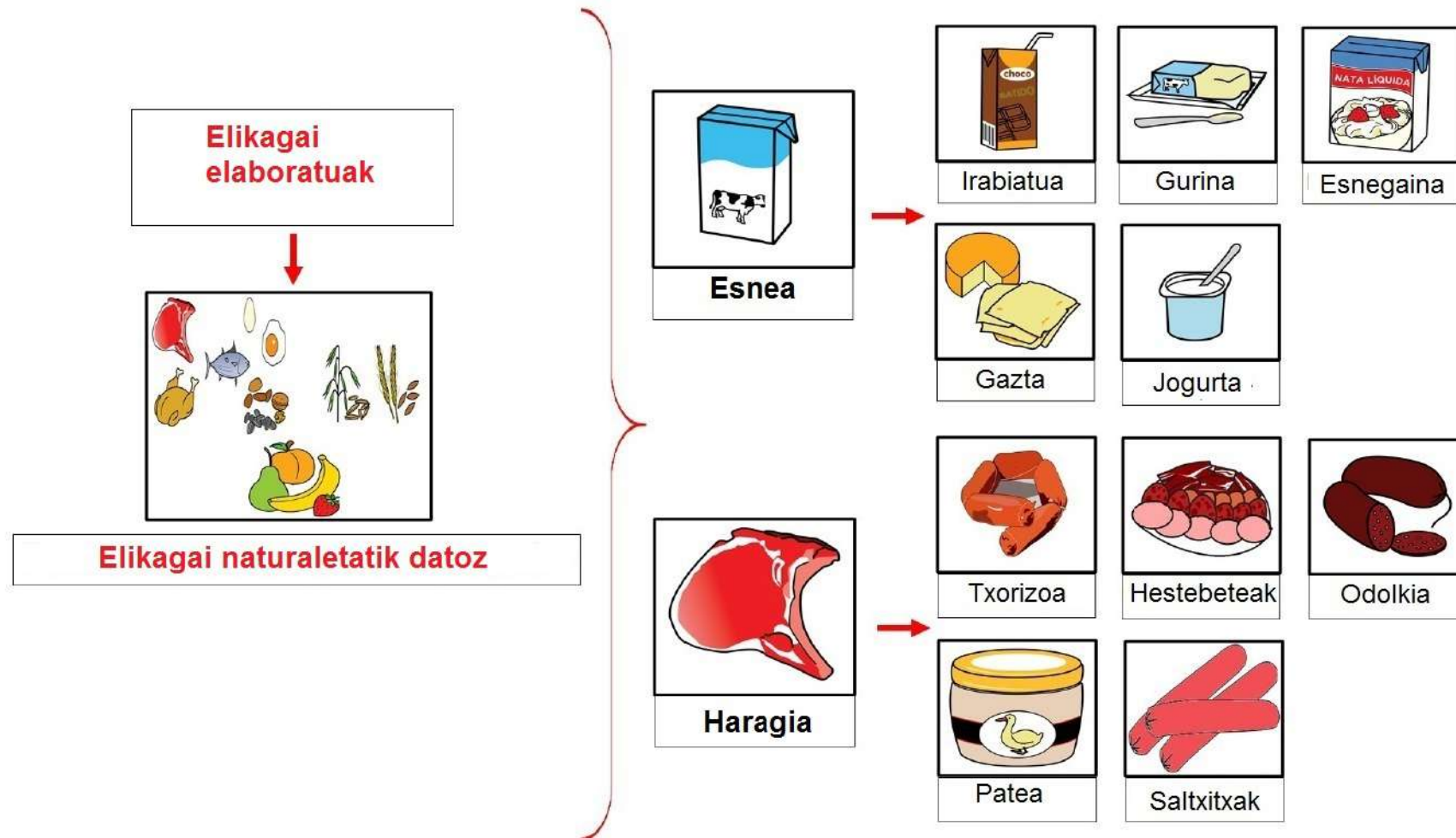
Mineraletatik eratorritako elikagaiak

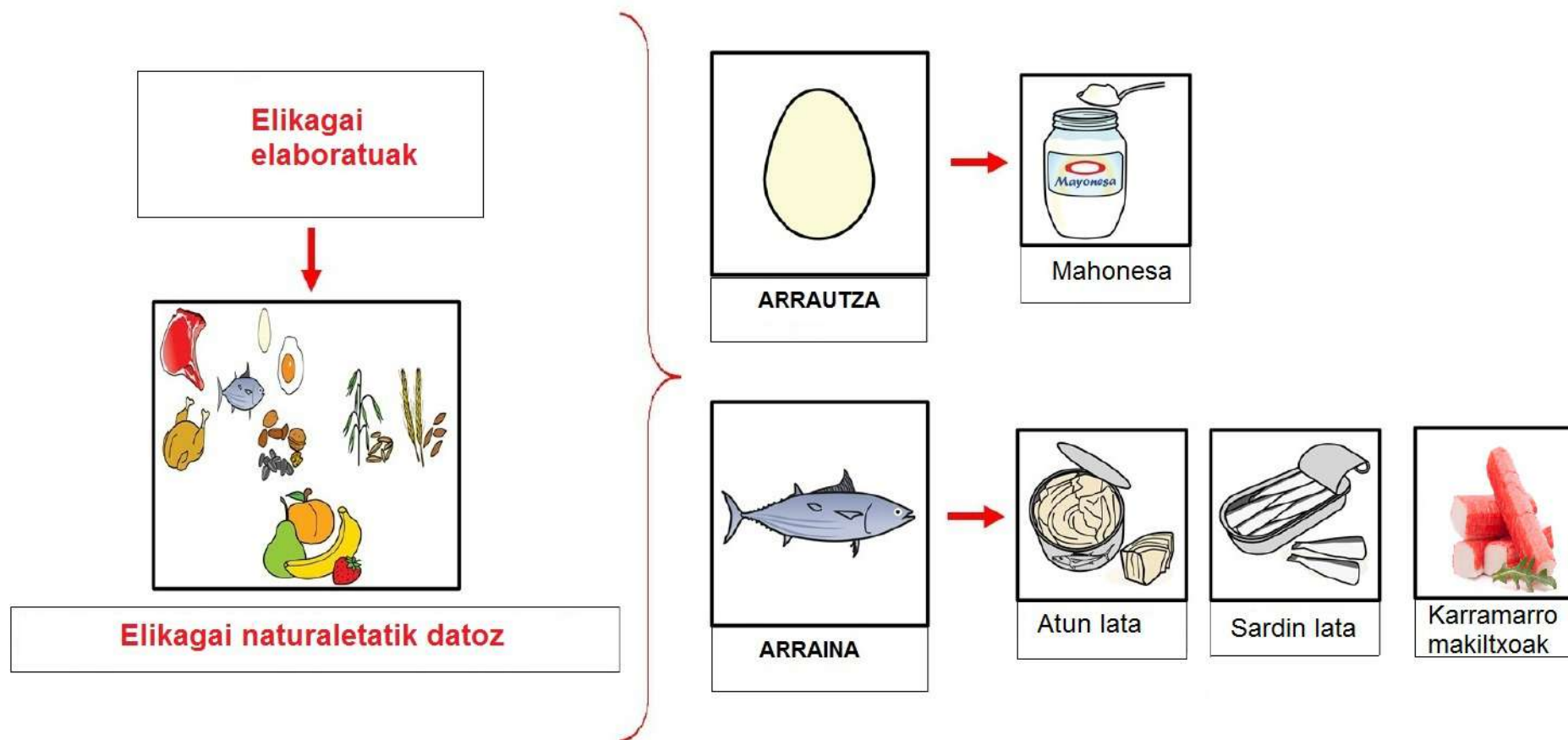


Mineraletatik eratorritako elikagaiak:

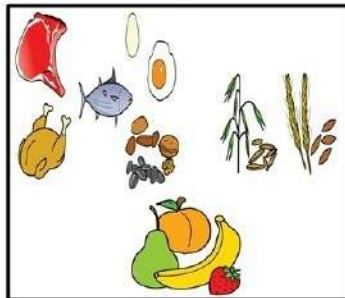


Elikagai elaboratuak:

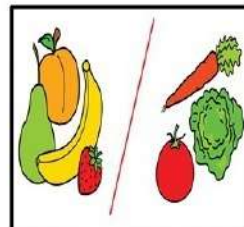




Elikagai elaboratuak



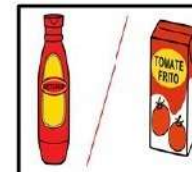
Elikagai naturaletatik datoz



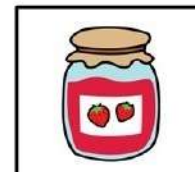
Frutak eta berdurak



Olioa



**Keptxupa
edo tomate
salsa**



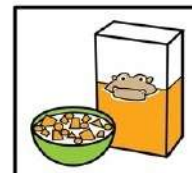
Mermelada



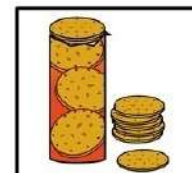
Potitoak



Zukuak



Zerealak



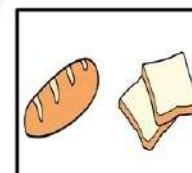
Gailetak



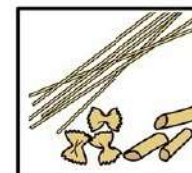
Irina



Zerealak



Ogia



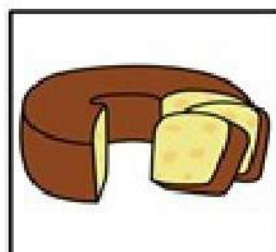
Pasta

Borobildu **gorriz** animalietatik eratorritako elikagaiak, **berdez** landareetatik eratorritako elikagaiak eta **urdinez** mineraletatik eratorritako elikagaiak.

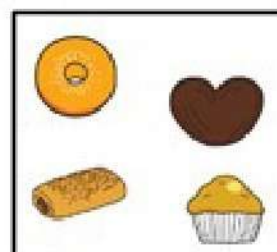


Autor pictogramas: Segio Palao Procedencia: ARASAAC (<http://arasaac.org>) Licencia: CC(BY_NC_SA) Autora: Cristina Castellano Rivero, maestra de audición y lenguaje. Blog: Micollegiocivitas Traducido por: Nagore Maiz

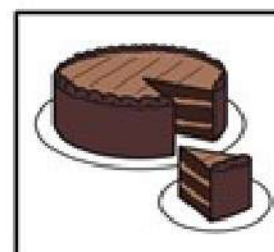
Zabor janaria:



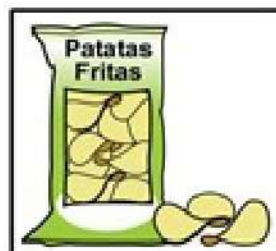
Bizkotxo



Gozoak



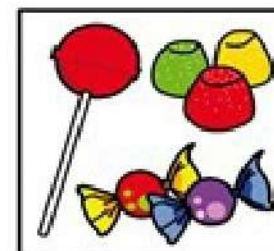
Tarta



Patatak

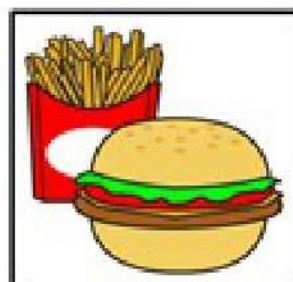


Txokolatea

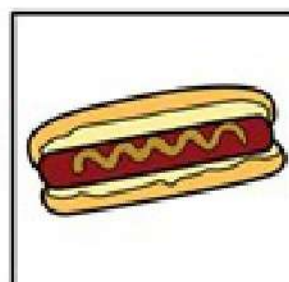


Gozokiak

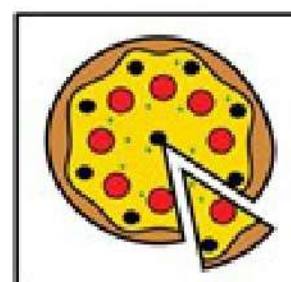
Elikagai hauek ez dira asko jan behar osasunarentzat kaltegarriak direlako



Hanburgesa



Saltitxa-ogitartekoa



Pizza



Freskagarria

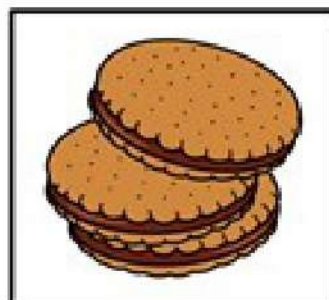


Batidoa

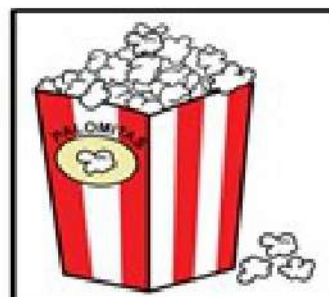


Zukua

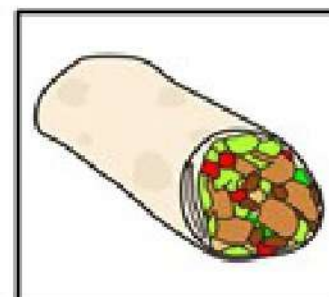
Elikagai hauek ez dira asko jan behar osasunarentzat kaltegarriak direlako



Galletak



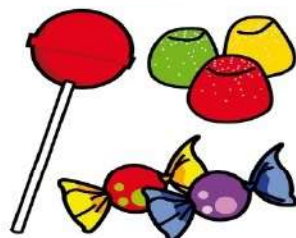
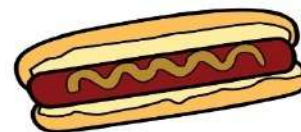
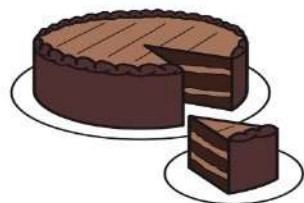
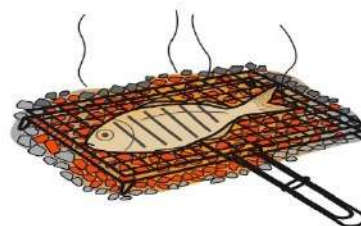
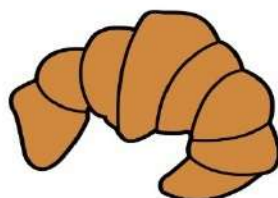
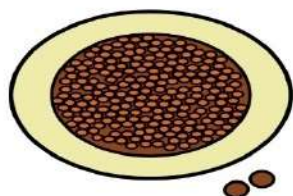
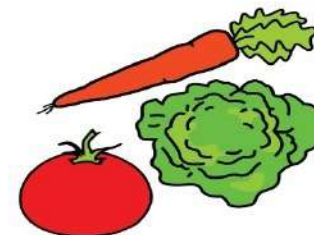
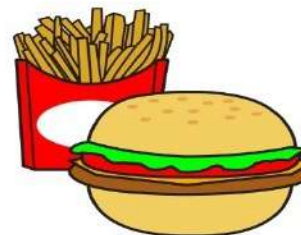
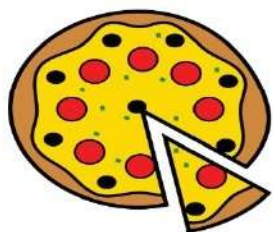
Palomitak



Burritoa

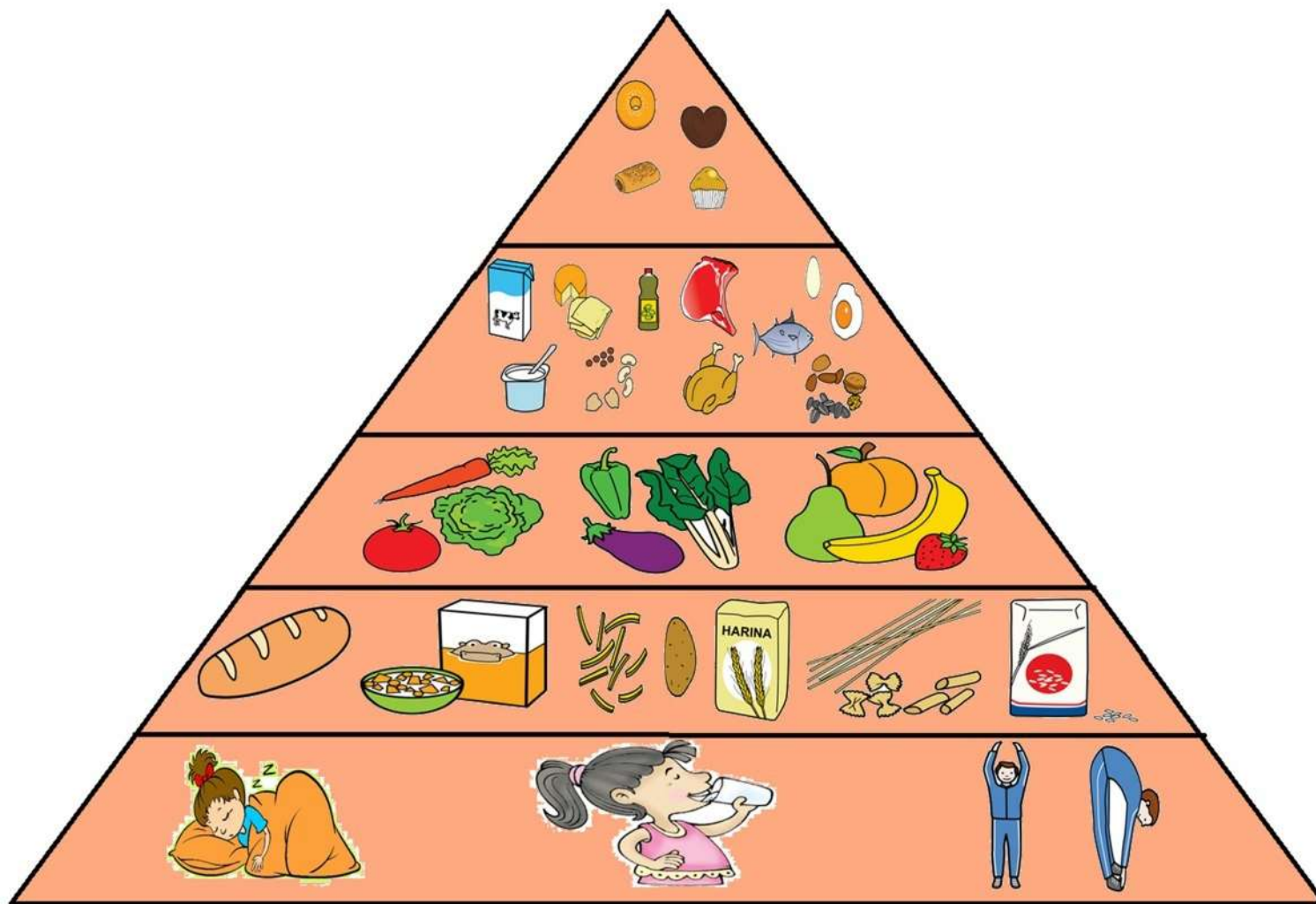
Elikagai hauek ez dira asko jan behar osasunarentzat
kaltegarriak direlako

Borobildu berdez elikagai osasuntsuak eta gorriz osasuntsuak ez diren elikagaiak



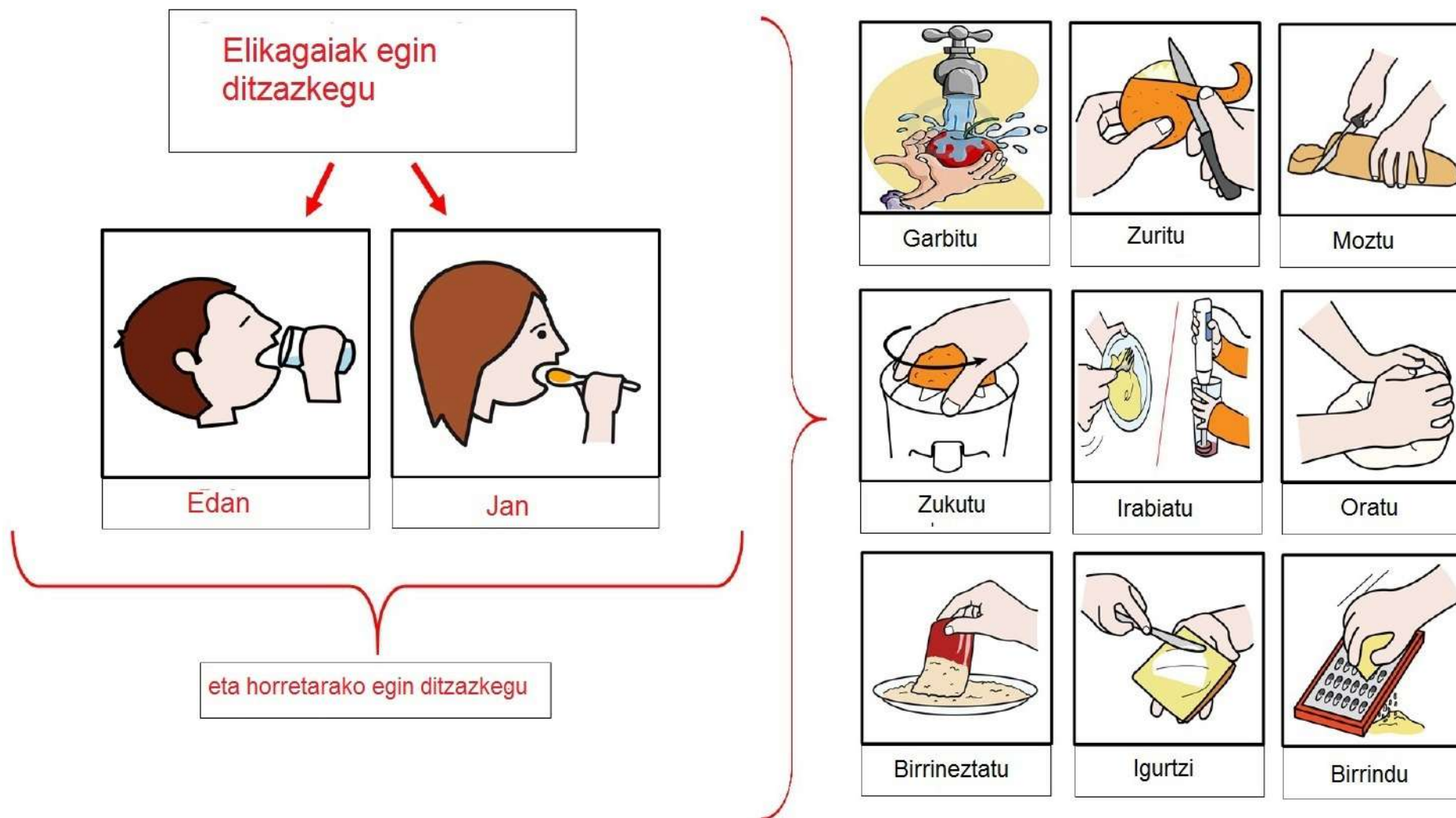
Autor pictogramas: Segio Palao Procedencia: ARASAAC (<http://arasaac.org>) Licencia: CC(BY_NC_SA) Autora: Cristina Castellano Rivero, maestra de audición y lenguaje. Blog: Micolegiocivitas Traducido por: Nagore Maiz

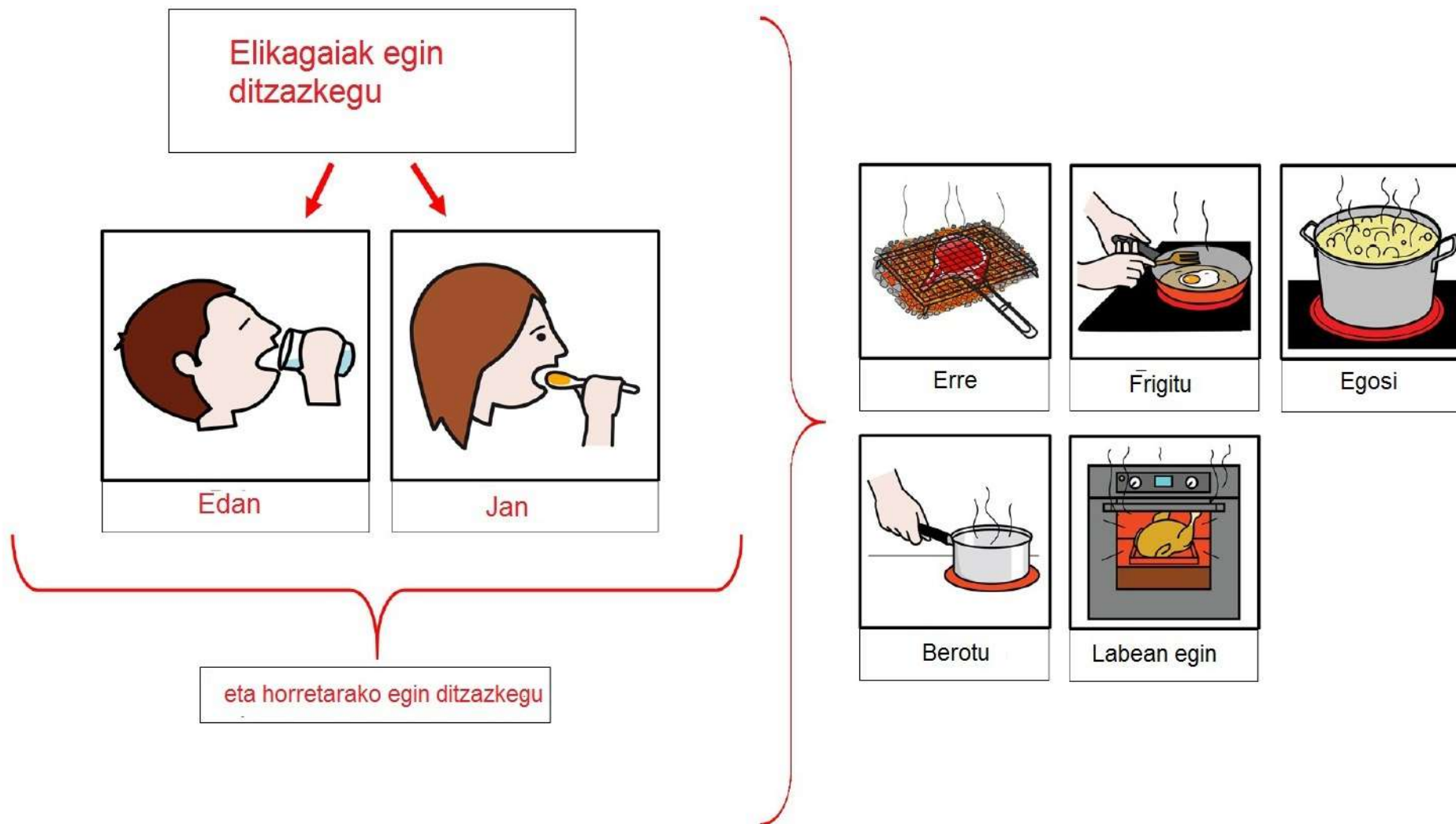
Elikagaien piramideak:



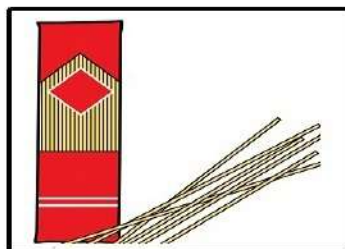
Autor pictogramas: Segio Palao Procedencia: ARASAAC (<http://arasaac.org>) Licencia: CC(BY_NC_SA) Autora: Cristina Castellano Rivero, maestra de audición y lenguaje. Blog: Micollegiocivitas Traducido por: Nagore Maiz

Zer egin behar dugu elikagaiekin?

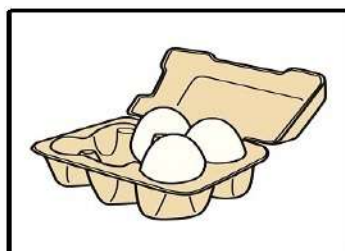




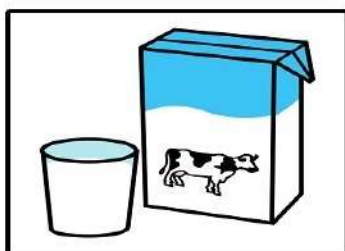
Lotu gezi batekin elikagai bakoitzarekin egiten dena:



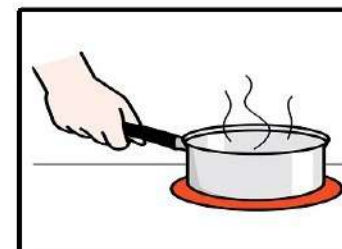
Espagetiak



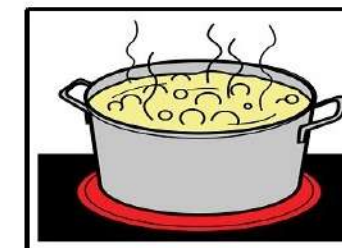
Arrautzak



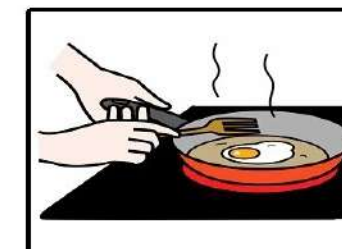
Esnea



Berotu

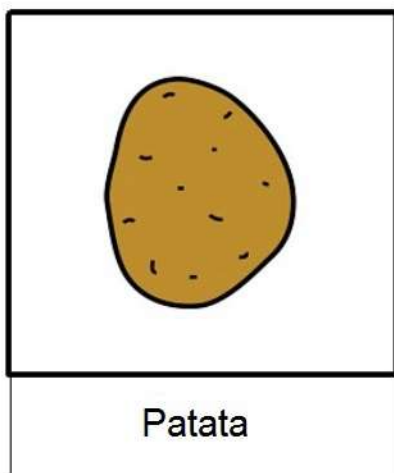
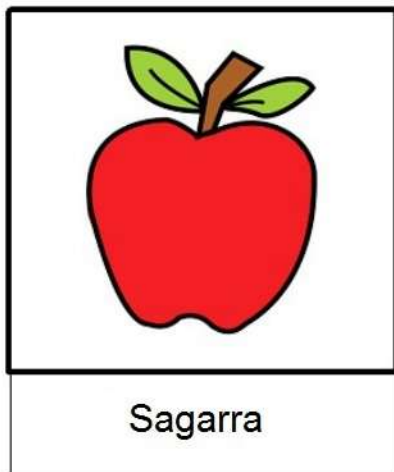


Egosi



Frigitu

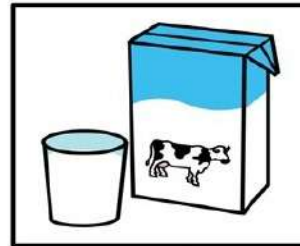
Lotu gezi batekin elikagai bakoitzarekin egiten dena:



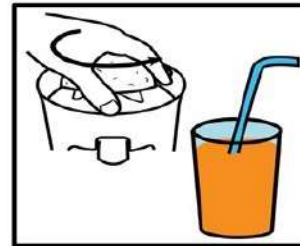
Zer gosaldu dezakegu?



Gosaldu dezakeguna



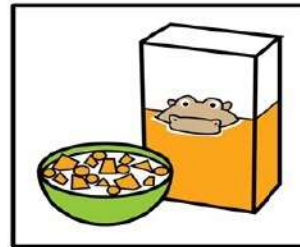
Esnea



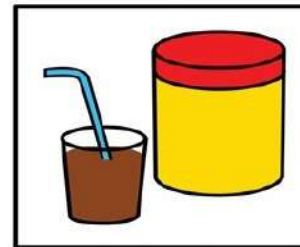
Zukua



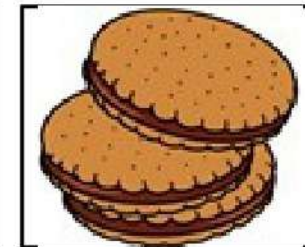
Edateko jogurta



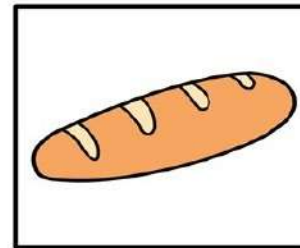
Zereala



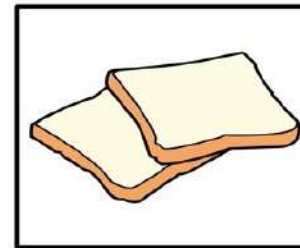
Kola-kao



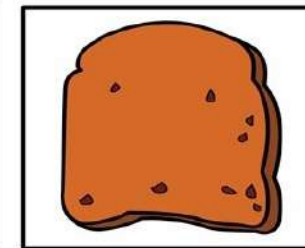
Gailetak



Ogia



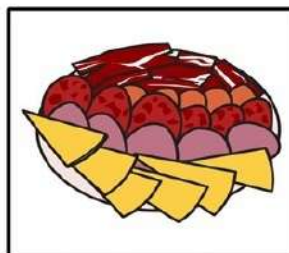
Moldeko ogia



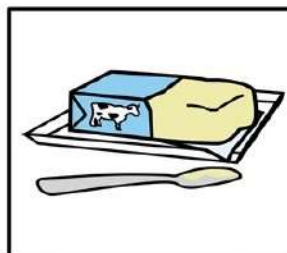
Tostada



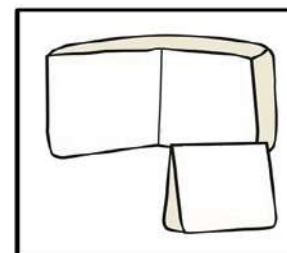
Gosaldu dezakeguna



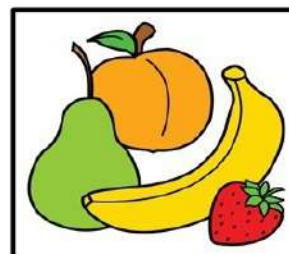
Hestebeteak



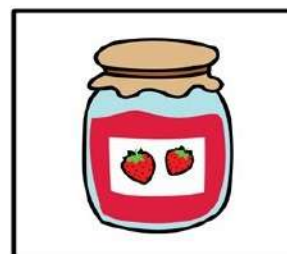
Gurina



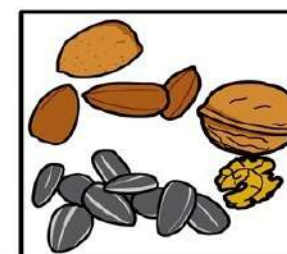
Gazta freskoa



Fruta



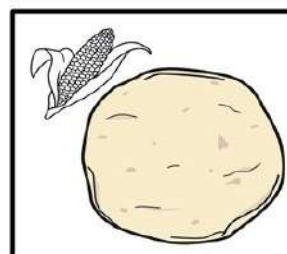
Mermelada



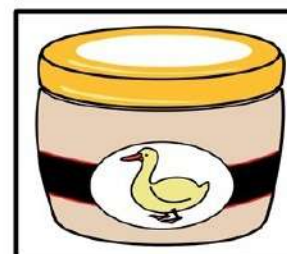
Fruitu lehorrak



Kafea



Tortak

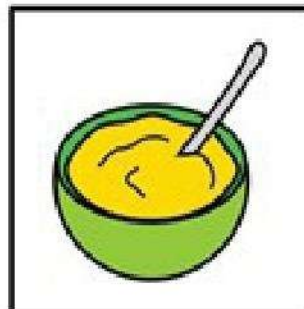


Patea

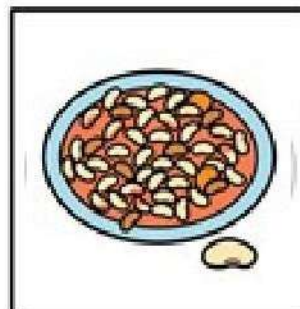
Zer daukagu bazkaltzea?



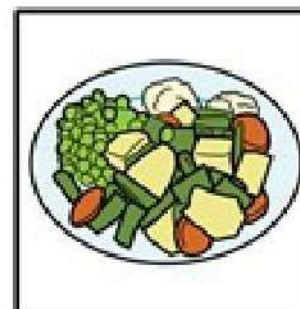
Bazkaldu dezakeguna



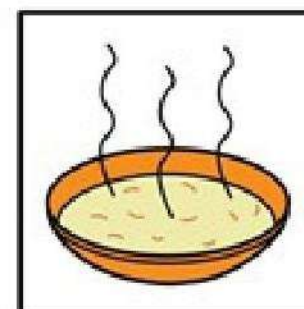
Purea



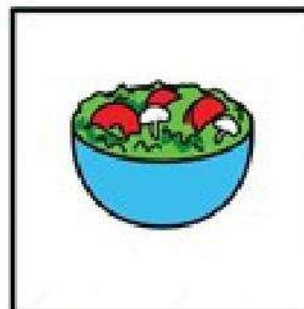
Potajea



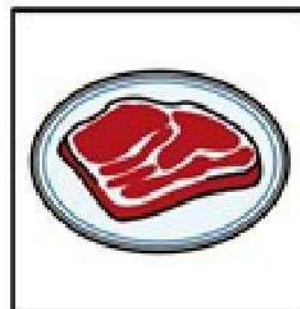
Berdurak



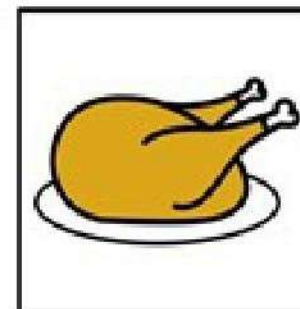
Zopa



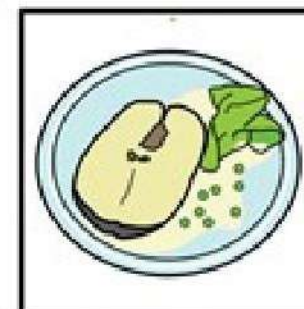
Entsalada



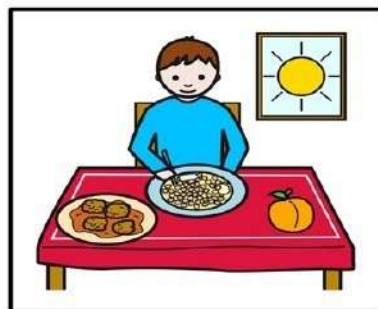
Haragia



Oilaskoa



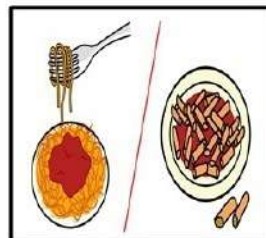
Arraina



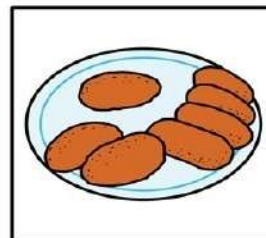
Bazkaldu dezakeguna



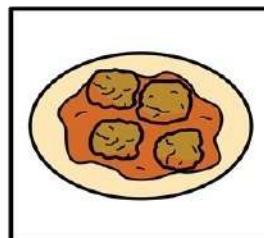
Arroza



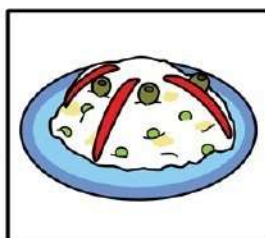
Pasta



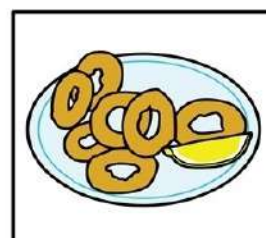
Kroketak



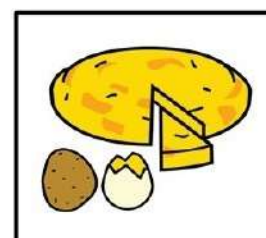
Albondigak



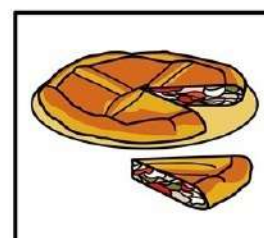
Entsaladila



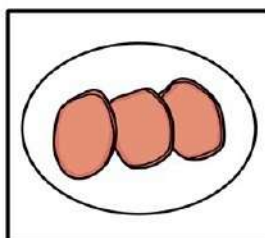
Kalamareak



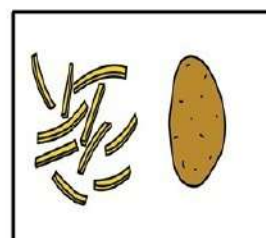
Patata tortila



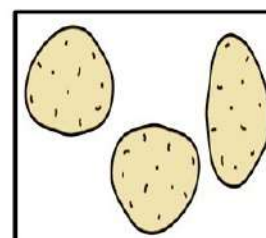
Enpanadila



Xolomoa



Patata frigituak

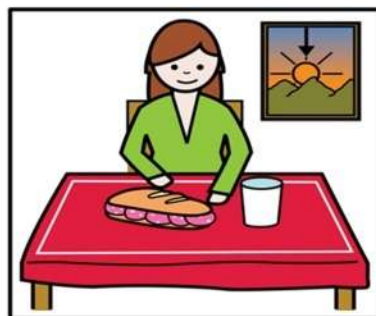


Patata egosiak

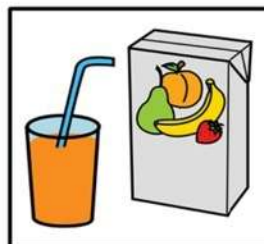


Itsaskia

Zer meriendatu dezakegu?



Meriendatu dezakeguna



Zukua



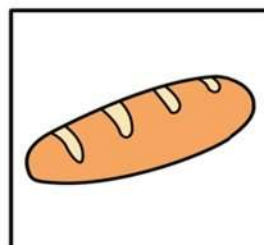
Batidoa



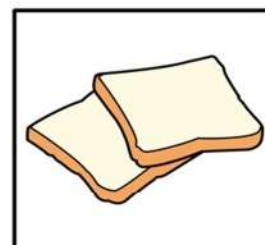
Aktimela



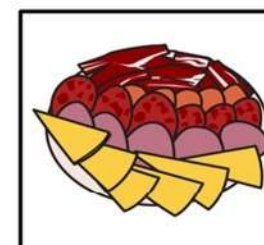
Jogurta



Ogia



Moldeko ogia



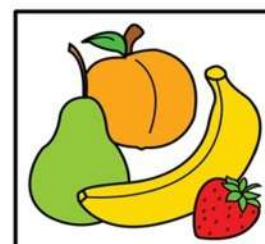
Hestebeteak



Txokolatea



Fruitu lehorrak



Fruta

Zer afaldu dezakegu?



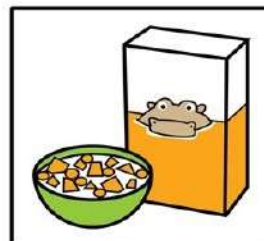
Afaldu dezakeguna



Esnea



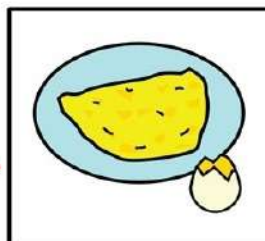
Edateko jogurta



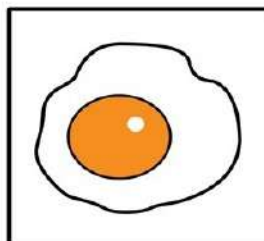
Zerealak



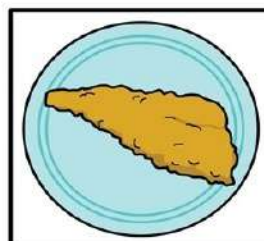
Kola-kao



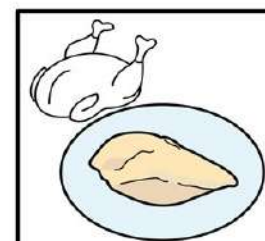
Tortila



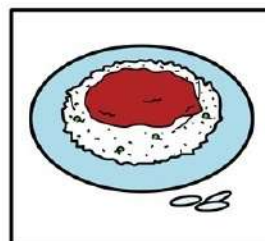
Arrautza frigitua



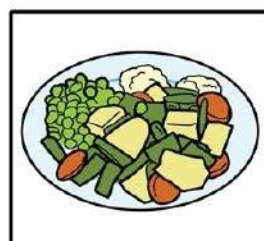
Arraina



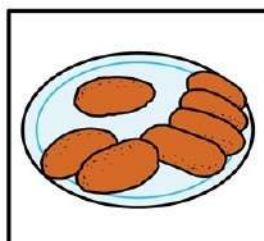
Oilasko bularra



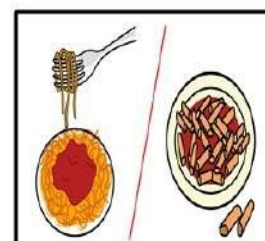
Arroza



Berdurak

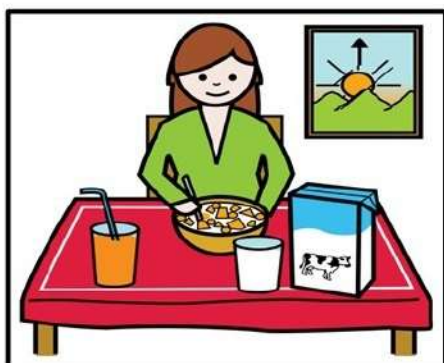


Kroketak

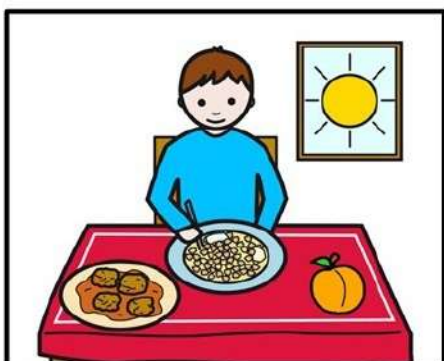
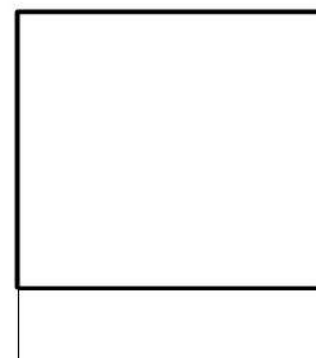
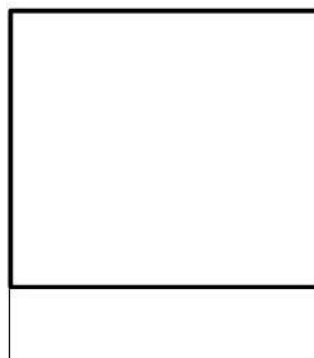
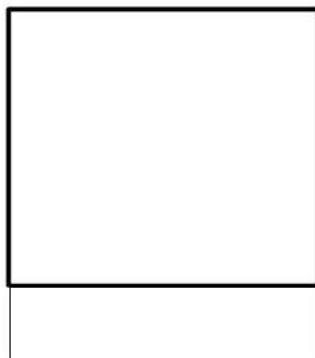


Pasta

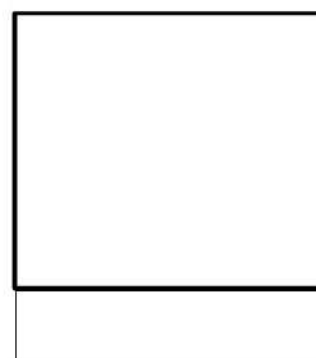
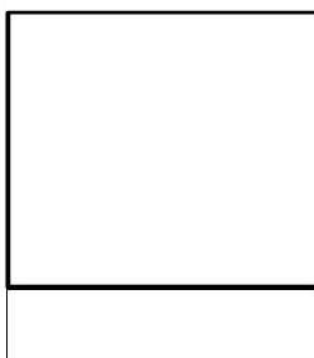
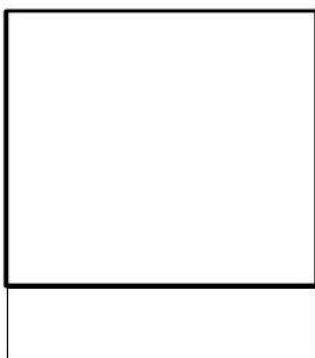
Marraztu nolakoa izango litzakeen menu osasuntsu bat

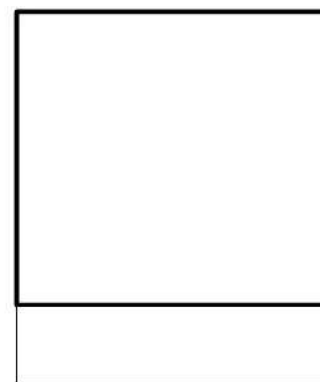
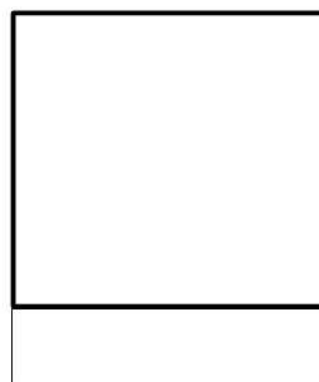
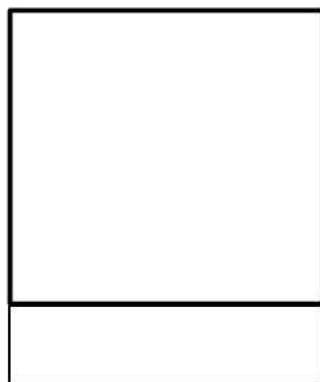
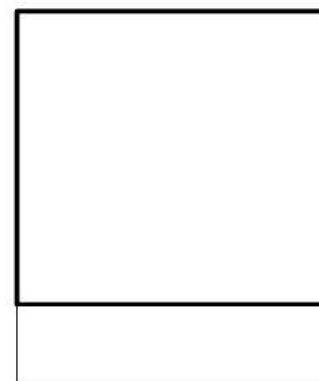
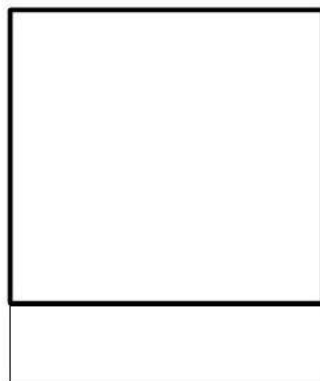


Gosaria

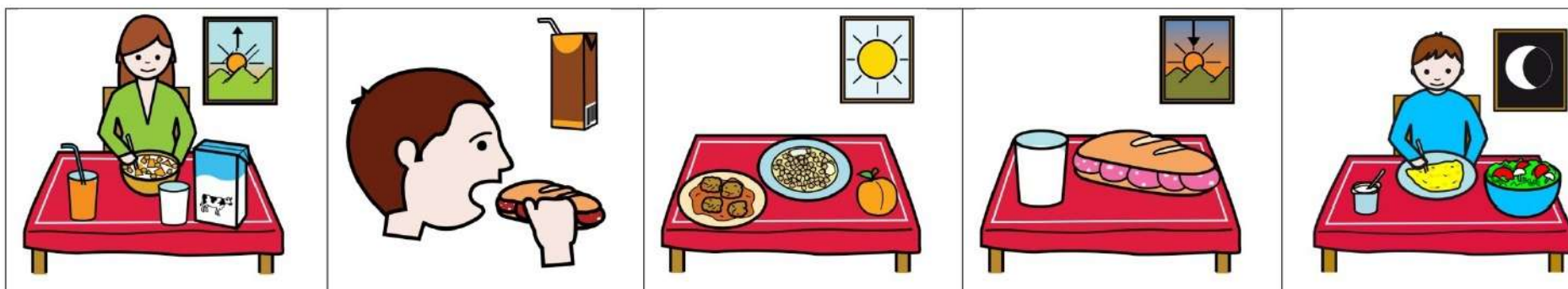


Bazkaria





Egunean zenbat aldiz jaten dugu



Gosaria

Hamaiketakoa


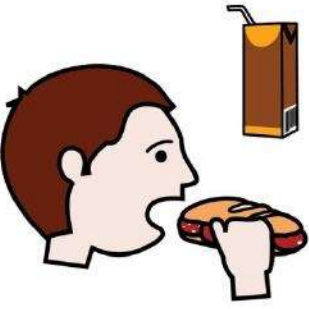
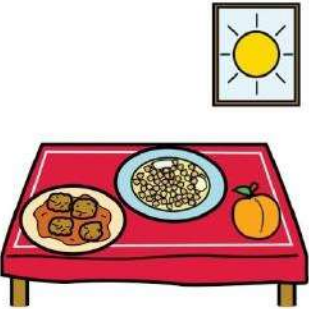


Bazkaria

Askaria

Afaria

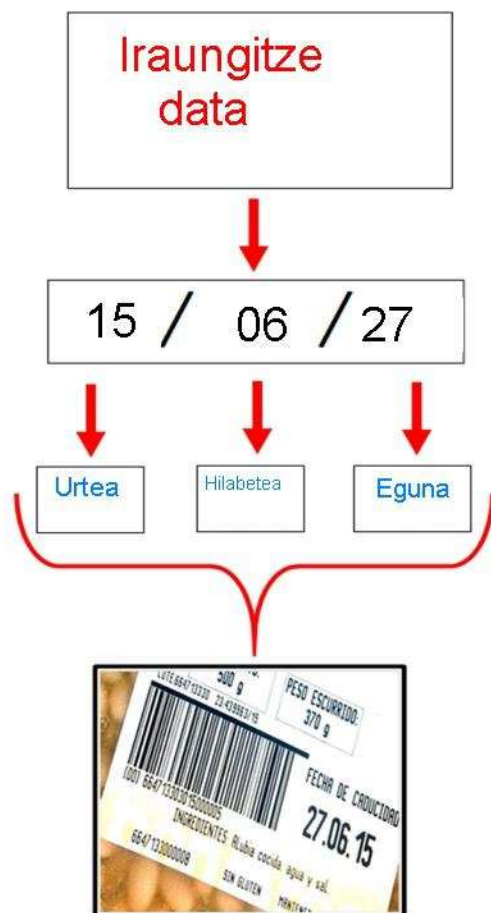
Autor pictogramas: Segio Palao Procedencia: ARASAAC (<http://arasaac.org>) Licencia: CC(BY_NC_SA) Autora: Cristina Castellano Rivero, maestra de audición y lenguaje. Blog: Micolegiocivitas Traducido por: Nagore Maiz

Idatzi egunean zenbat aldiz jaten duzun

Autor pictogramas: Segio Palao Procedencia: ARASAAC (<http://arasaac.org>) Licencia: CC(BY_NC_SA) Autora: Cristina Castellano Rivero, maestra de audición y lenguaje. Blog: Micolegiocivitas Traducido por: Nagore Maiz

Iraungitze etiketa:



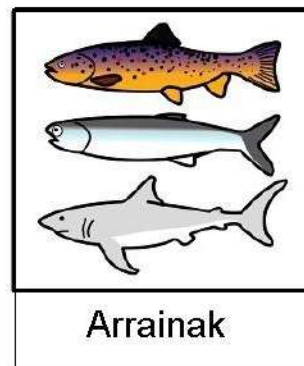
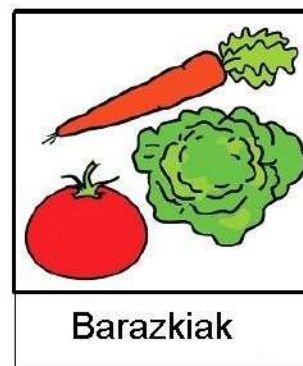
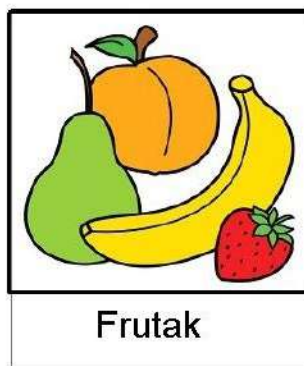
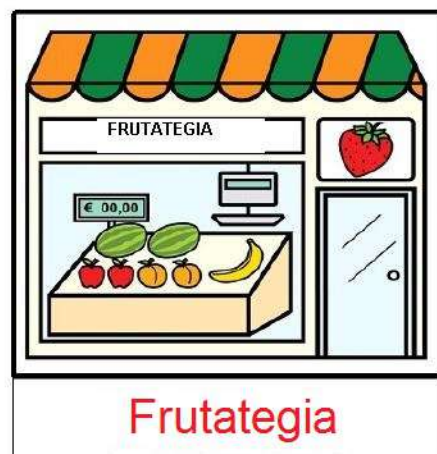
Autor pictogramas: Segio Palao Procedencia: ARASAAC (<http://arasaac.org>) Licencia: CC(BY_NC_SA) Autora: Cristina Castellano Rivero, maestra de audición y lenguaje. Blog: Micolegiocivitas Traducido por: Nagore Maiz

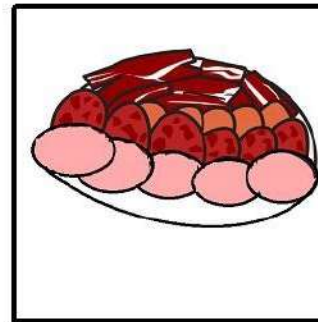
Noiz iraungitzen dira ondorengo produktuak:



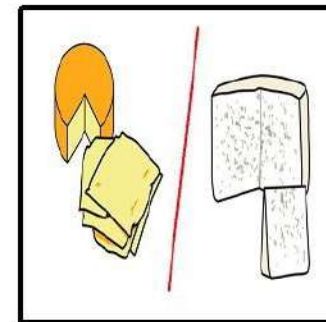
Autor pictogramas: Segio Palao Procedencia: ARASAAC (<http://arasaac.org>) Licencia: CC(BY_NC_SA) Autora: Cristina Castellano Rivero, maestra de audición y lenguaje. Blog: Micolegiocivitas Traducido por: Nagore Maiz

Non erosten ditugu elikagaiak?

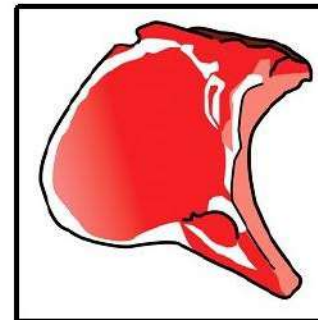




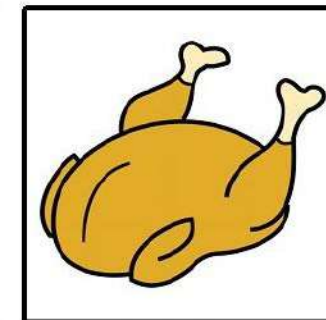
Hestebeteak



Gaztak



Haragia



Oilaskoa



Adierazi X batekin supermerkatuan eros ditzakezun produktuak:

