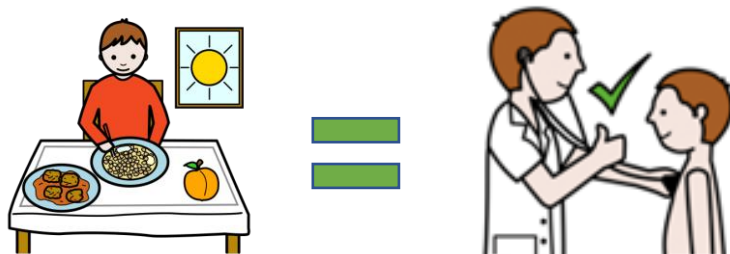


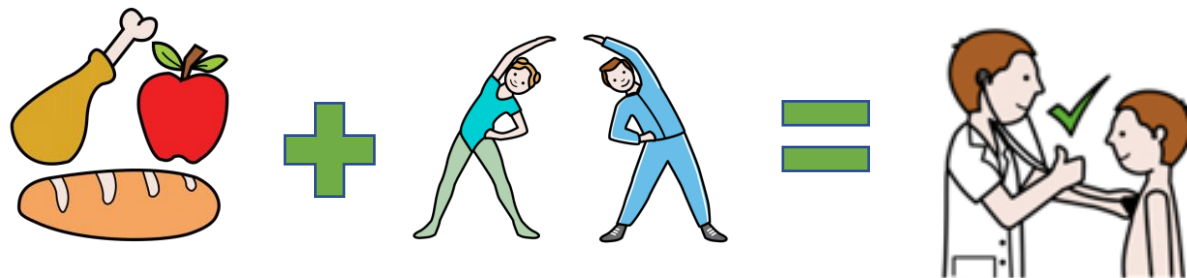


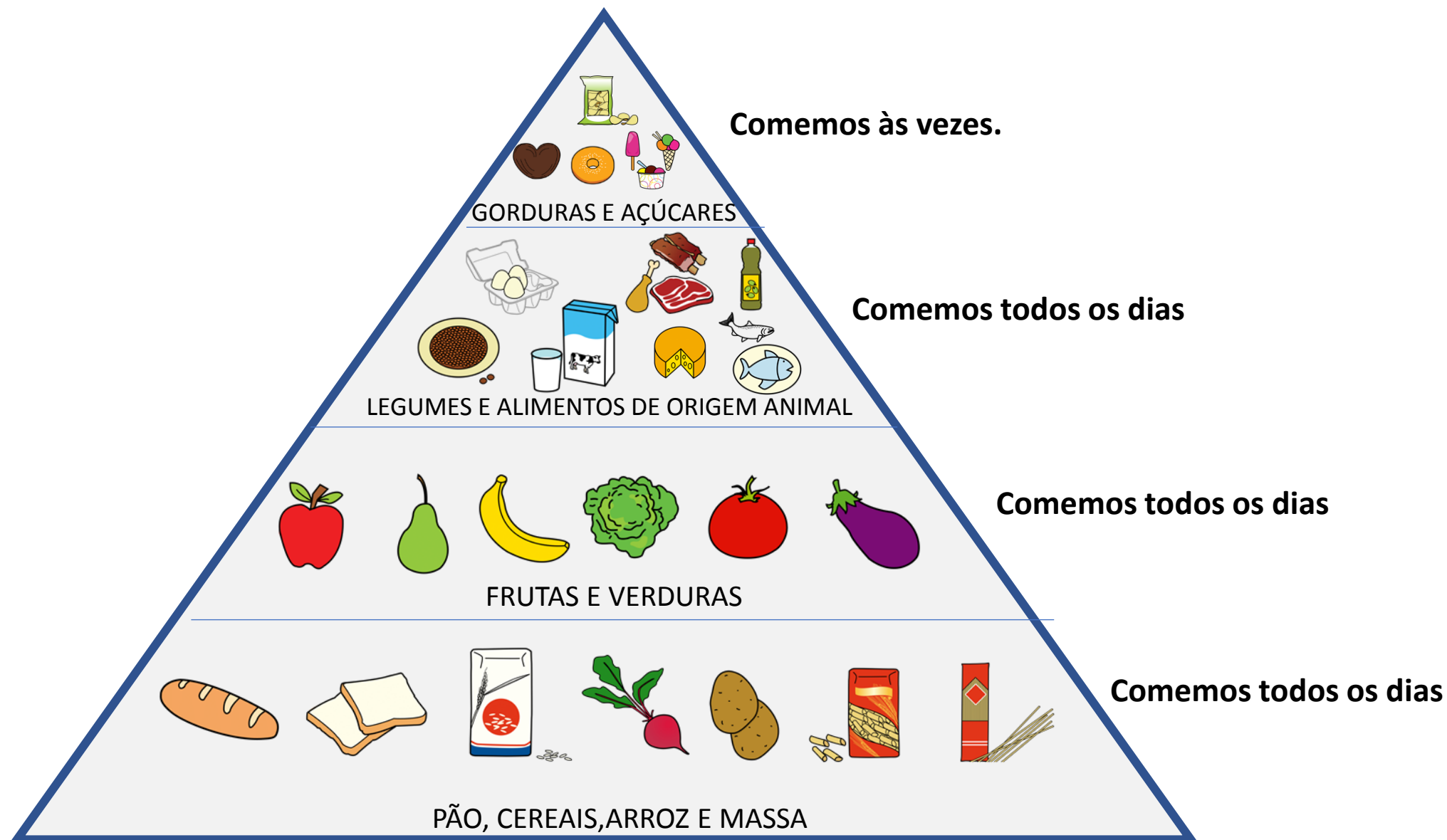
# ALIMENTAÇÃO SAUDÁVEL

**ALIMENTAÇÃO SAUDÁVEL:** A alimentação saudável é a alimentação que fornece os nutrientes necessários para que o nosso corpo funcione corretamente e sejamos saudáveis.

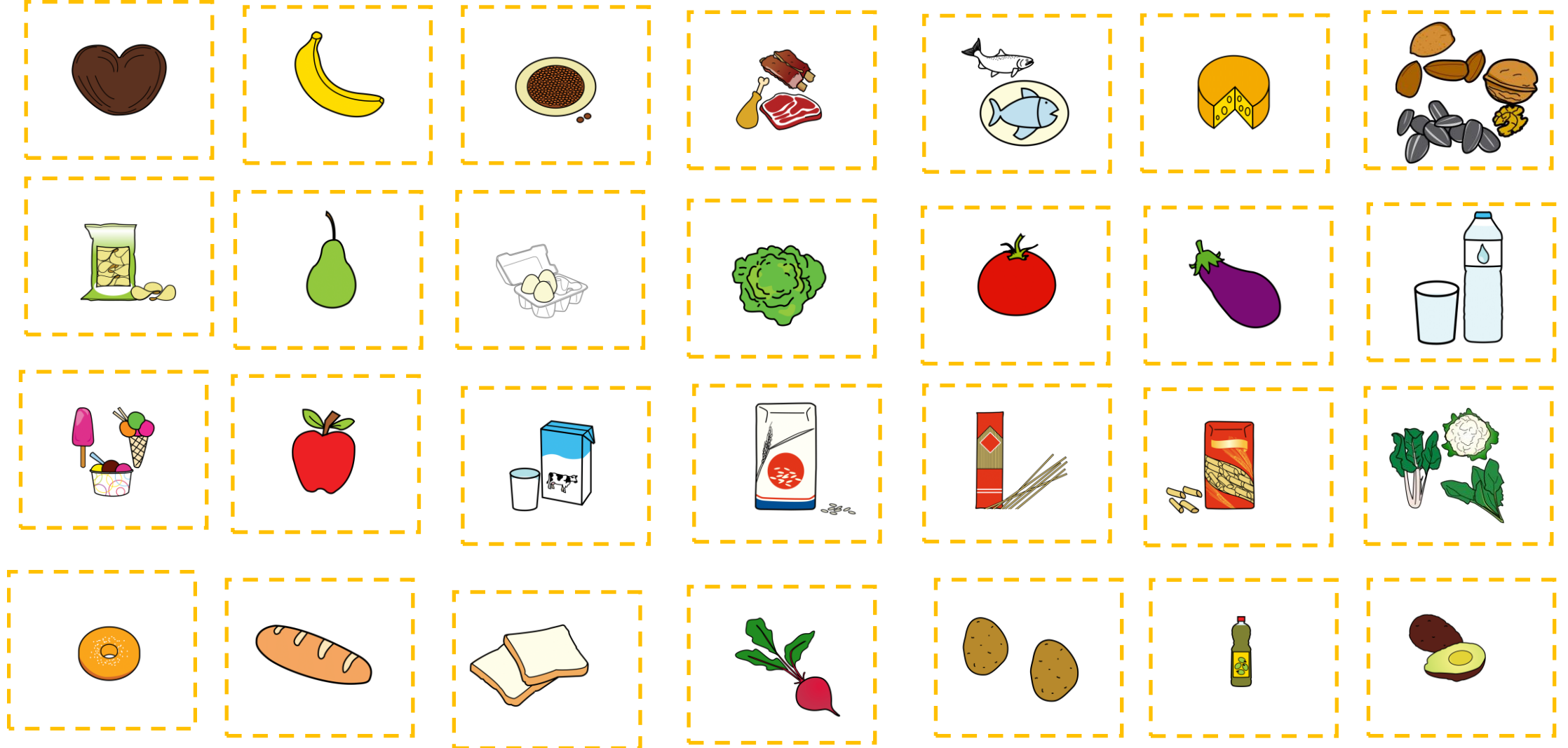
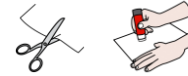


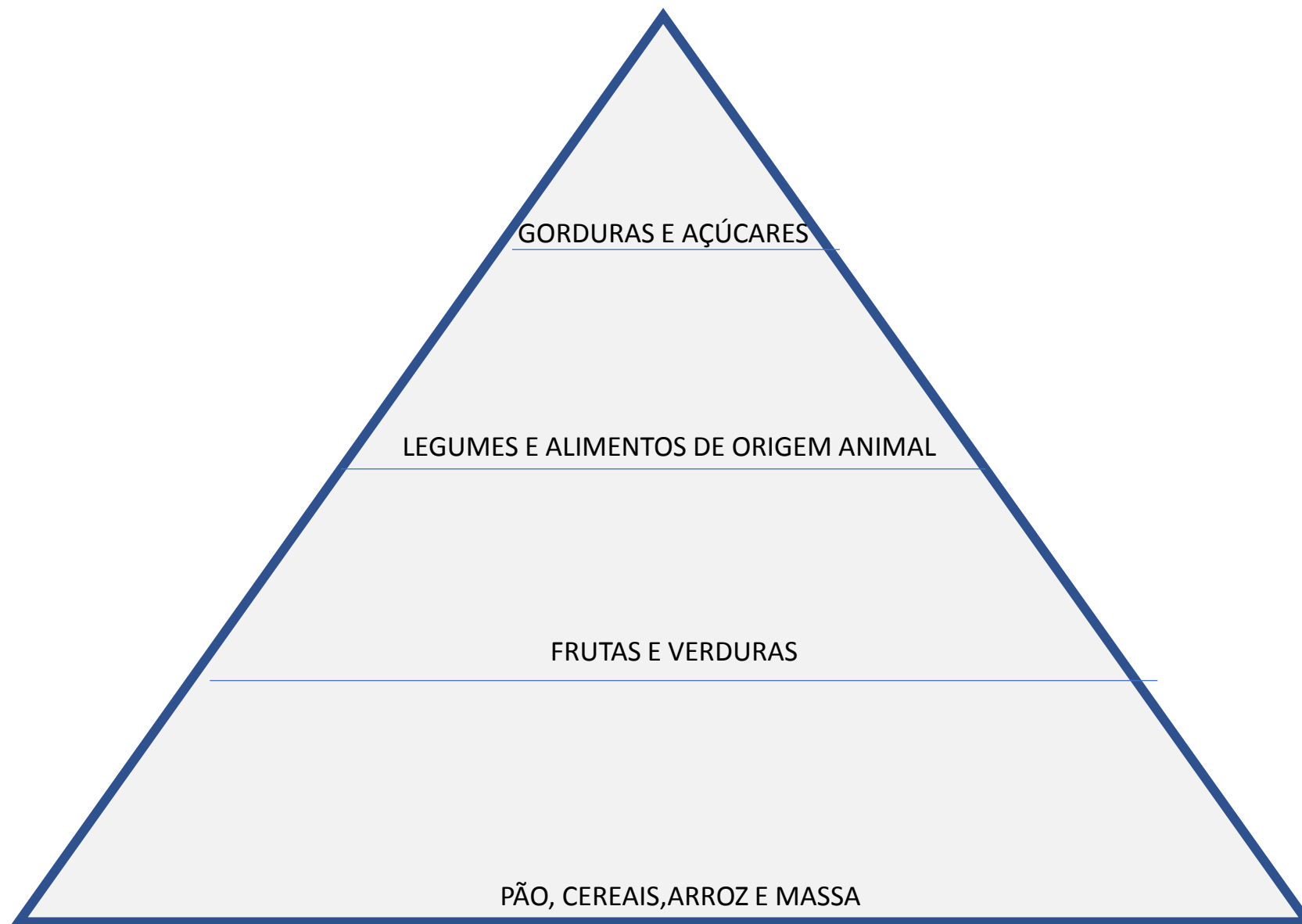
**DIETA:** A dieta é tudo que comemos durante o dia. A dieta saudável é o conjunto de rotinas alimentares que, juntamente com o exercício físico, nos ajudam a manter o corpo nutrido e saudável.



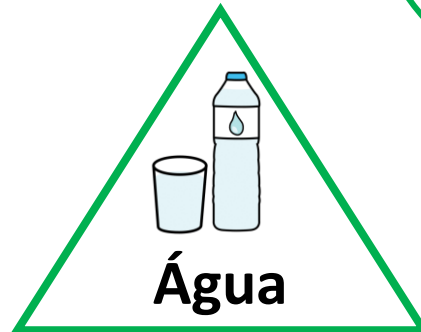
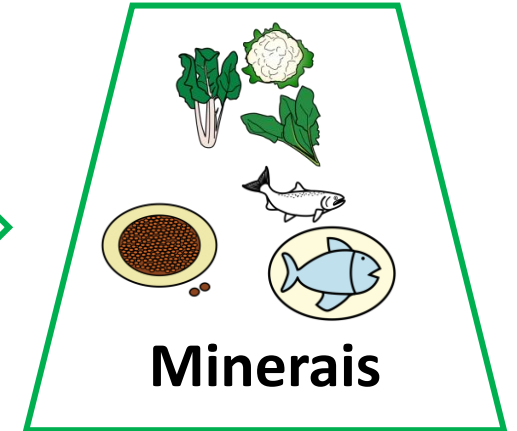
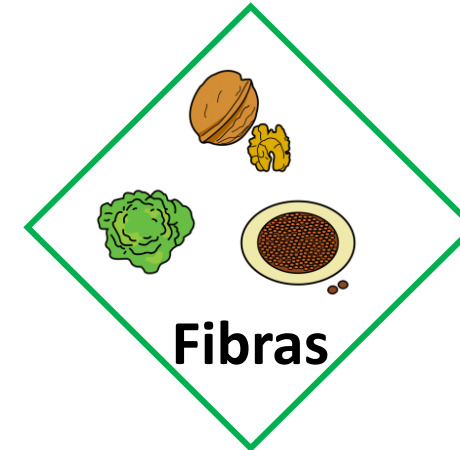
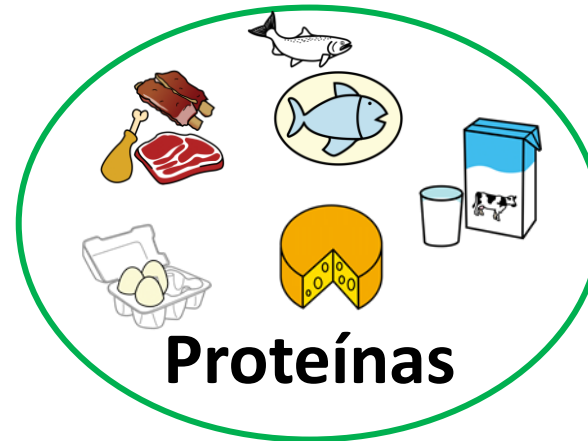


# Recorte e cole na pirâmide

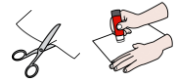




# Nutrientes: Os alimentos fornecem diferentes nutrientes.



# Recorta e cola segundo os nutrientes que tem cada alimento.



# Cola os alimentos de acordo com os nutrientes que possuem



**Carboidratos**

**Proteínas**

**Fibras**

**Minerais**

**Água**

**Gorduras Saudáveis**

**Gorduras Saturadas**

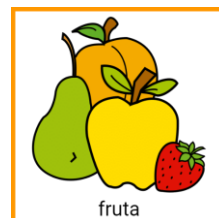
**Vitaminas**



# Há que repartir bem os nutrientes ao longo do dia:



Café- da-  
manhã



fruta



Torrada



leite



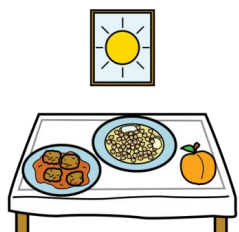
cereais



Suco de fruta natural



embutidos



Almoço



salada



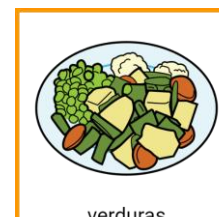
carne



peixe



legumes



verduras



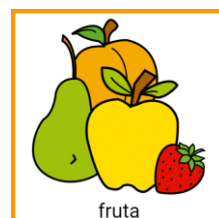
arroz



macarrão



Lanche



fruta



Suco de fruta natural



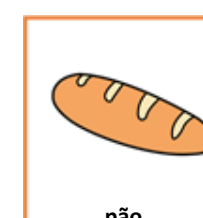
iogurte



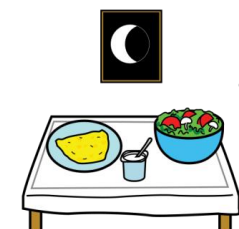
frutos secos



achocolatado



pão



Jantar



sopa



verduras



ovo

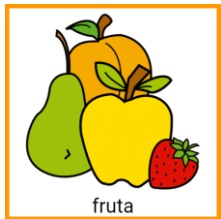
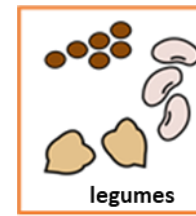
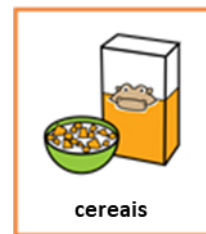
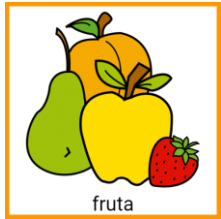


salada

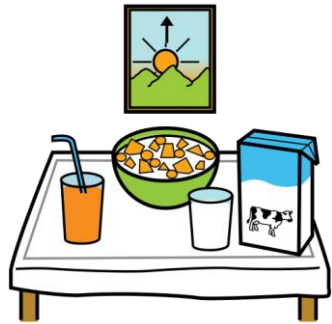


iogurte

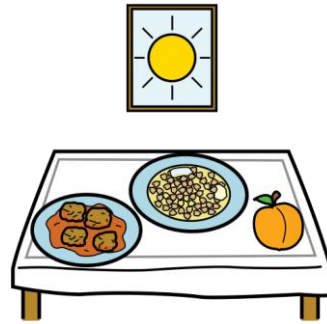
# Recorte e cole para fazer uma refeição equilibrada.



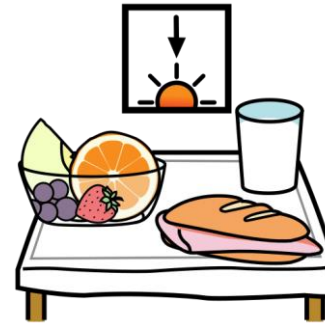
## Café-da-manhã



## Almoço



## Lanche



## Jantar

