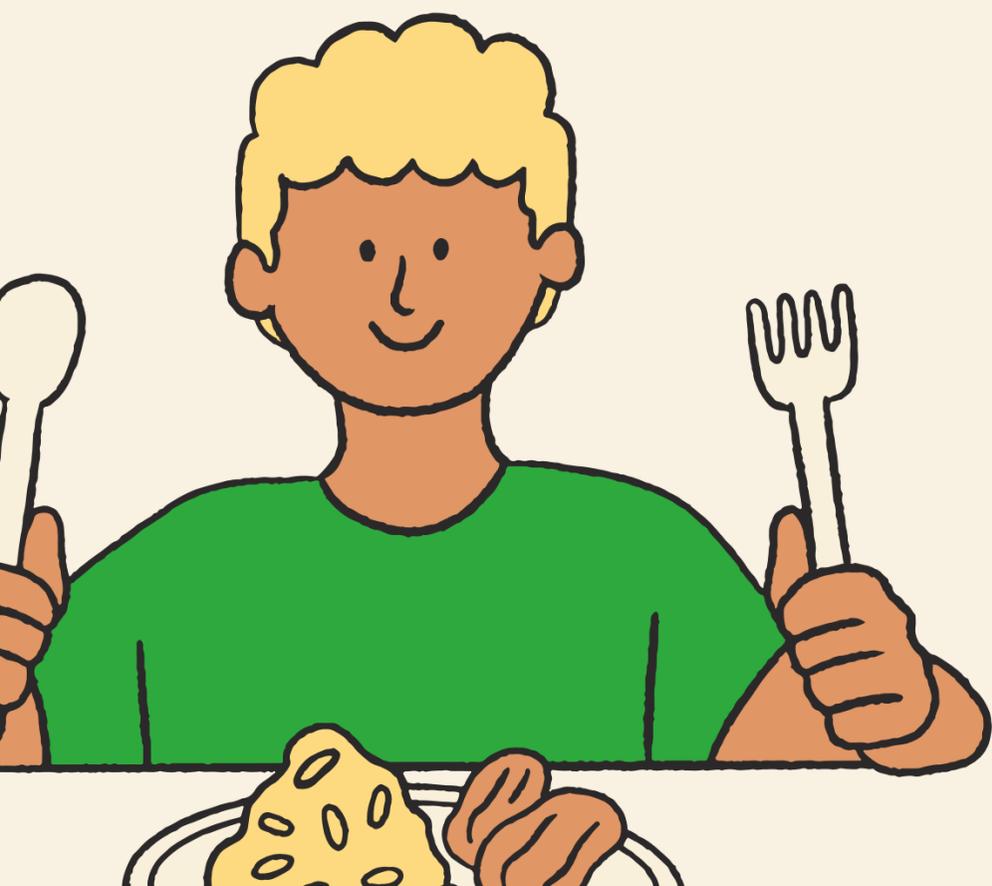


PROGETTO DI EDUCAZIONE ALIMENTARE



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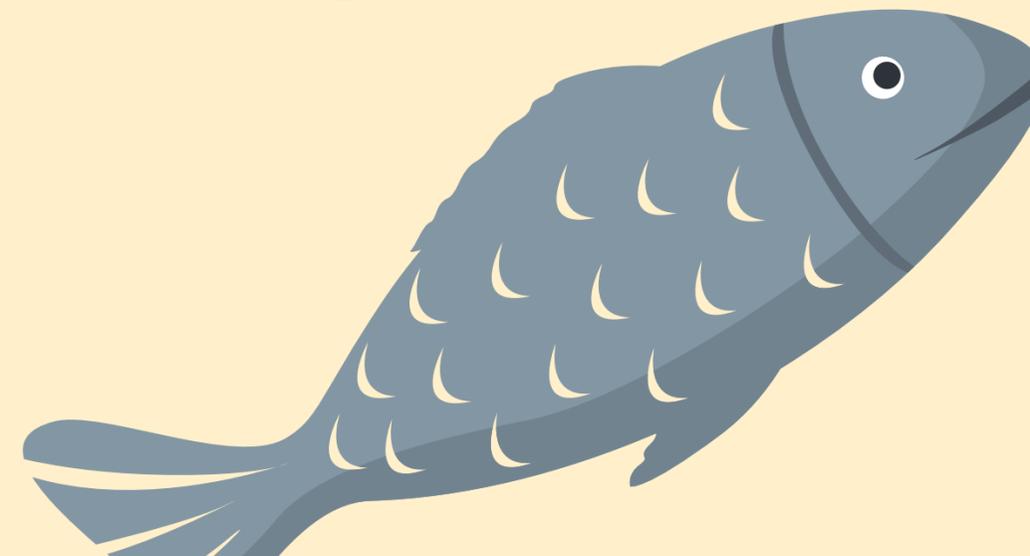




**La nostra
alimentazione può
contribuire a farci
vivere meglio ma
dobbiamo cercare
il più possibile di
BILANCIARE I PASTI**



**Bisogna fornire al nostro
corpo la giusta quantità di
CARBOIDRATI, PROTEINE,
GRASSI, VITAMINE E SALI
MINERALI**



The image features a light beige background with several stylized floral and leaf-like shapes. At the top left and right are orange shapes resembling leaves or petals. In the top center are two green starburst shapes. At the bottom left is a large orange starburst shape, and at the bottom right is an orange shape resembling a plant stem with leaves. A large, white, stylized checkmark is positioned behind the text.

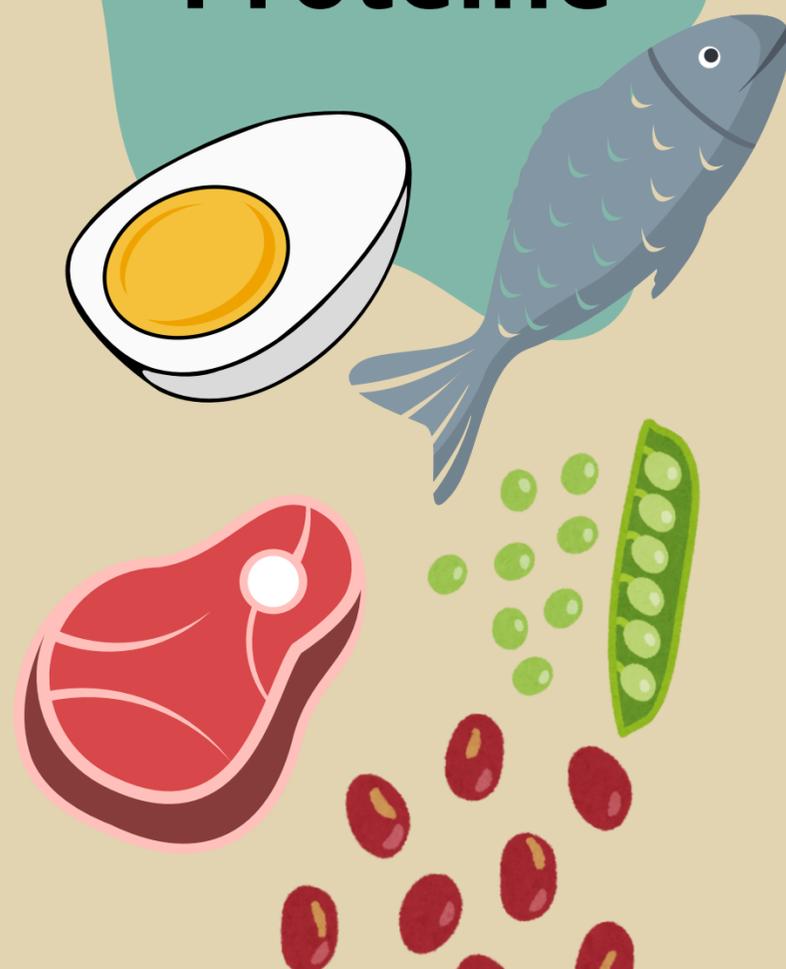
**ATTIVITÀ: COMPONI IL
TUO PIATTO BILANCIATO!**

CREA UN PIATTO SANO E BILANCIATO SCEGLIENDO ALIMENTI DA QUESTE CATEGORIE

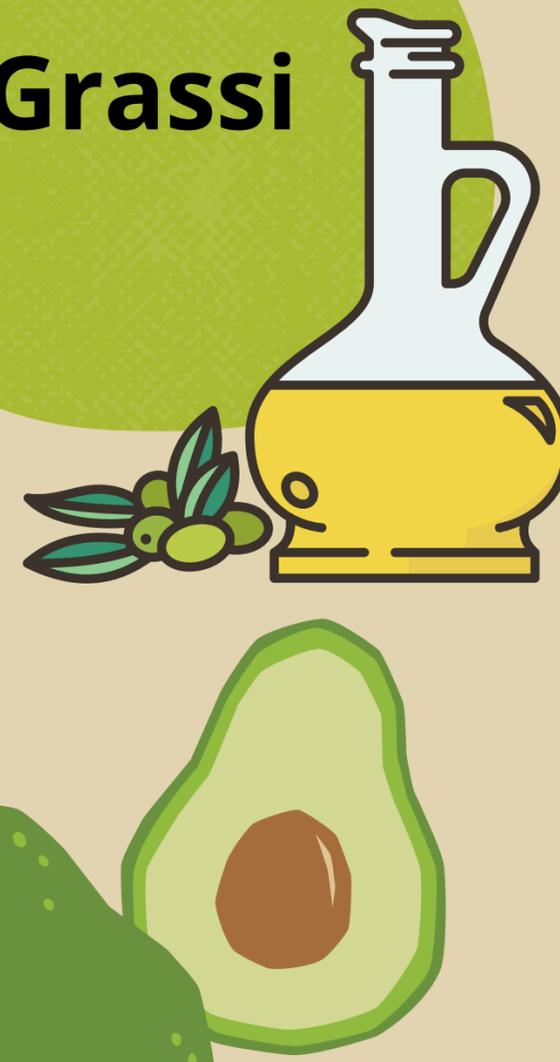
Carboidrati



Proteine



Grassi

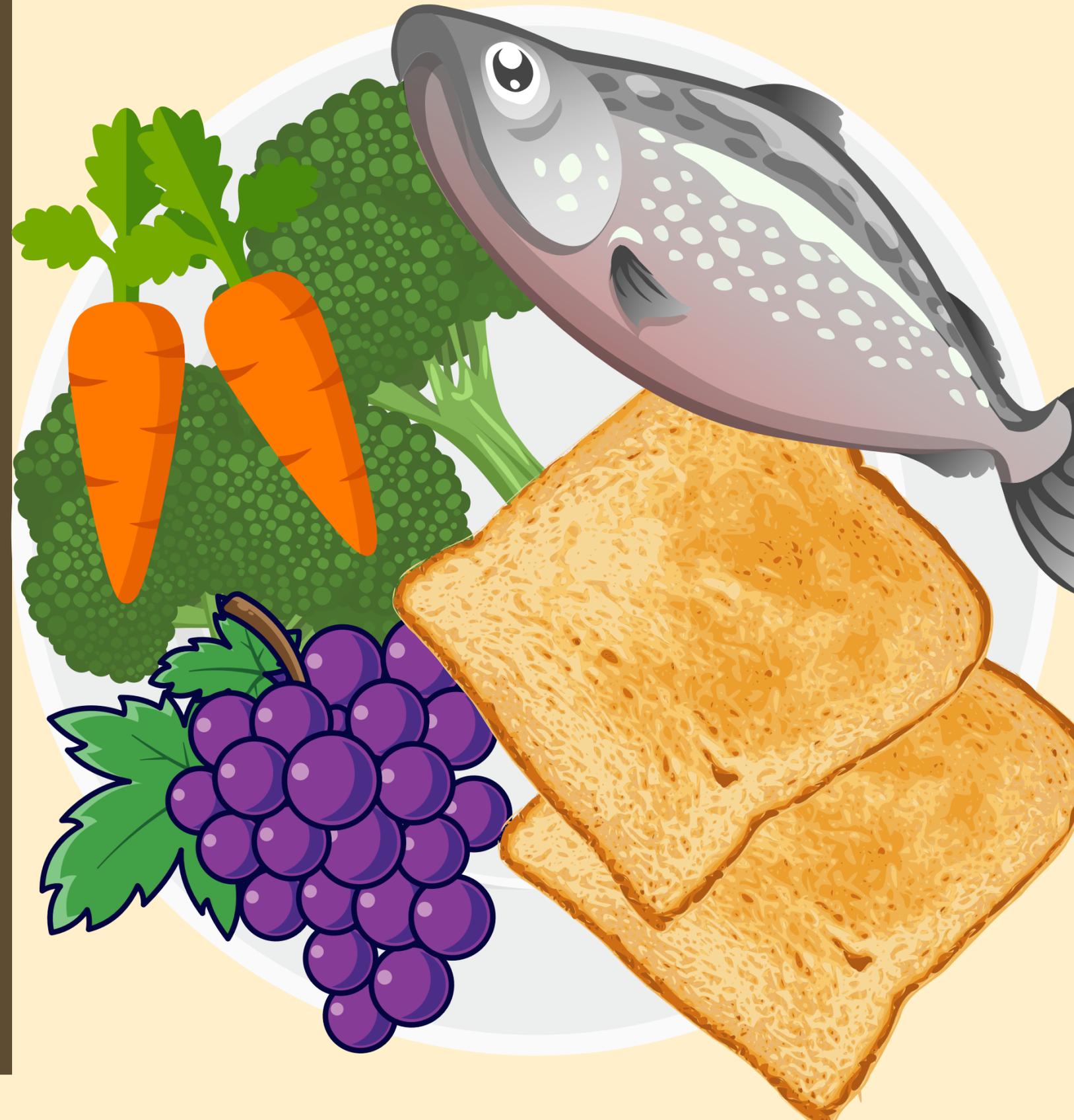


**Vitamine e
Sali minerali**

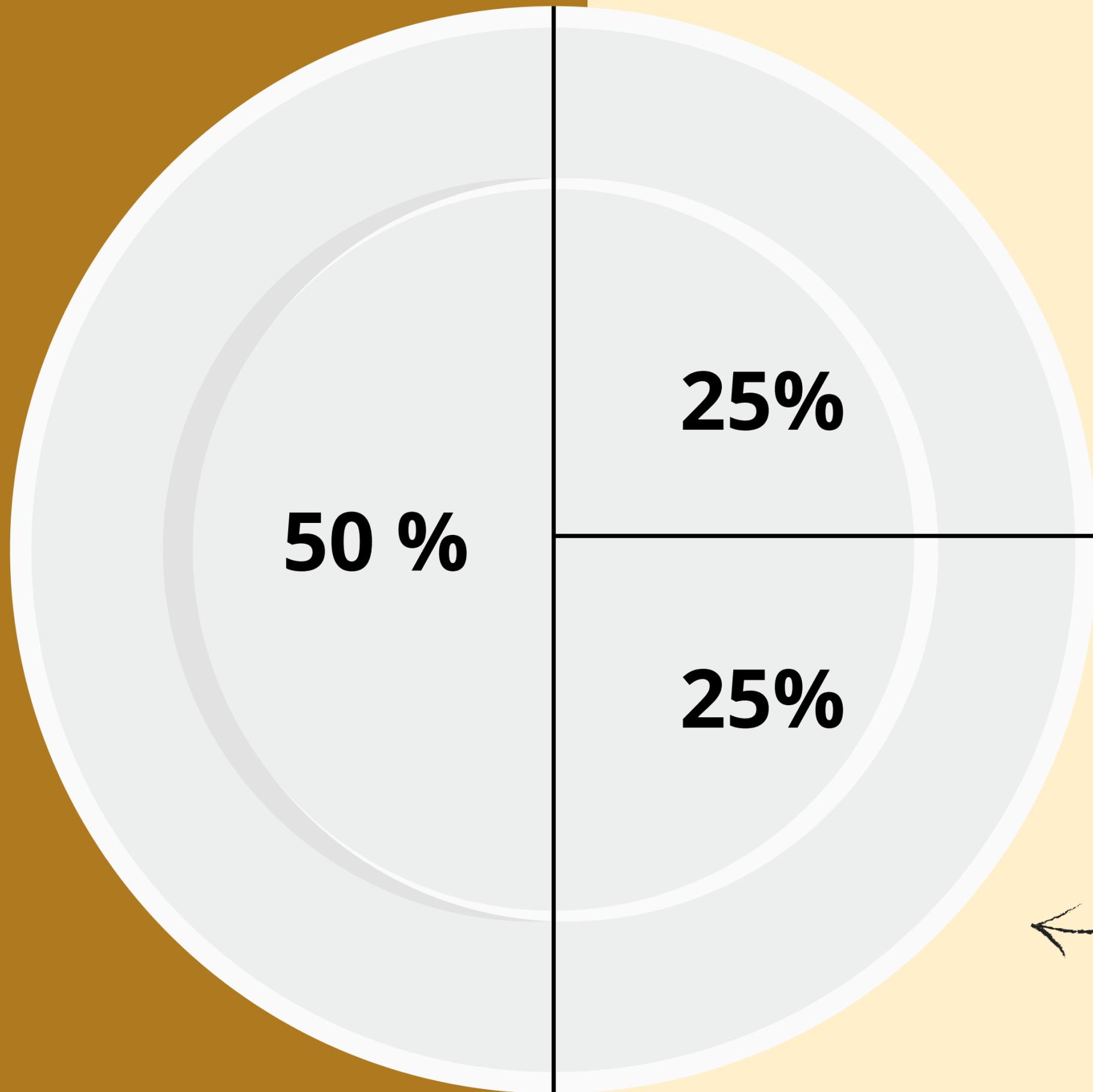
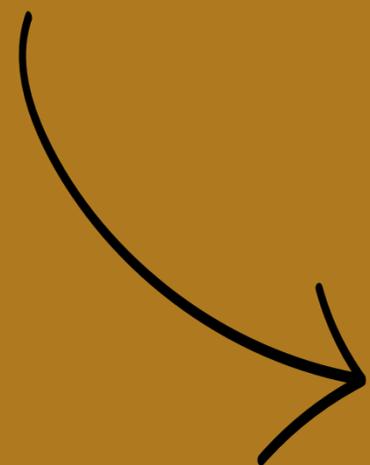


Gli alunni sul quaderno disegneranno un piatto diviso in tre parti diverse tra loro. La parte più grande conterrà verdure e frutta, le altre due carboidrati e proteine.

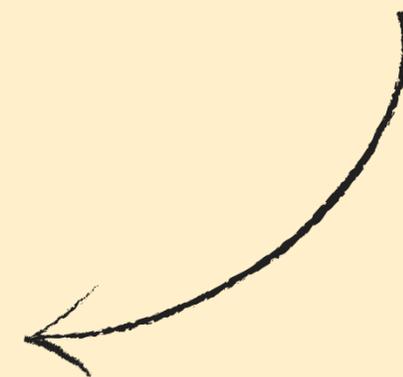
I Grassi buoni da distribuire sul piatto potranno essere olio extravergine d'oliva, avocado, semi oleosi, frutta secca.



**Frutta e
verdura**

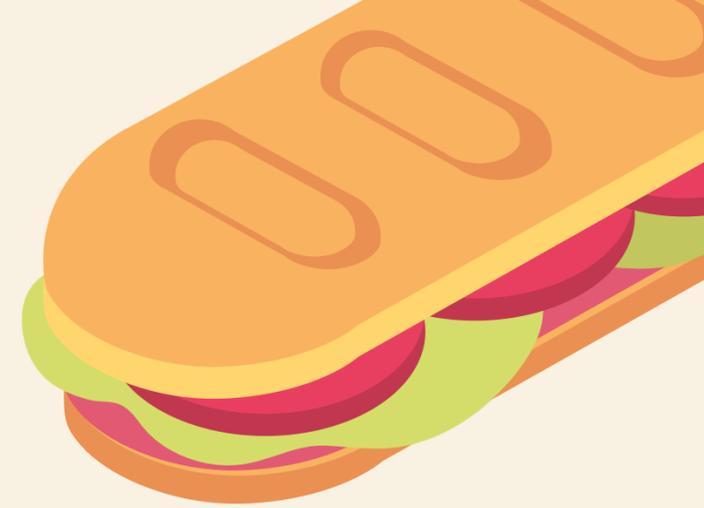
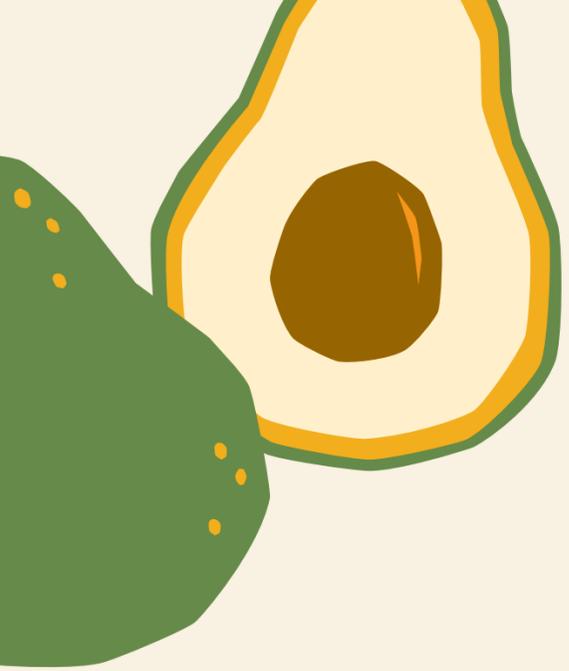


Proteine



Carboidrati





GRAZIE

