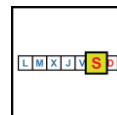
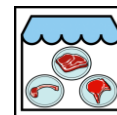


Nome: _____

Alimento-me bem e cuido de mim



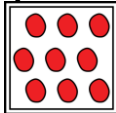
Ana vai ao mercado com o seu pai todos os sábados . Gosta



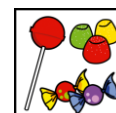
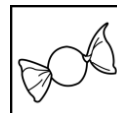
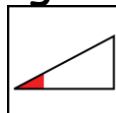
de ver as diferentes bancas de verduras, de carne, de



peixe... A mãe diz que, para ser saudável, tem que comer de



tudo, não só os alimentos que gostamos muito. Também me



lembra que devo comer poucos caramelos e goluseimas.

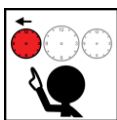
Responde:

1. Em que dia vai a Ana ao mercado?

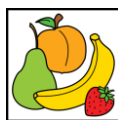
2. Com quem vai ?

3. É saudável comer muitos caramelos e goluseimas?

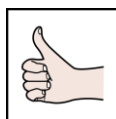
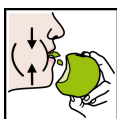
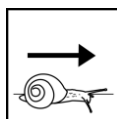
Para estar saudável devemos:



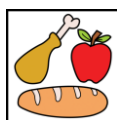
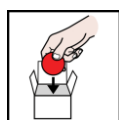
- Lavar as mãos antes de comer.



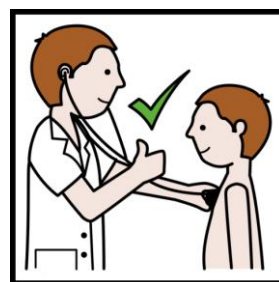
- Lavar as frutas e verduras.



- Comer espaçadamente e mastigar bem.



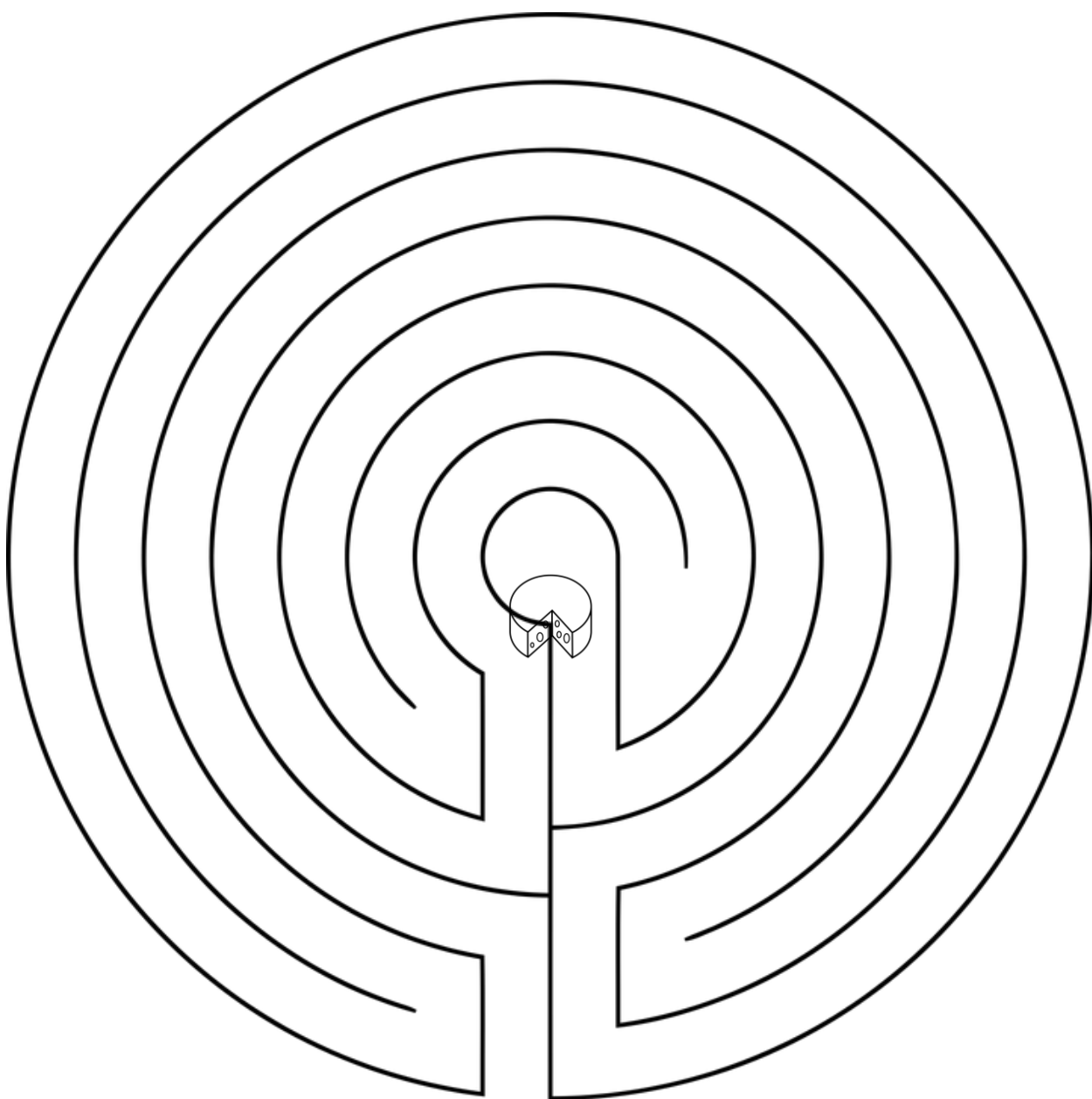
- Guardar os alimentos de forma adequada.

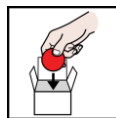
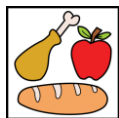


Responde



3. O que vais lanchar?





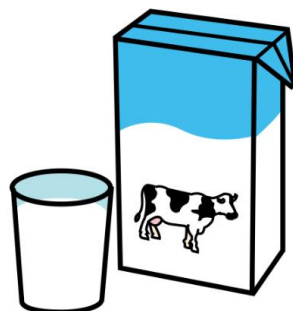
5. Rodea os alimentos que debes conservar no frigorífico



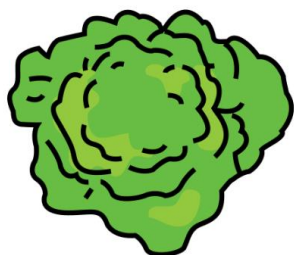
madalena



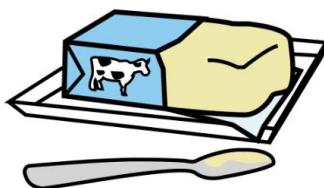
massa



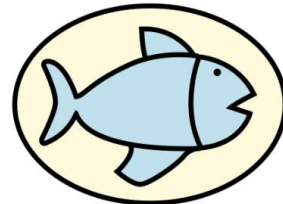
leite



alface



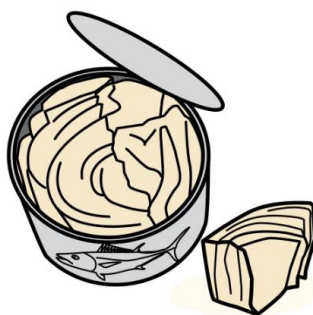
manteiga



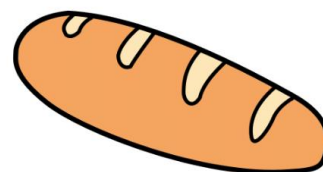
peixe



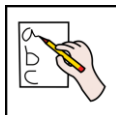
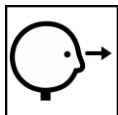
bolachas



Lata de atum



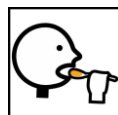
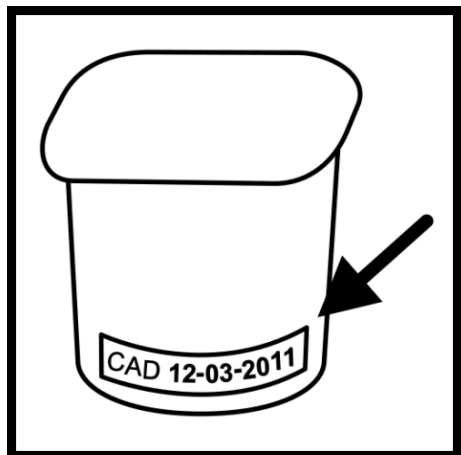
pão



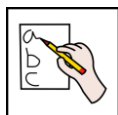
6. Observa e responde



Quando termina a validade?



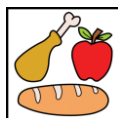
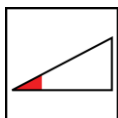
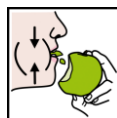
Podemos comer fora de validade



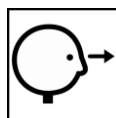
7. Escreve sim ou não



Devemos lavar as verduras



Devemos mastigar pouco os alimentos



Devemos ver a data de validade

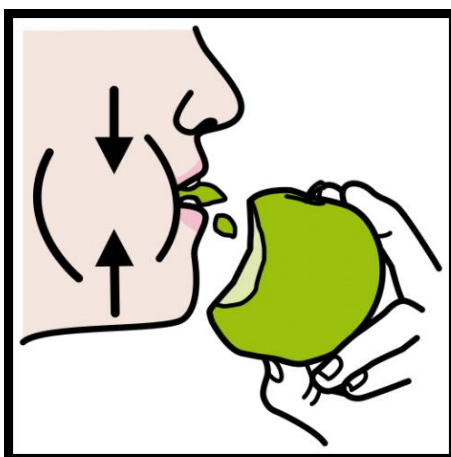


Lê em voz alta

Lavo as mãos antes de comer.



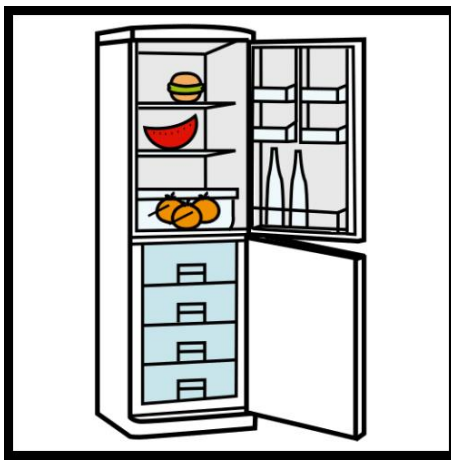
Mastigo devagar a comida.





Lê em voz alta

O frigorífico conserva os alimentos.



Vejo se o alimento está fora de prazo.





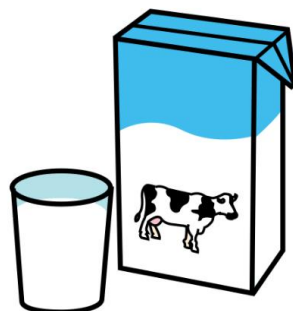
Lê em voz alta os substantivos



madalena



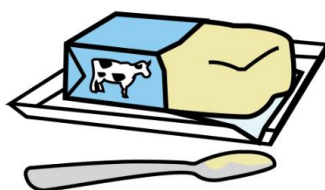
massa



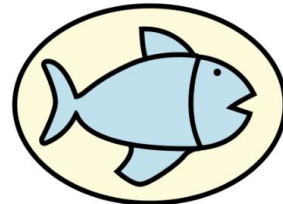
leite



alface



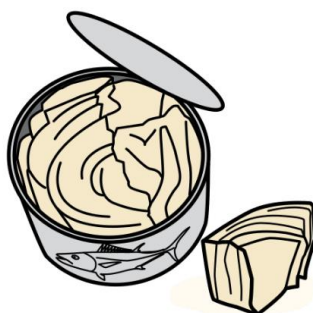
manteiga



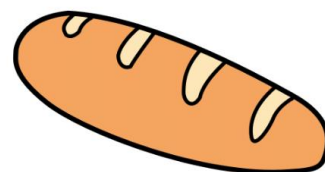
peixe



bolachas



Lata de atum



pão

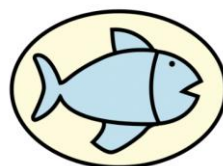


Lê em voz alta os substantivos e copia

massa



peixe

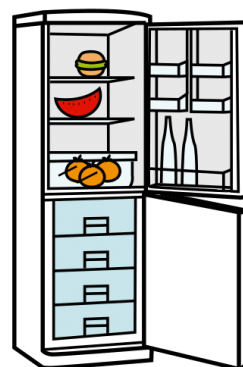
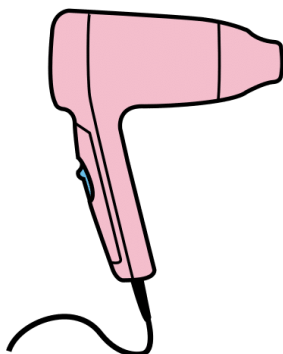
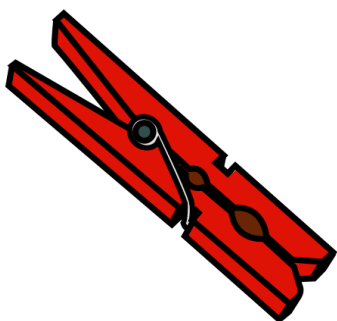


bolachas



Rodeia o desenho correto

Qual é o frigorífico?



1

Lê em voz alta e rodeia o desenho correto

A rapariga come uma maçã. A
maçã é verde.



2

Rodeia a resposta correta

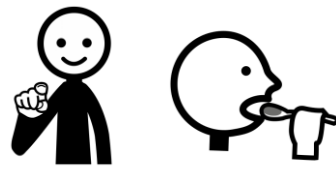
De que cor é a maçã?

Laranja

Vermelha

Verde

3



Lê em voz alta e diz o que comes em casa

morangos

cenouras

tomates

uvas

laranjas

cogumelos

brócolos

banana

pimentos

espargos

maças

pêras

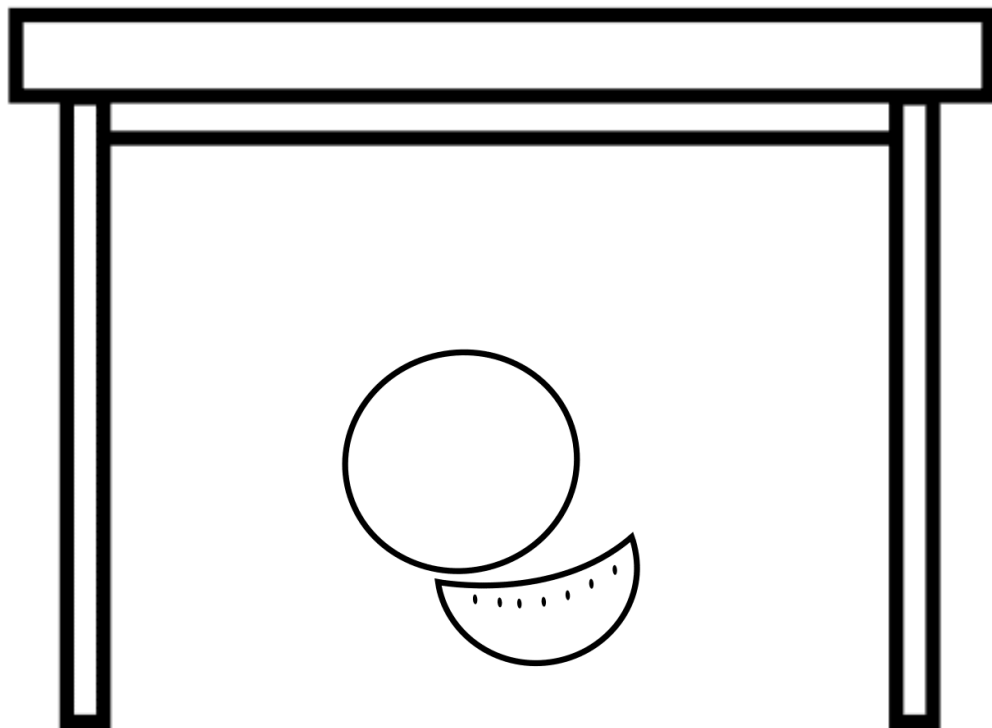
4

Lê em voz alta e sublinha os substantivos.

Primeiro corto a **melância**.

Depois coloco-a debaixo da

mesa



Pinta a mesa e a melância



5

Lê em voz alta e risca o que não é fruta

morangos

bolachas

polvo

uvas

laranjas

cogumelos

peixe

banana

salsichas

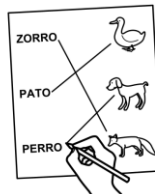
pêssego

maças

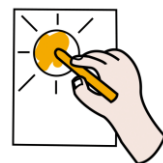
Pêras

6

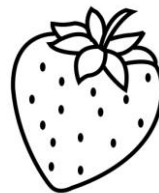
Lê em voz alta, relaciona



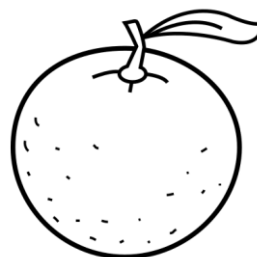
/ pinta



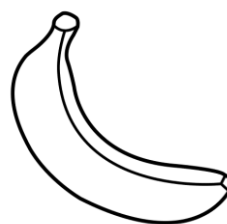
morangos



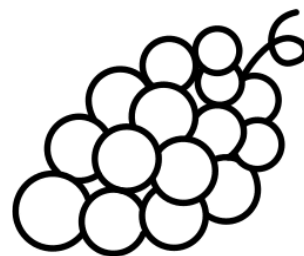
uvas



laranjas



banana



pêras



maçã



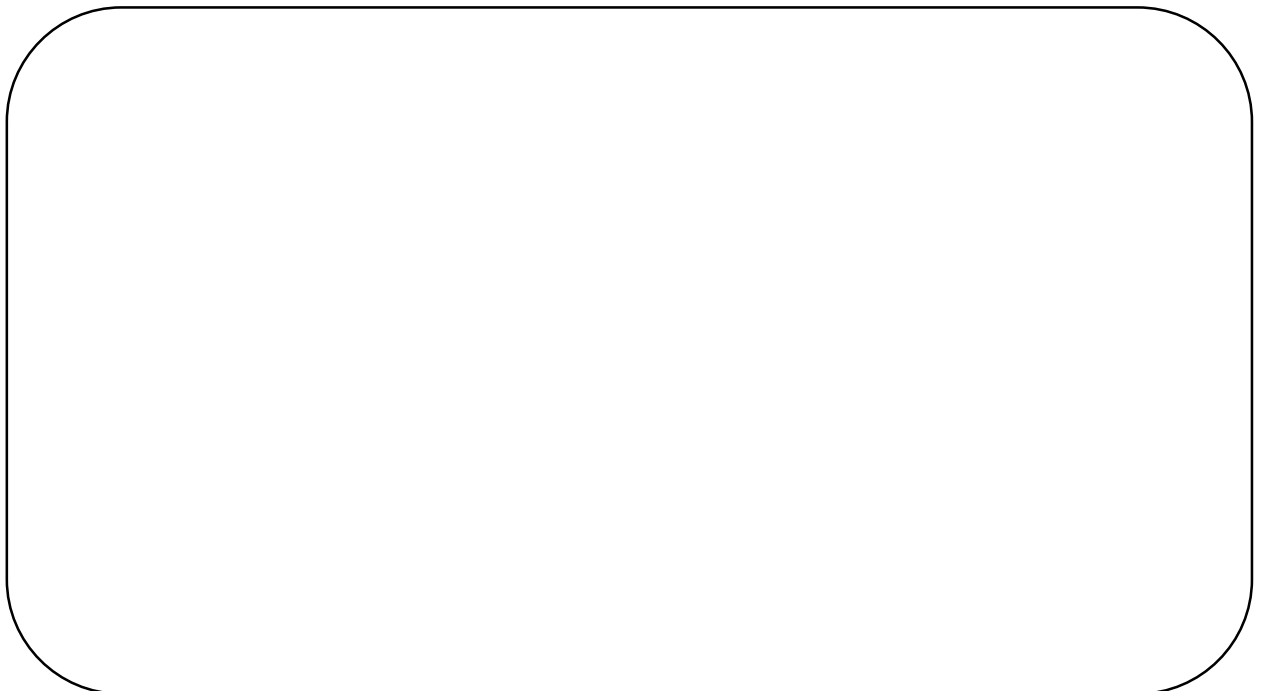
7

Lê em voz alta e completa a oração. Depois completa a frase.

O ano de 2021 é o ano das frutas e
verduras. Por isso na

sala, vamos

disfarçar-nos de



8

Escreve o nome dos teus colegas de turma.
Depois desenha os seus disfarces.

XXXXXX

XXXXXX

XXXXXX

XXXXXX

XXXXXX

XXXXXX