

ESCOLA: _____

NOME: _____

PROF: _____

ATIVIDADES ALIMENTAÇÃO SAUDÁVEL



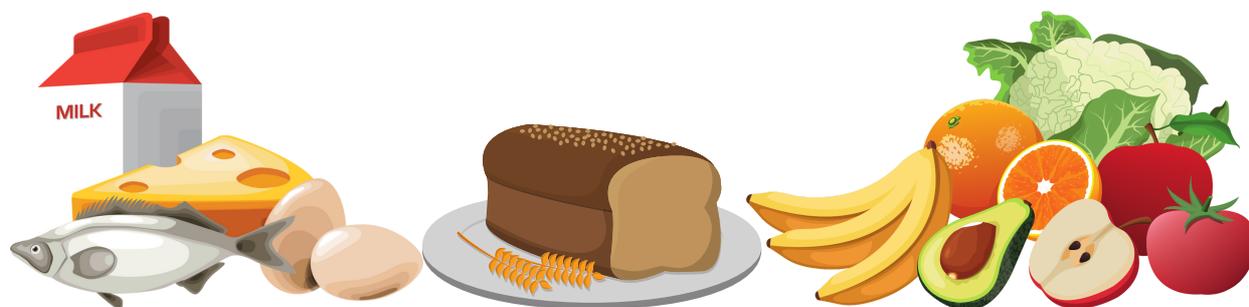
ESCOLA: _____

NOME: _____

PROF: _____

O que é Alimentação Saudável?

A alimentação saudável garante todos os nutrientes necessários ao organismo, em quantidades ideais. Dessa forma, o corpo fica equilibrado, por meio da ingestão de frutas, verduras, legumes e cereais, sem excessos.



Devemos evitar alimentos gordurosos, doces e com muito sódio (sal), para que não venhamos ter doenças cardíacas (do coração). Alimentos como:

- aqueles açucarados artificialmente;
- ricos em sódio
- gorduras saturadas
- frituras;
- carnes processadas;
- alimentos industrializados;
- refrigerantes;
- fast food.

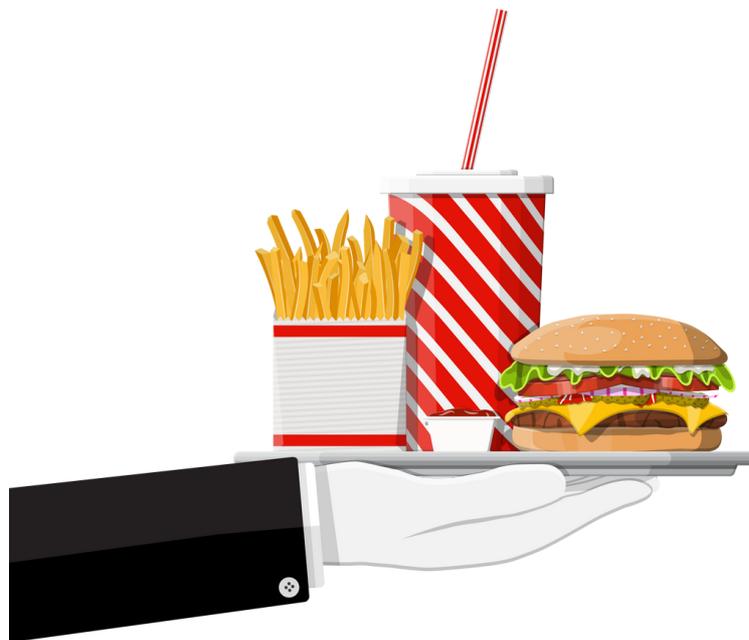


ESCOLA: _____

NOME: _____

PROF: _____

Circule a bandeja em que há alimentos saudáveis e faça um X na bandeja com alimentos não saudáveis:



ESCOLA: _____

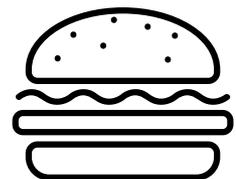
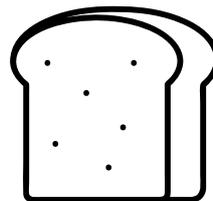
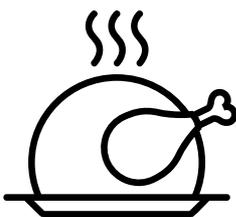
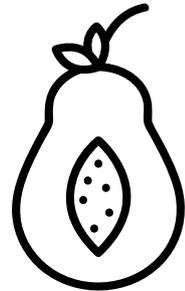
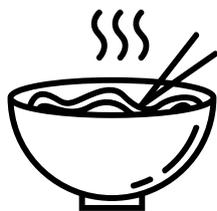
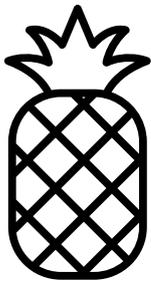
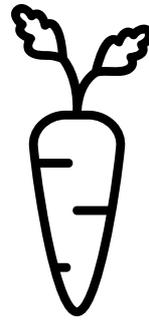
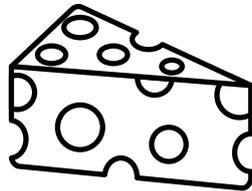
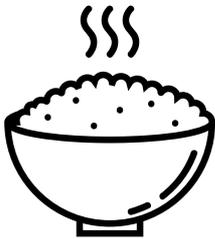
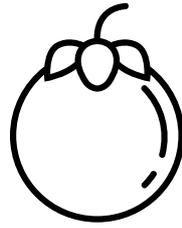
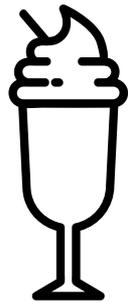
NOME: _____

PROF: _____

GRUPOS DOS ALIMENTOS

Recorte cada alimento e cole-o na prateleira certa.





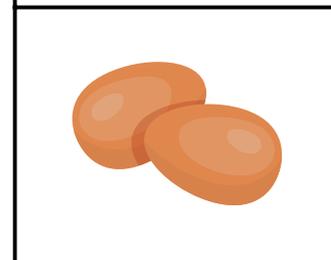
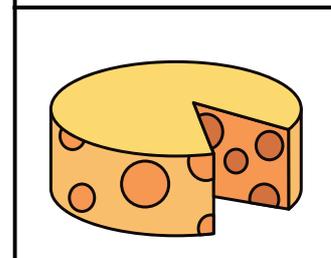
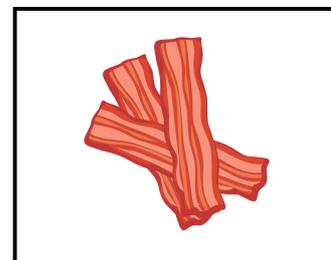
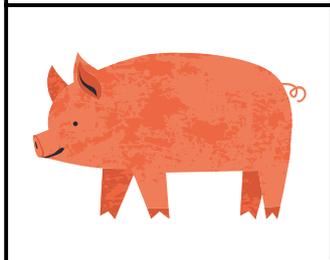
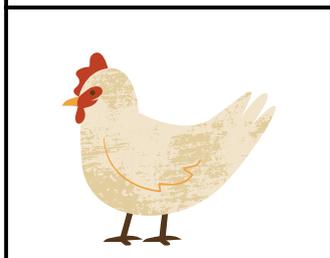
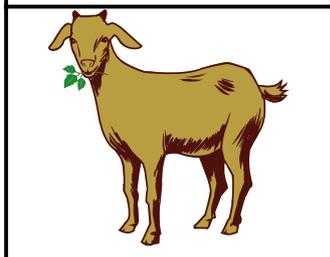
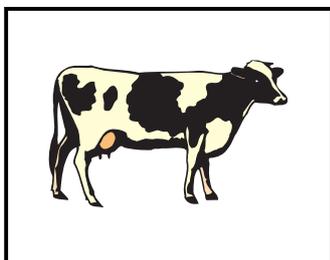
ESCOLA: _____

NOME: _____

PROF: _____

ORIGEM DOS ALIMENTOS

RELACIONE:



ESCOLA: _____

NOME: _____

PROF: _____

ALIMENTAÇÃO

ESCREVA O QUE TEM NA GELADEIRA DE MARIA:



1-

2-

3-

4-

5-

6-

7-

8-

9-

10-

11-

12-

ESCOLA: _____

NOME: _____

PROF: _____

ALIMENTAÇÃO

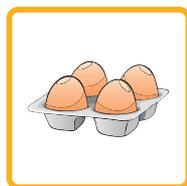


ESCREVA OS NOMES DOS ALIMENTOS.















ESCOLA: _____

NOME: _____

PROF: _____

COMIDAS AMIGAS DOS DENTES

RECORTE E COLE OS ALIMENTOS NO LOCAL ADEQUADO:

