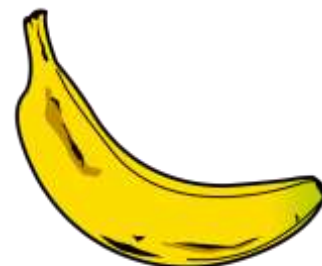


ALIMENTACIÓN SALUDABLE

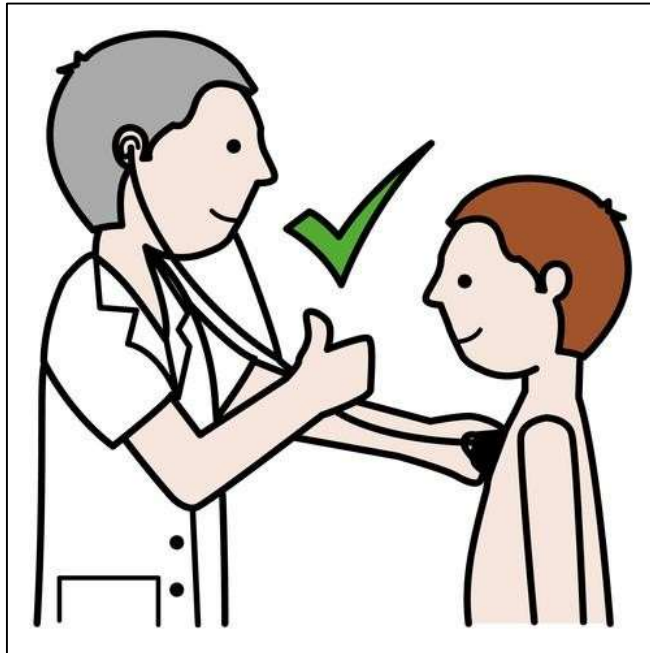
Y ORIGEN DE LOS



ALIMENTOS

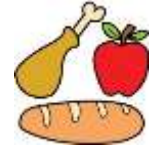
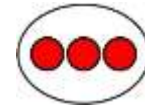


Para estar sanos, hay que:



PARA ESTAR SANOS:

Comer todo tipo de alimentos



Lavarse las manos antes de comer



Lavarse los dientes



Ducharse todos los días



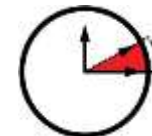
Hacer ejercicio

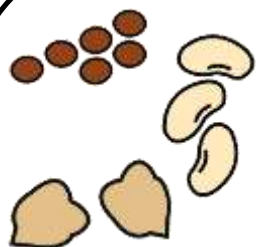
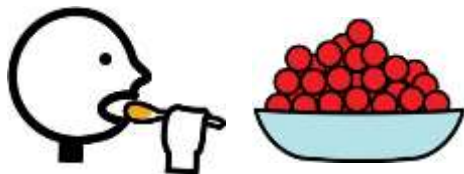


Dormir 10 horas al día



10





Legumbres



Frutas



Verduras



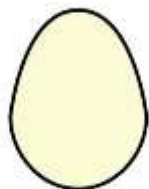
Carne



Pescado



Agua



Huevos



Chucherías



Chocolate



Pasteles



Grasas



Hamburguesa



Fritos

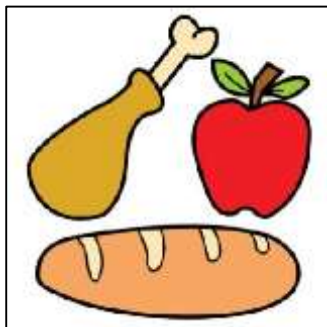


Pizza

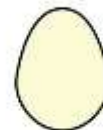


Embutido

Según el origen de los alimentos, pueden ser:



Origen animal



Huevos



Carne

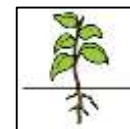


Pescado



Leche

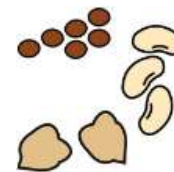
Origen vegetal



Frutas



Verduras

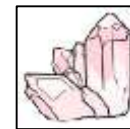


Legumbres



Cereales

Origen mineral

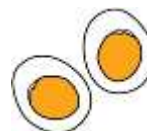
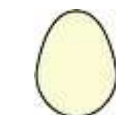
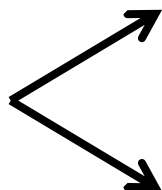
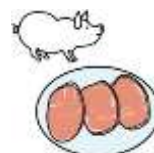
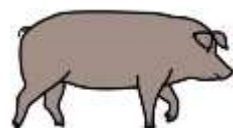
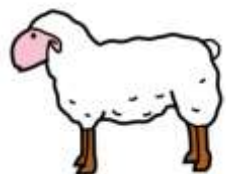
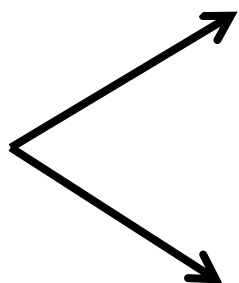
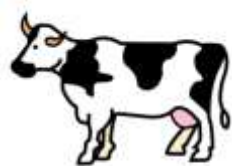


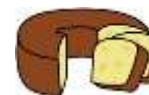
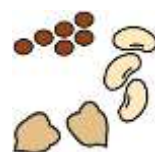
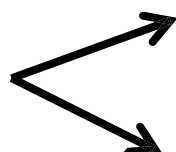
Agua

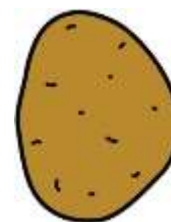
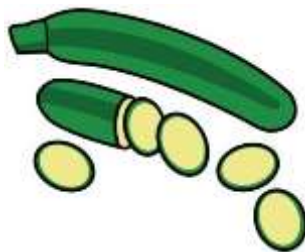
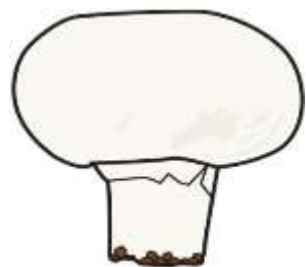
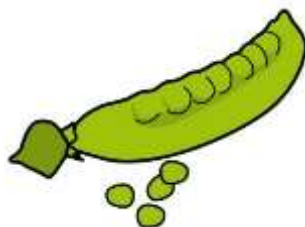
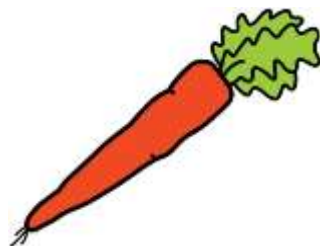
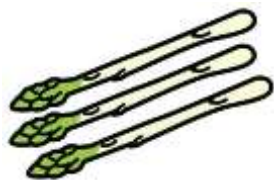
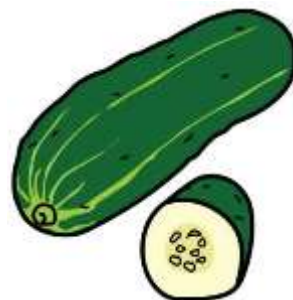
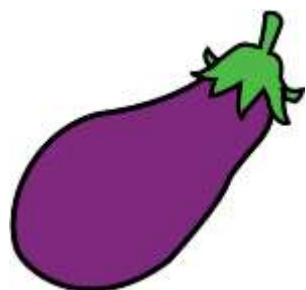


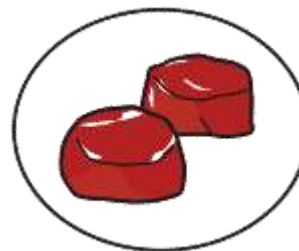
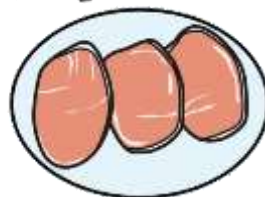
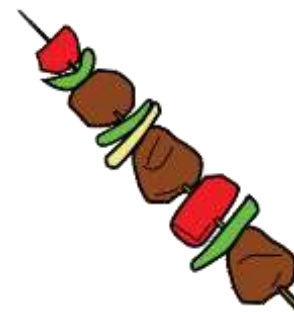
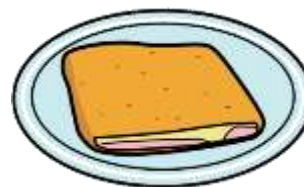
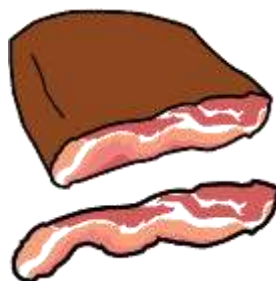
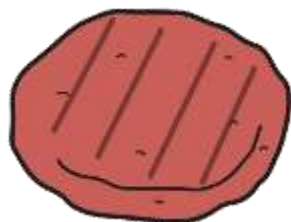
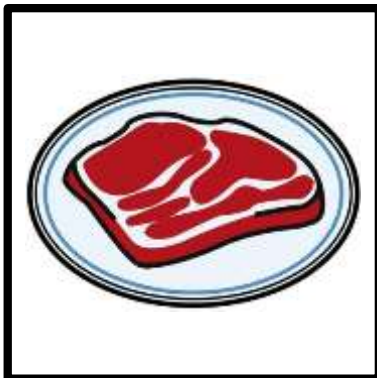
Sal

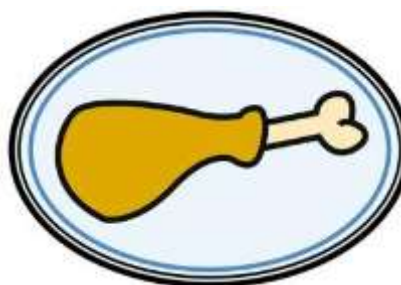
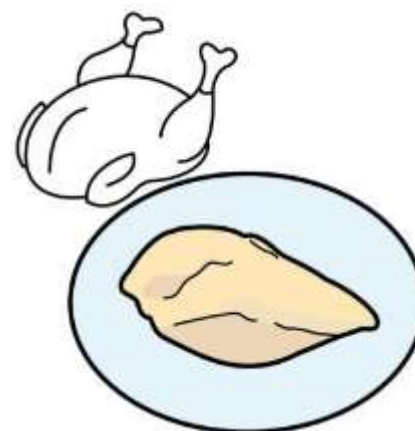
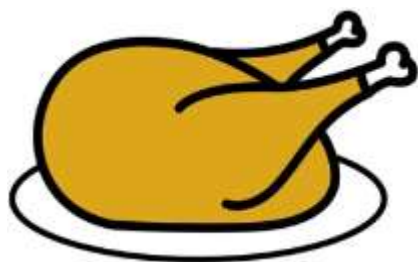
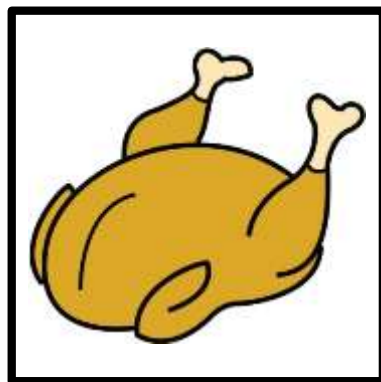


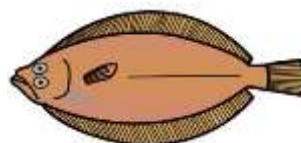
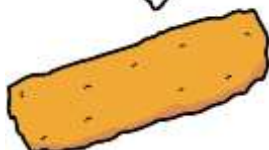
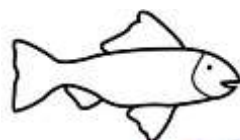
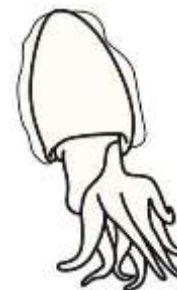
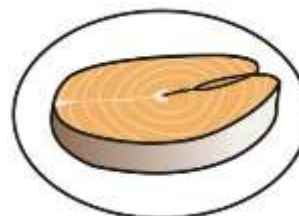
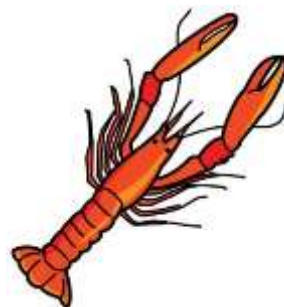
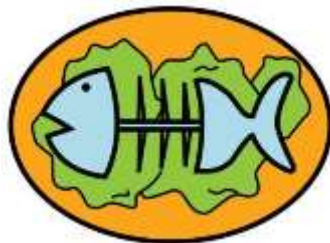


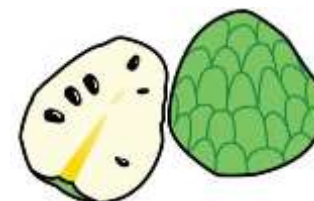
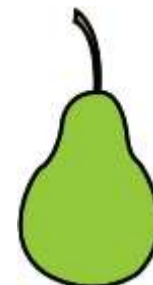
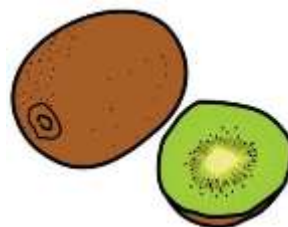
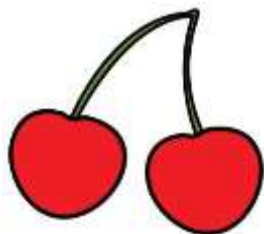
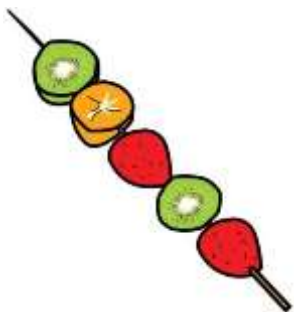
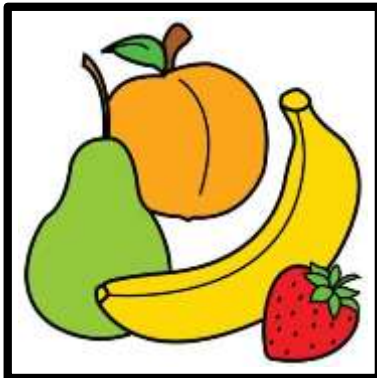


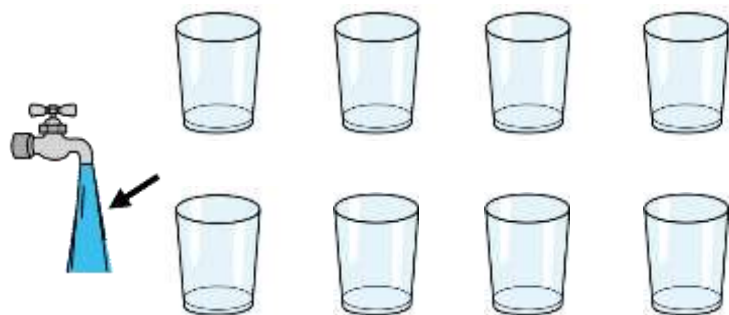




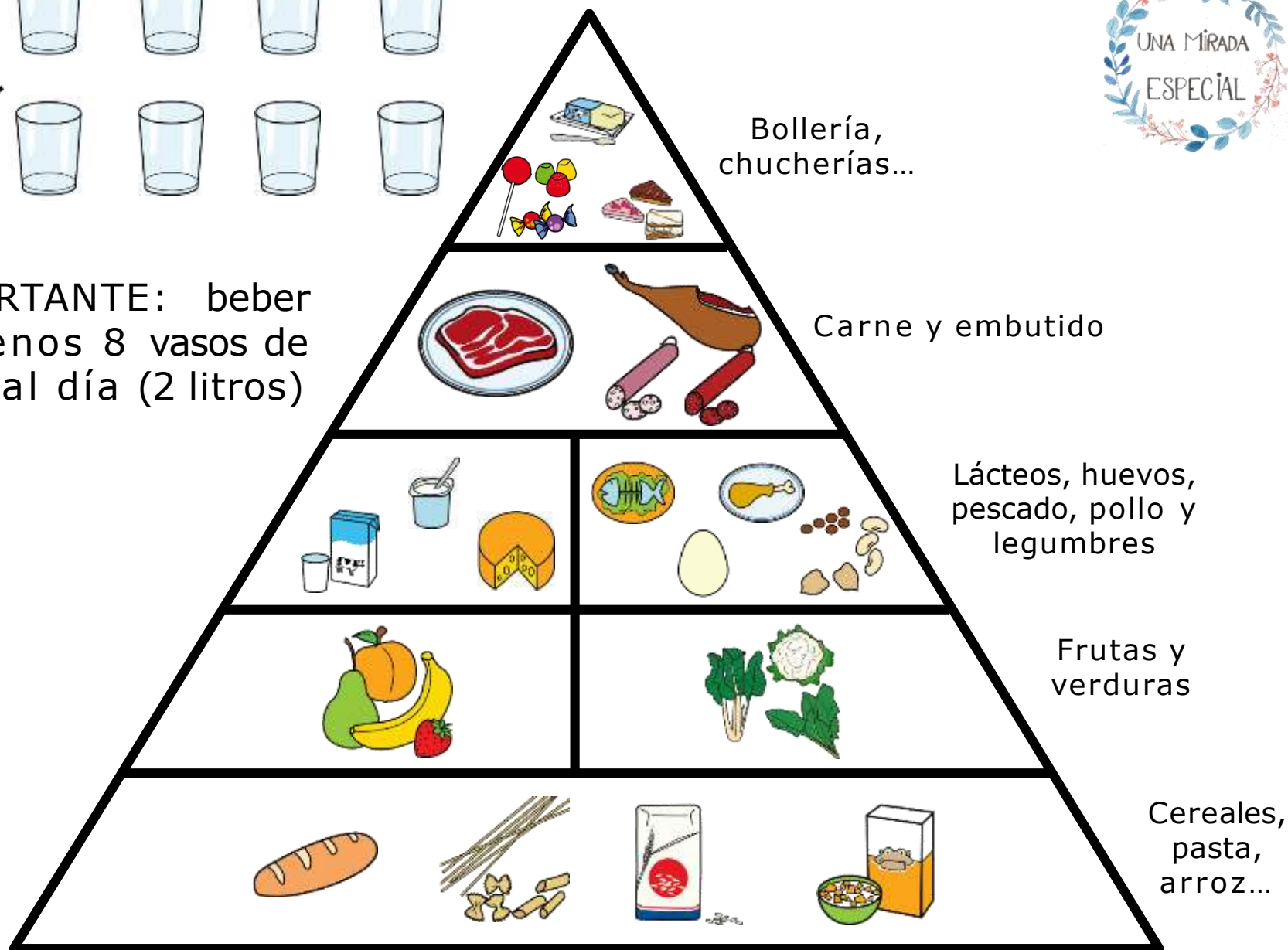








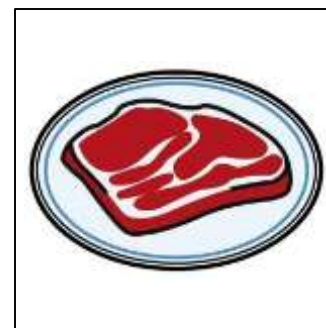
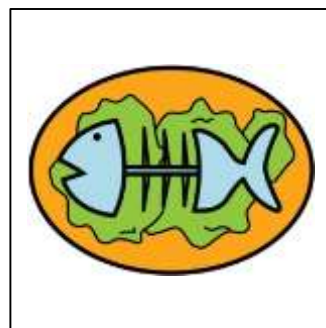
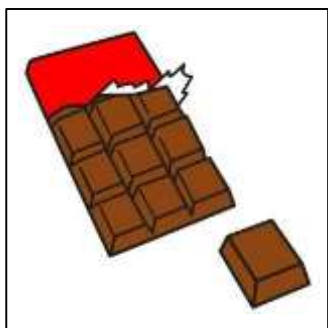
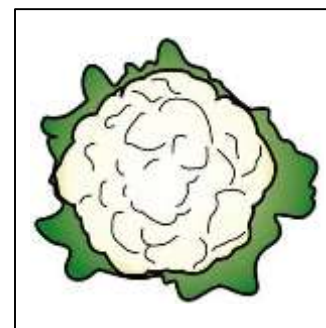
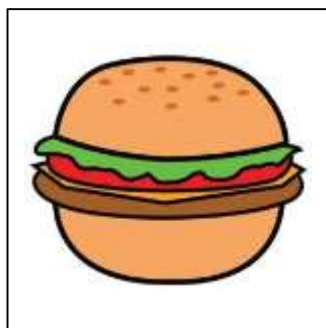
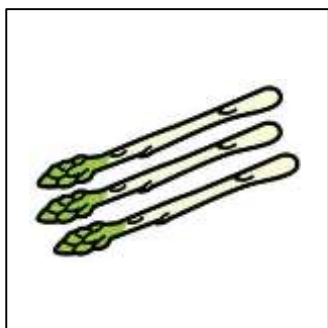
IMPORTANTE: beber
al menos 8 vasos de
agua al día (2 litros)



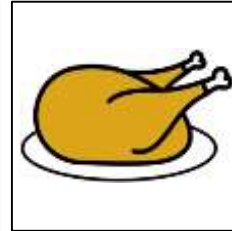
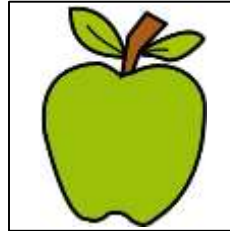
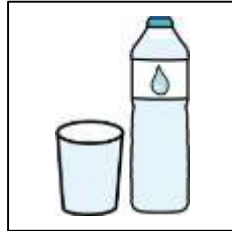
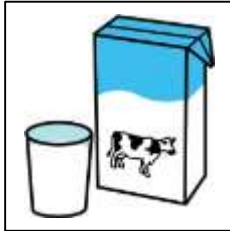
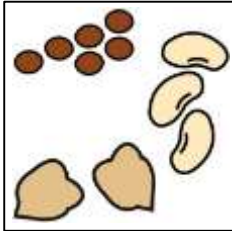
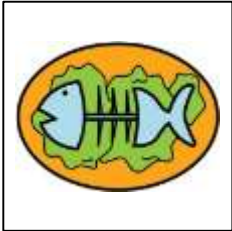
ACTIVIDADES



Tacha los alimentos que NO son sanos



Clasifica según su origen



Origen animal



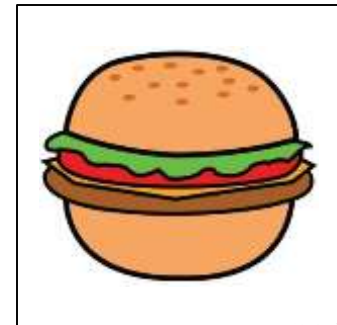
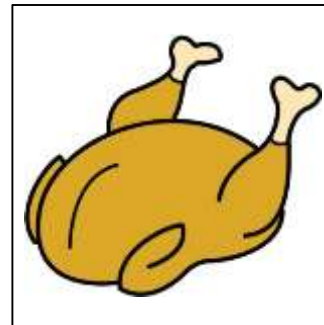
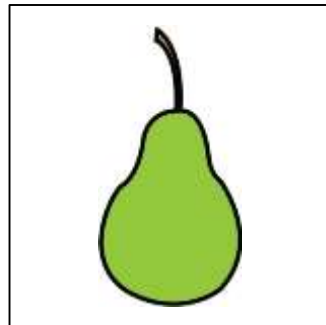
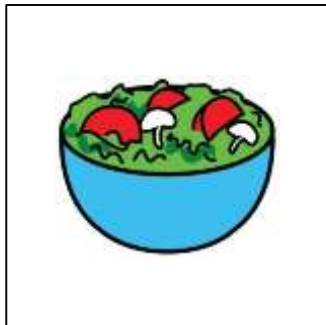
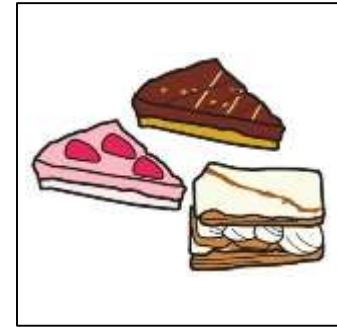
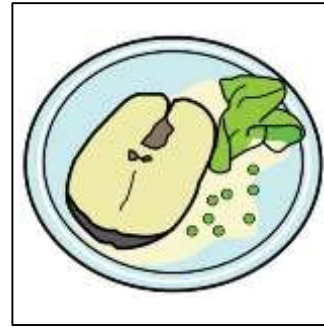
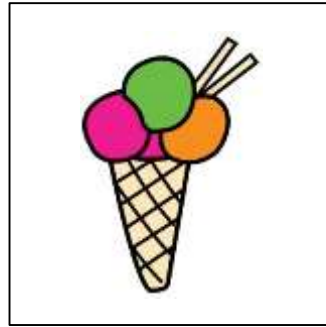
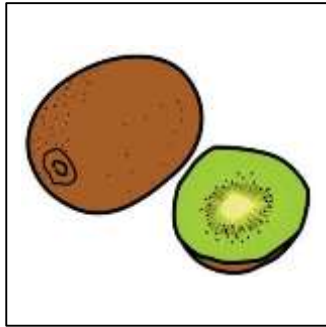
Origen vegetal



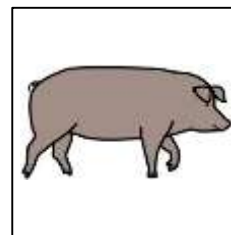
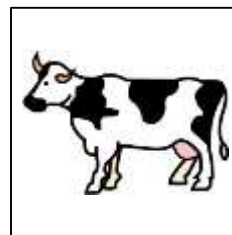
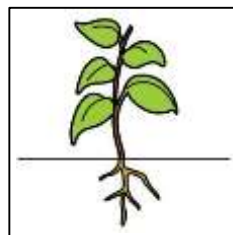
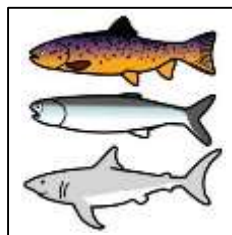
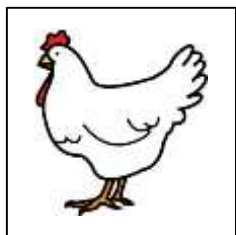
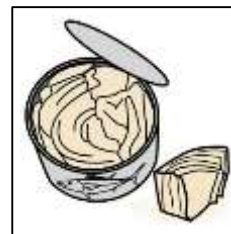
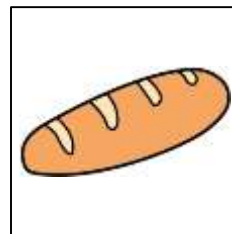
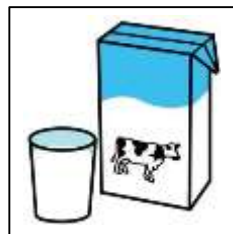
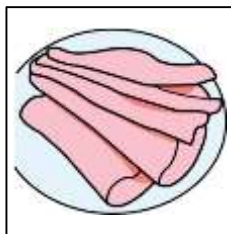
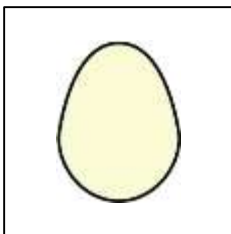
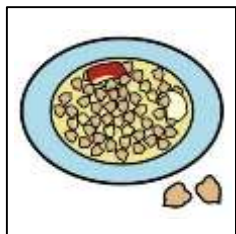
Origen mineral



¿Qué alimentos son sanos?



¿De dónde proceden estos alimentos?

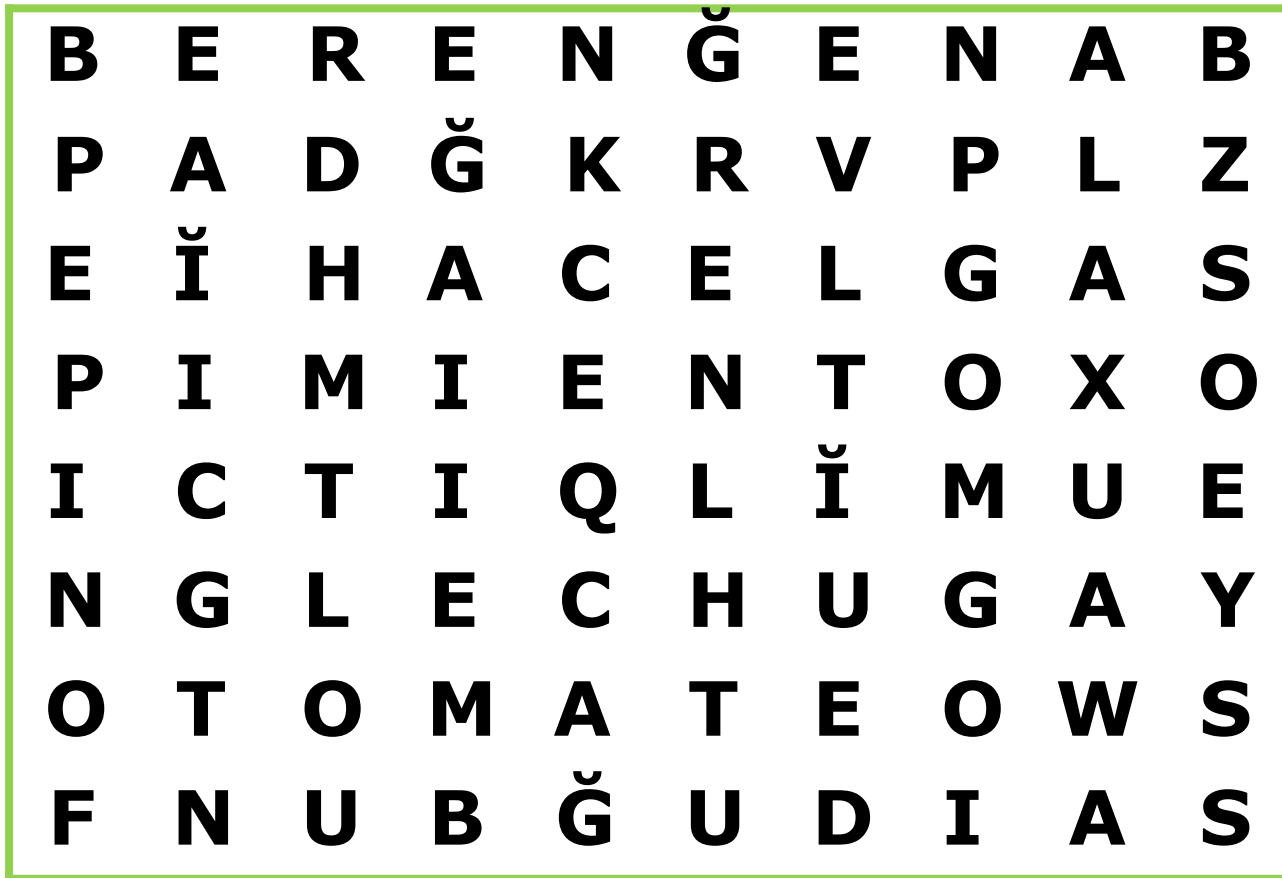


Encuentra ocho frutas

B	M	A	N	Z	A	N	A	C	I
M	O	Y	H	Q	W	A	G	T	L
U	E	F	K	R	G	R	F	S	Ğ
Z	V	İ	P	E	R	A	R	D	M
K	I	W	I	C	N	N	E	P	E
D	M	A	T	L	X	Ğ	S	V	L
M	S	A	N	D	I	A	A	İ	O
C	I	R	U	E	L	A	C	F	N



Encuentra siete verduras





Material elaborado por: Tamara Rojo Martín
miradaespecial.com



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