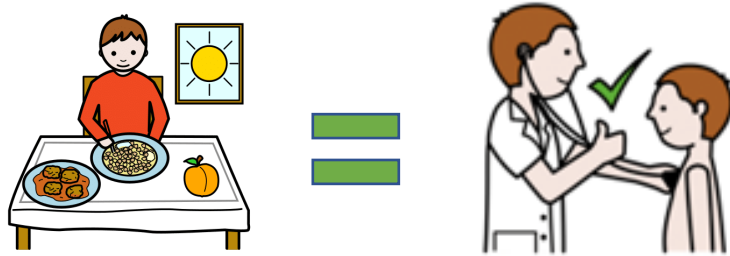


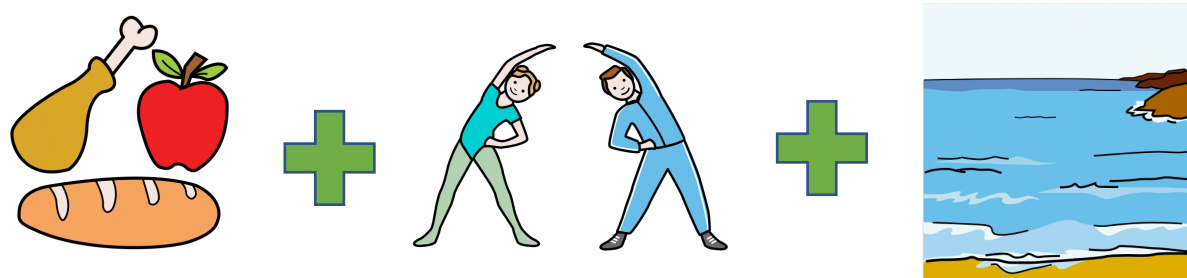


ALIMENTAZIONE SALUTARE

ALIMENTAZIONE SALUTARE: l'alimentazione salutare apporta i nutrienti necessari perchè il nostro corpo funzioni correttamente e per essere in buona salute.

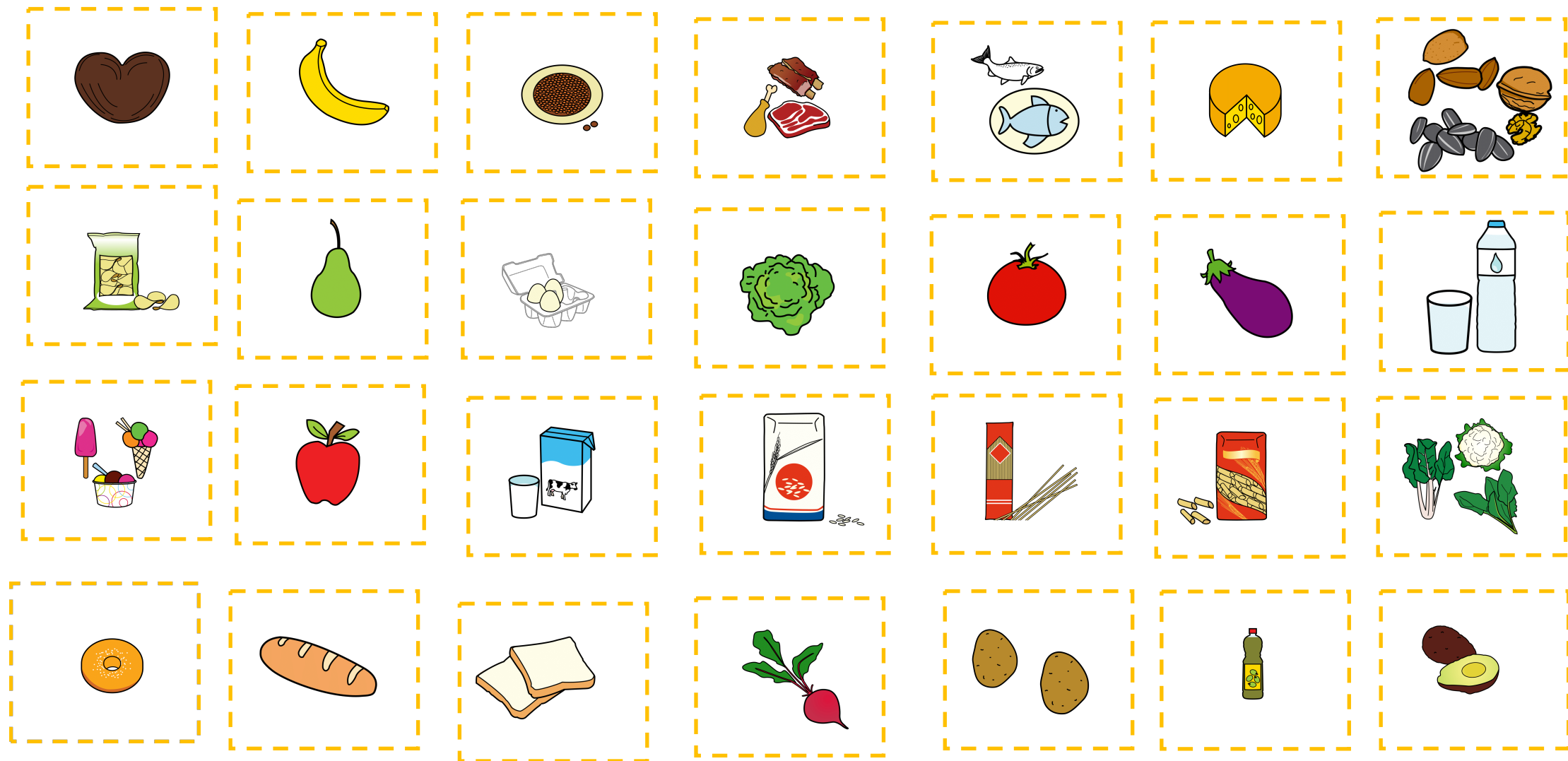


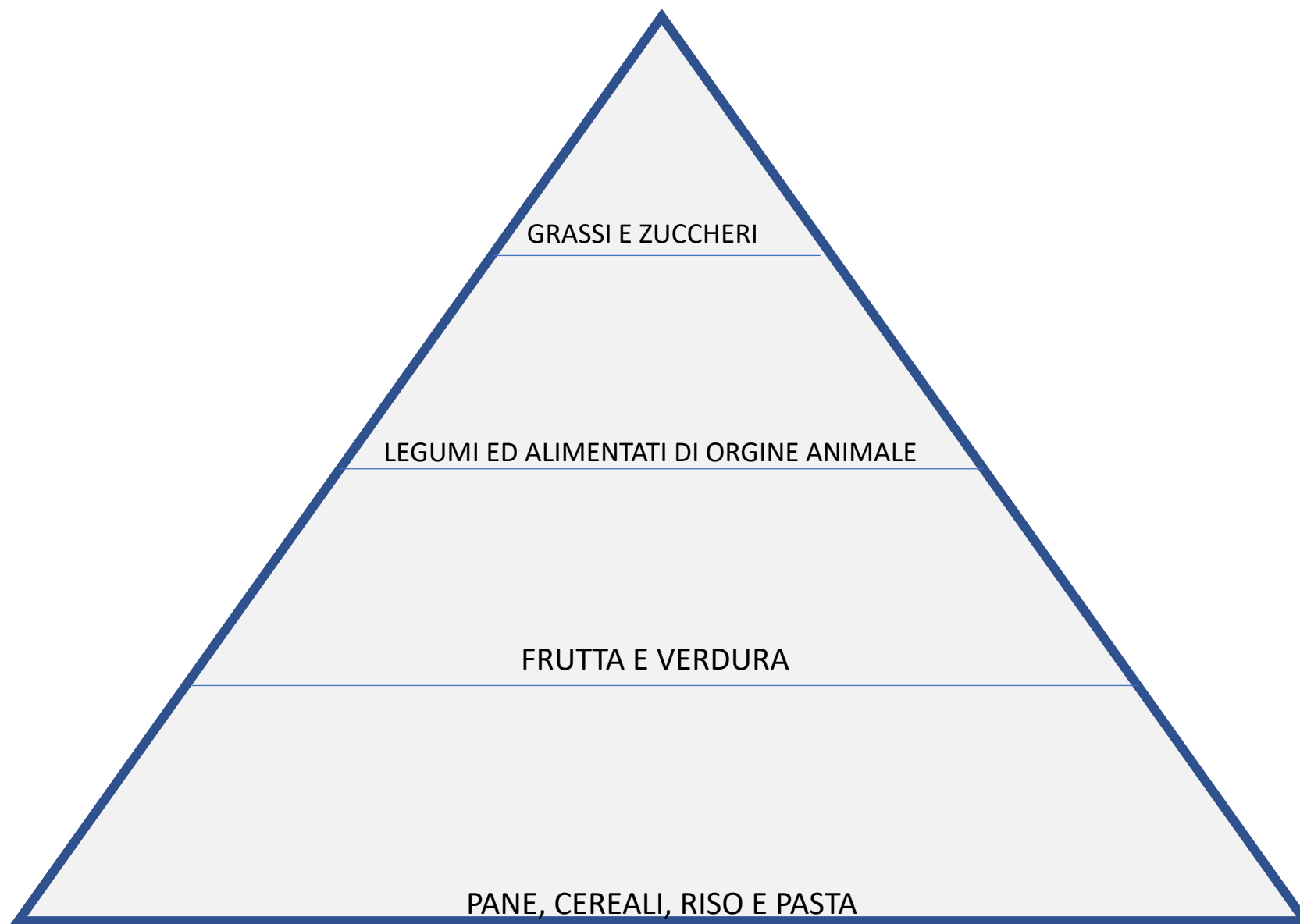
DIETA MEDITERRANEA: la dieta Mediterranea si basa su un'alimentazione sana. La dieta mediterranea è l'insieme delle abitudini che, insieme all'esercizio fisico ed al clima dei paesi che si affacciano sul Mediterraneo, apportano benefici alla salute.



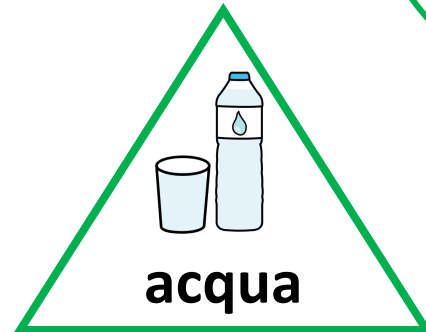
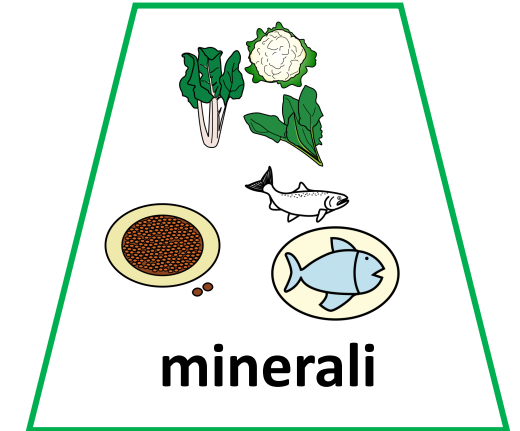
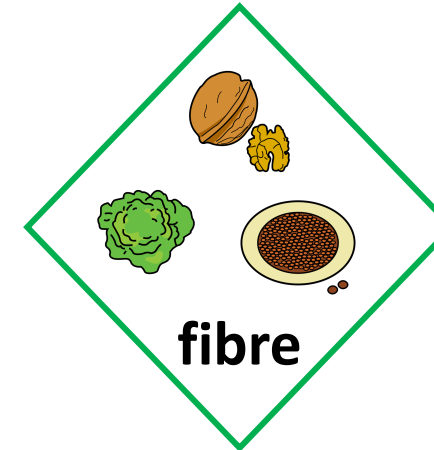
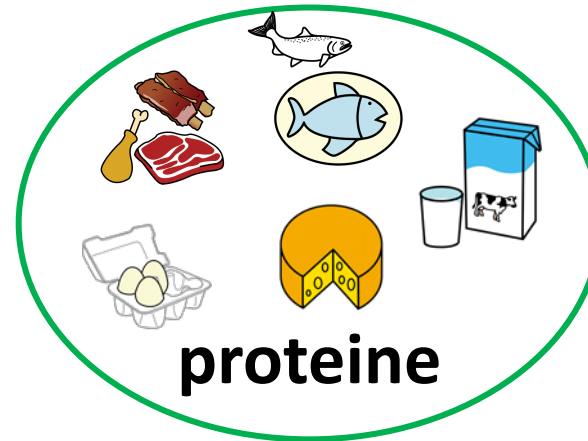
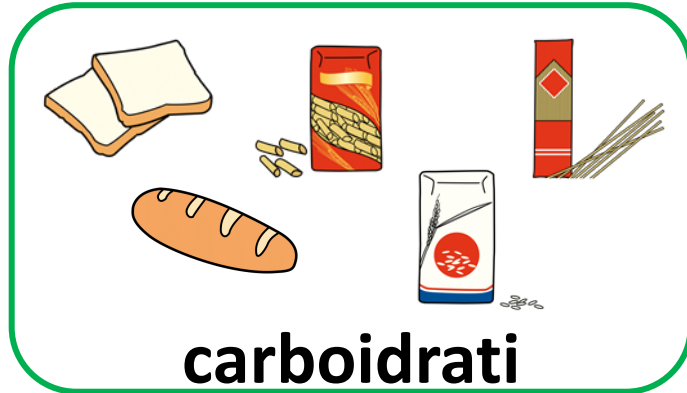


Taglia e incolla sulla piramide

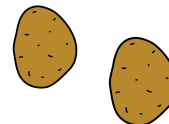
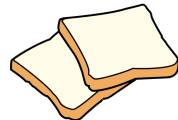
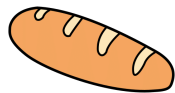
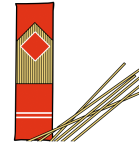
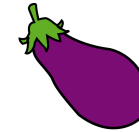
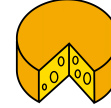
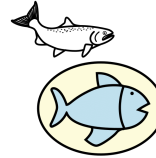
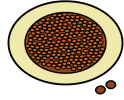




NUTRIENTI: gli alimenti forniscono diversi nutrienti



Ritaglia e incolla a seconda dei nutrienti che ciascun alimento ha



Incolla gli alimenti a seconda dei nutrienti che  contengono

carboidrati

proteine

fibre

minerali

acqua

grassi buoni

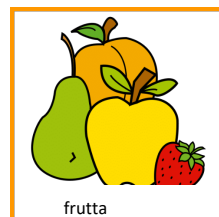
vitamine

**grassi saturi
(cattivi)**

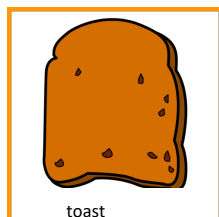
I nutrienti devono essere distribuiti bene durante la giornata



colazione



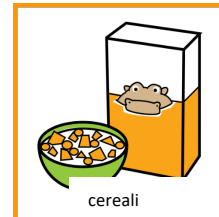
frutta



toast



latte



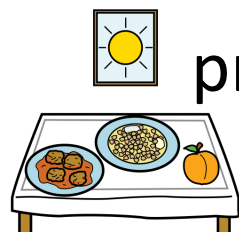
cereali



Succo di frutta naturale



Salame-prosciutto



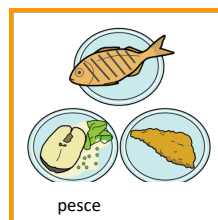
pranzo



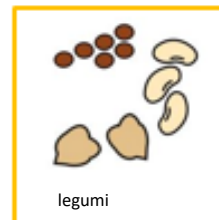
insalata



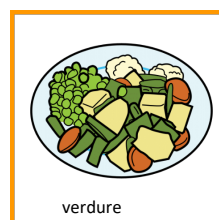
carne



pesce



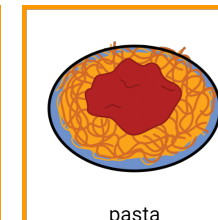
legumi



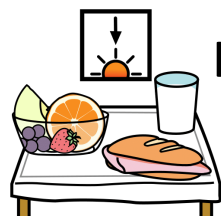
verdure



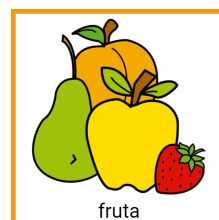
riso



pasta



merenda



frutta



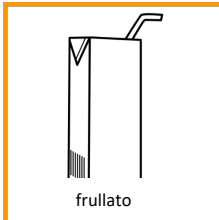
Succo di frutta naturale



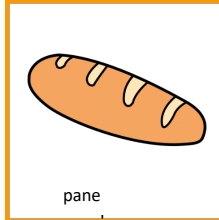
yogurt



frutta secca



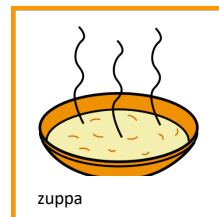
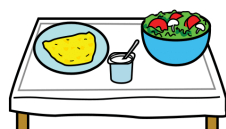
frullato



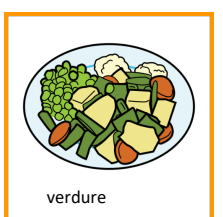
pane



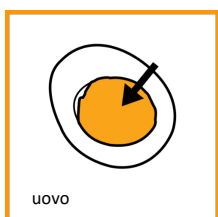
Cena



zuppa



verdure



uovo

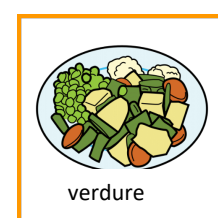
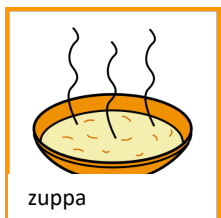
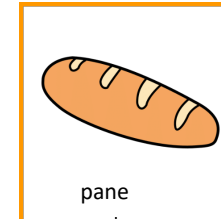
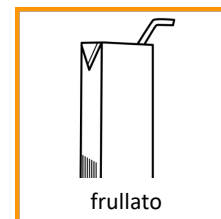
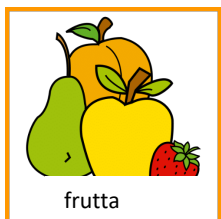
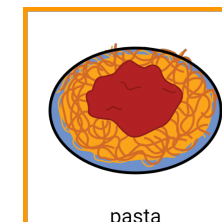
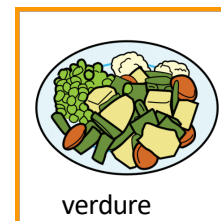
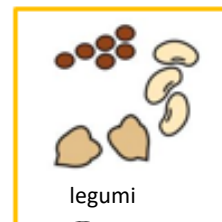
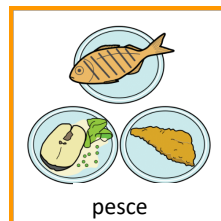
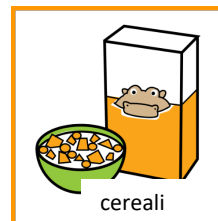
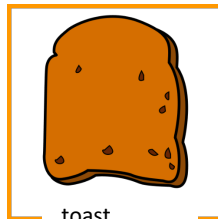
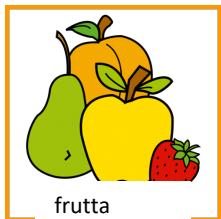


insalata



yogurt

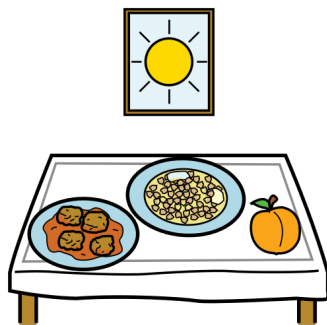
Ritaglia e incolla per avere un menú equilibrato



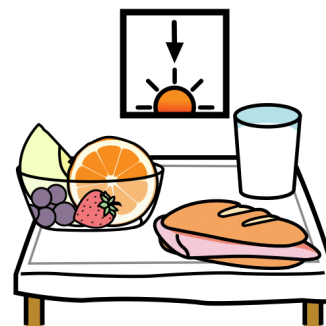
colazione



pranzo



merenda



cena

