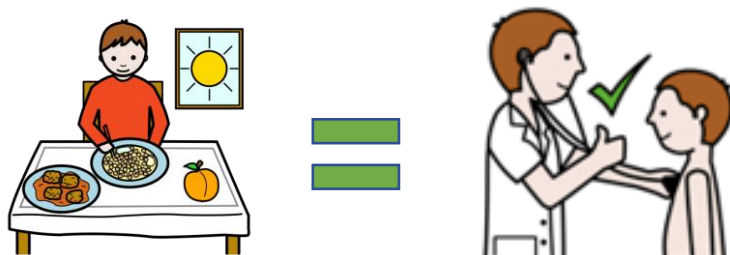




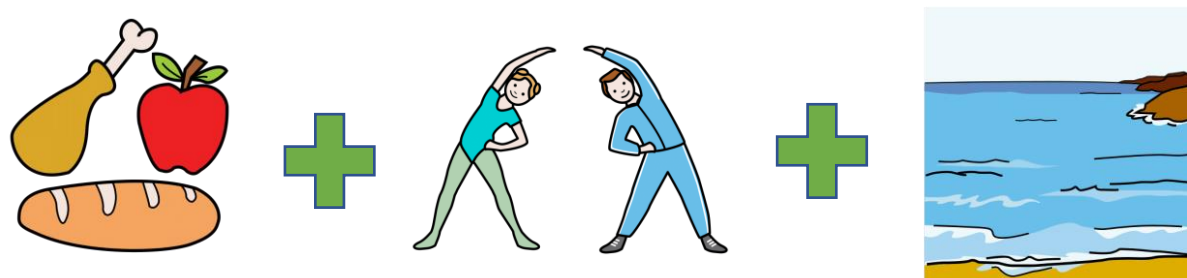
ALIMENTAÇÃO SAUDÁVEL

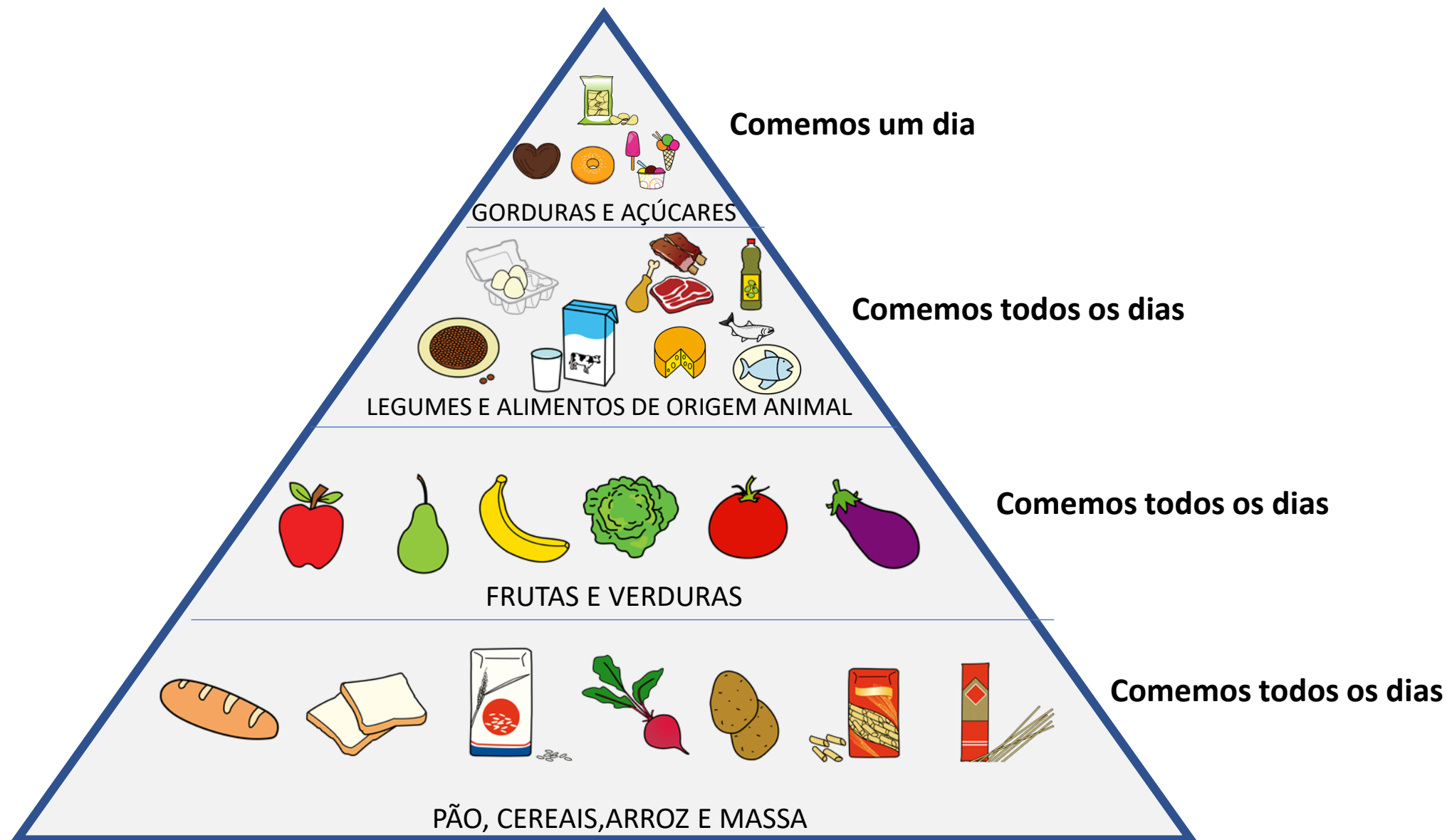
ALIMENTAÇÃO SAUDÁVEL: A alimentação saudável é a alimentação que fornece os nutrientes necessários para que o nosso corpo funcione corretamente e sejamos saudáveis.



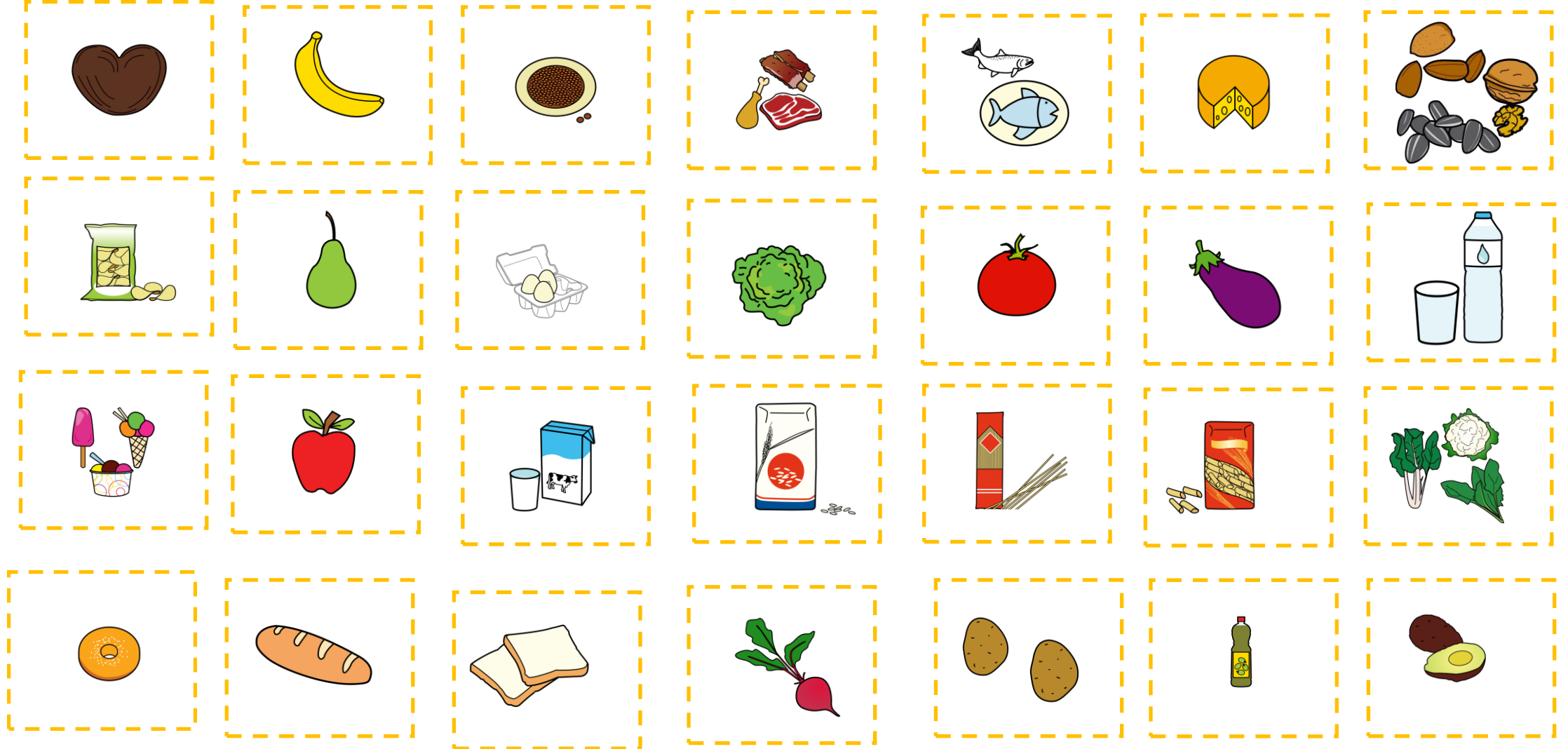
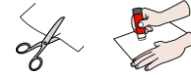
DIETA MEDITERRÂNEA: A dieta Mediterrânea permite ter uma alimentação saudável.

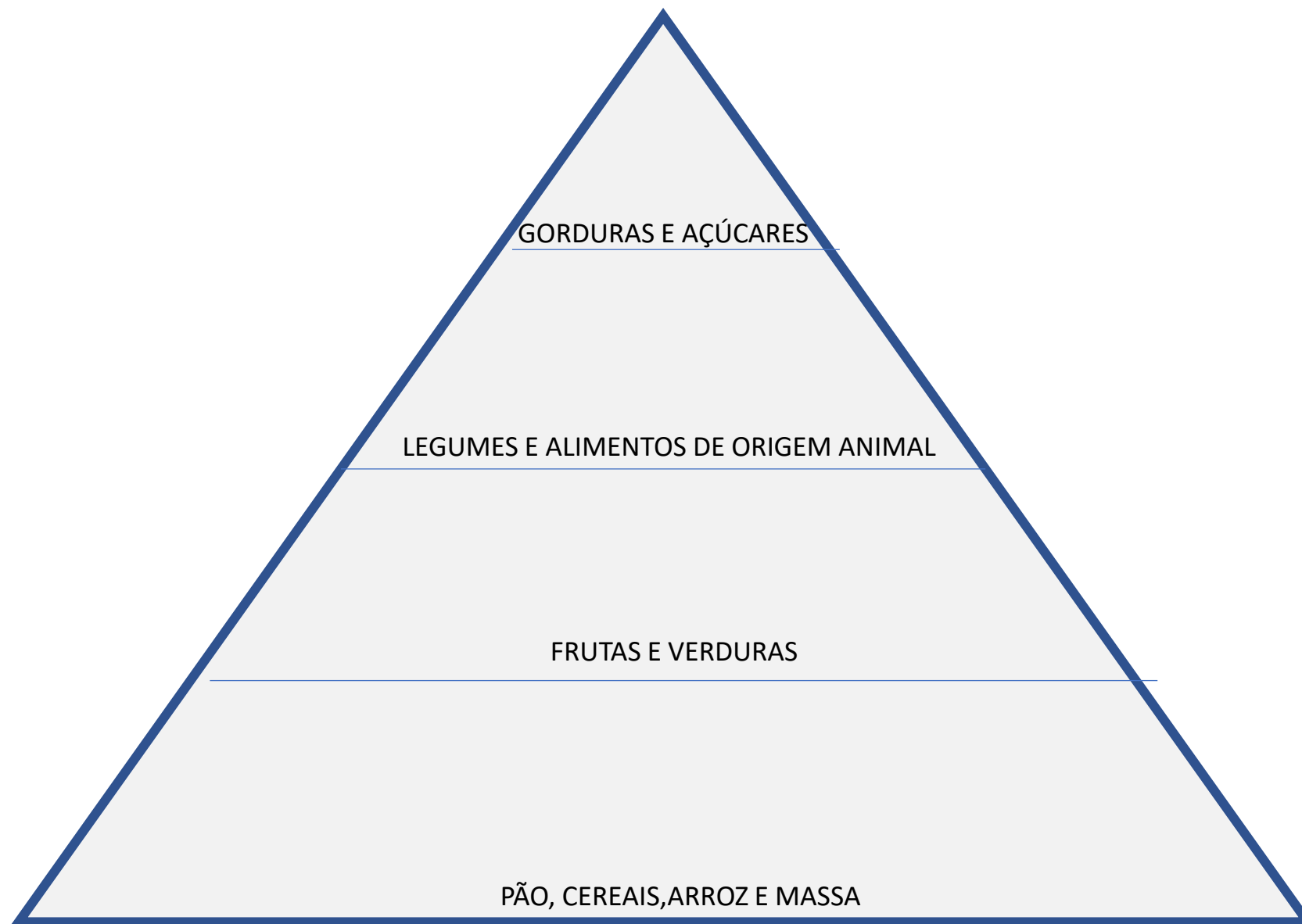
A dieta mediterrânea é o conjunto de rotinas alimentares que, juntamente com o exercício físico e o clima dos países que se encontram no Mediterrâneo, trazem benefícios para a saúde.



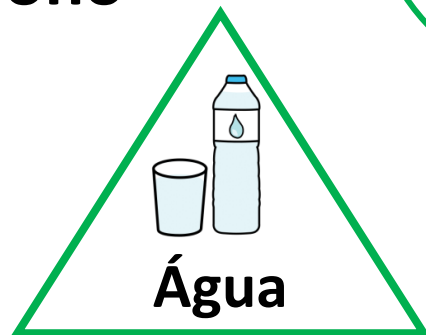
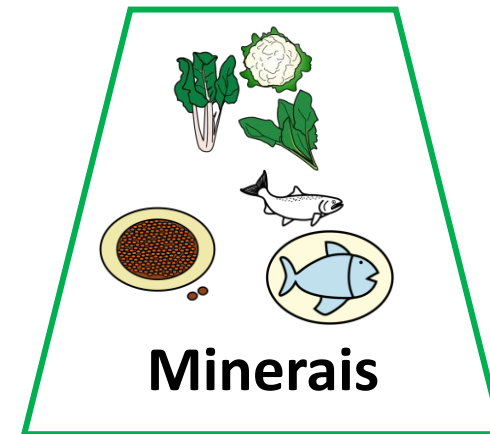
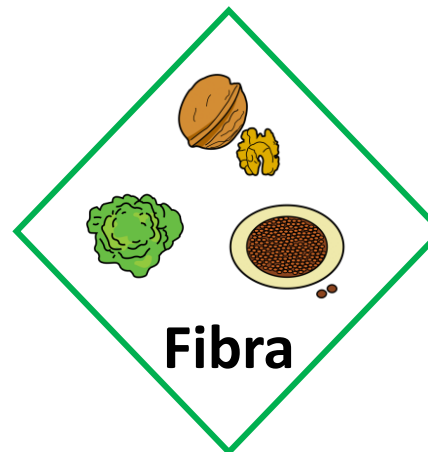
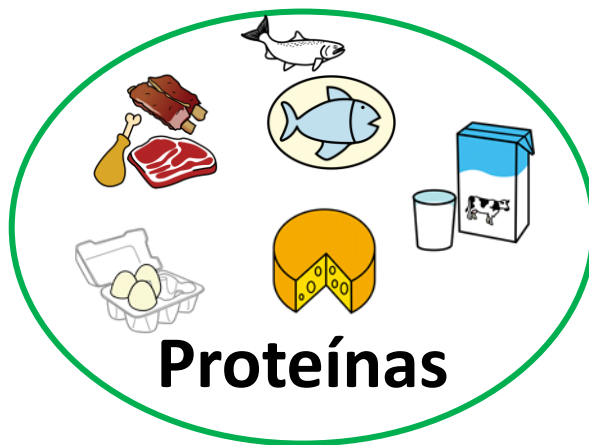


Recorta e cola na pirâmide





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



**Hidratos de
carbono**

Proteínas

Fibra

Minerais

Água

Gorduras Saudáveis

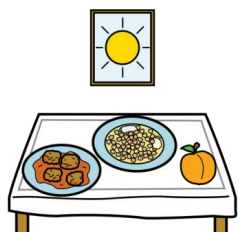
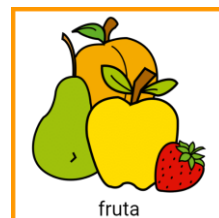
**Gorduras
Saturadas**

Vitaminas

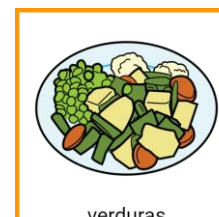
Há que repartir bem os nutrientes ao longo do dia:



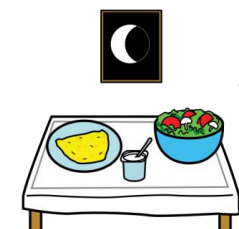
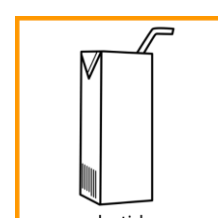
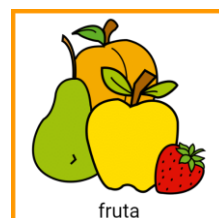
Pequeno
almoço



Almoço



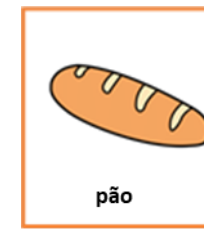
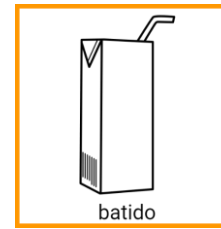
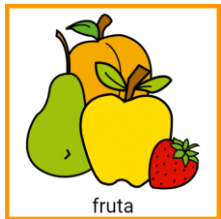
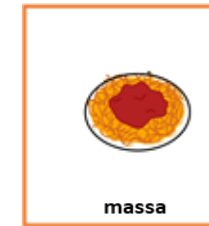
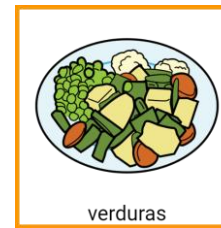
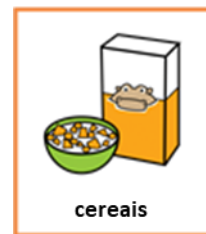
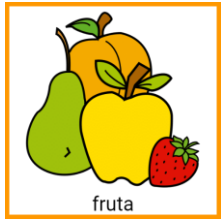
Lanche



Jantar



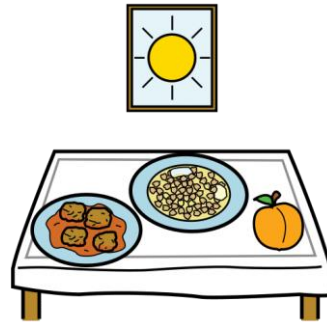
Recorta e cola para fazer uma refeição equilibrada



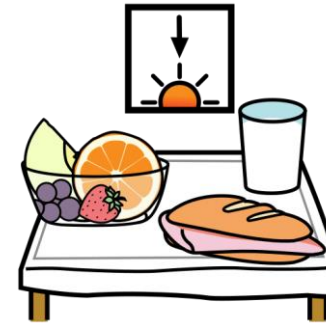
Pequeno almoço



Almoço



Lanche



Jantar

