

PER VIVERE  
ABBIAMO BISOGNO  
DI MANGIARE.

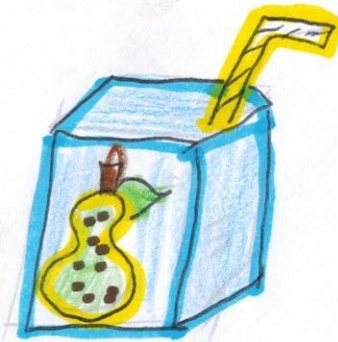
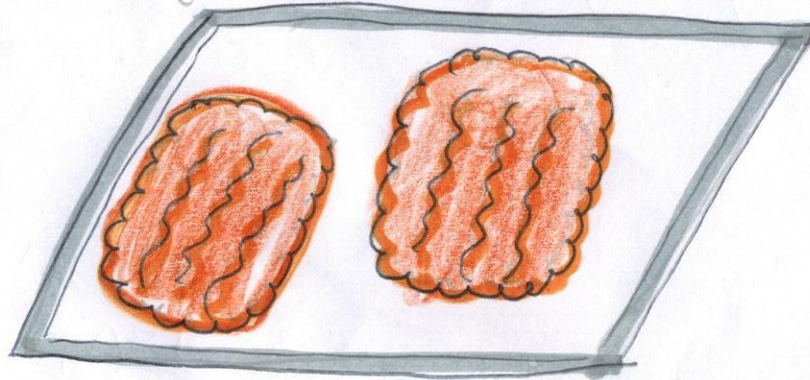
MA PER - VIVERE BENE  
OCORRE MANGIARE  
SANO.

PERCIÒ - OGGI  
INCOMINCIAMO  
A FARE  
EDUCAZIONE  
ALIMENTARE

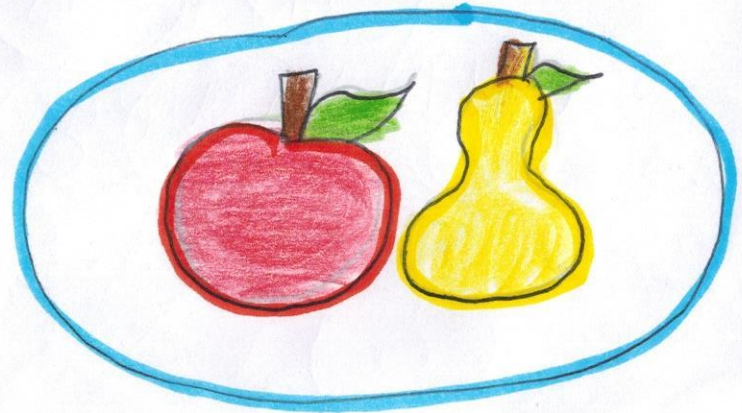
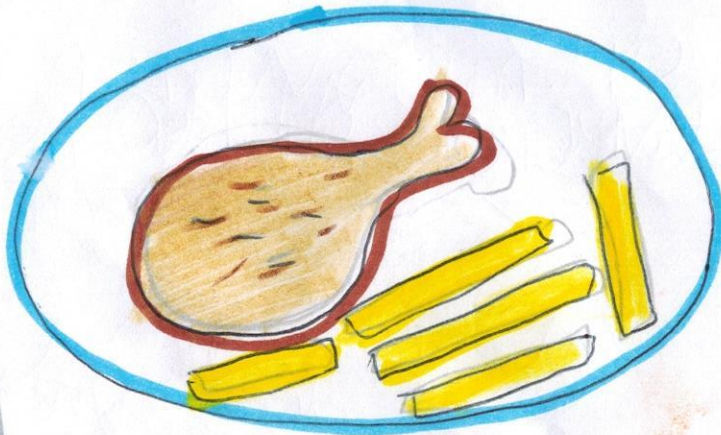
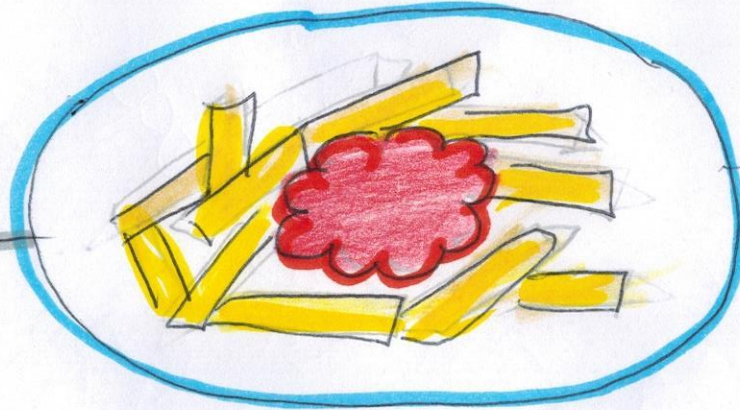


INNANZITUTTO COMINCIAMO DAL PRIMO  
PASTO - CHE FACCIAMO QUANDO CI SUEGLIAMO

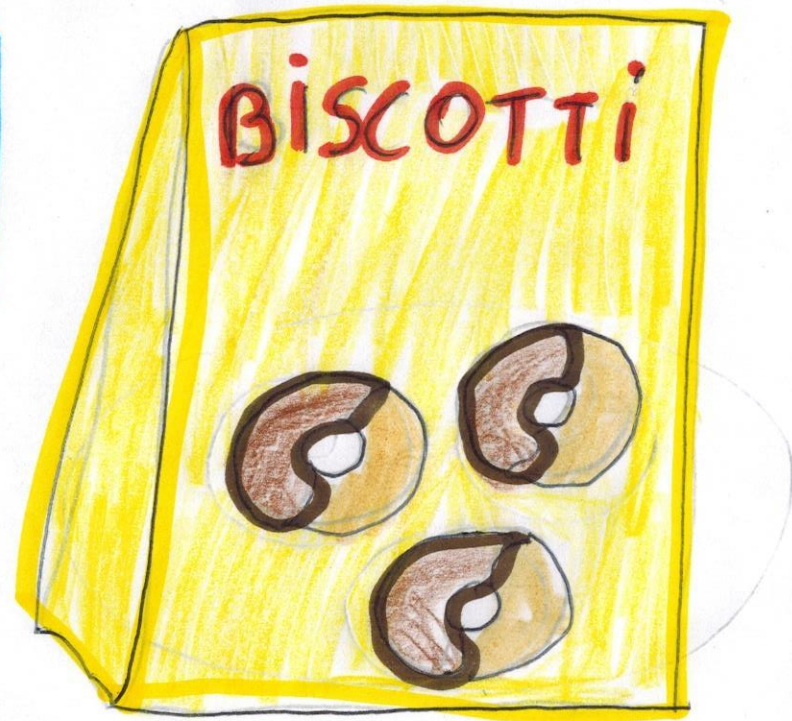
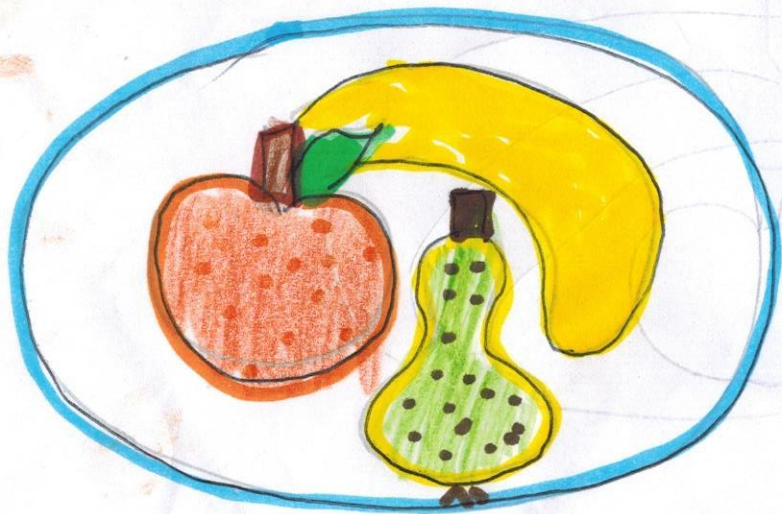
LA COLAZIONE



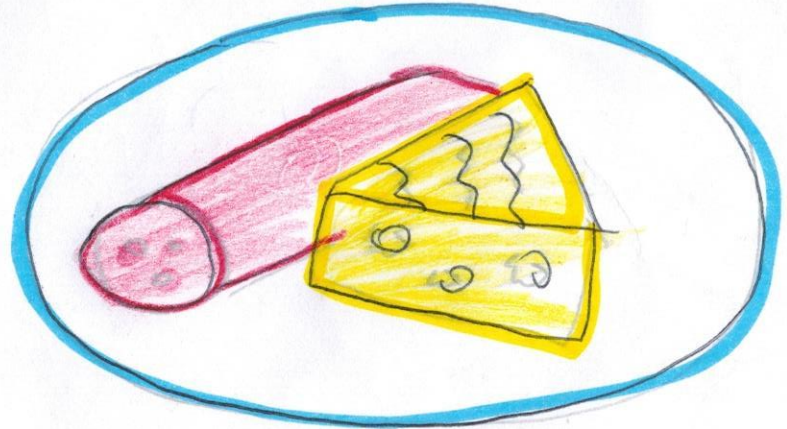
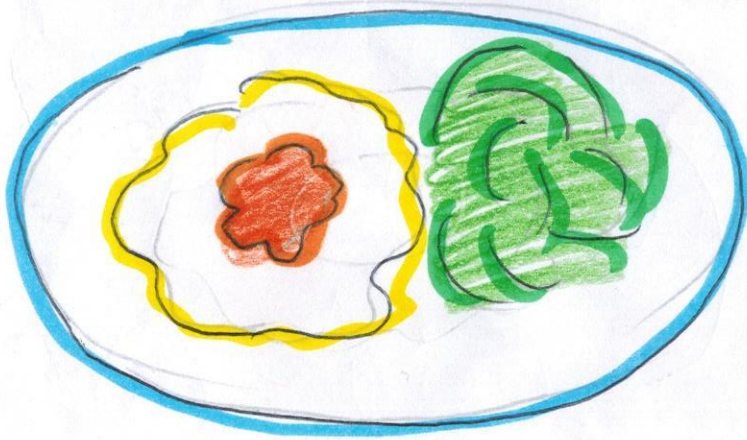
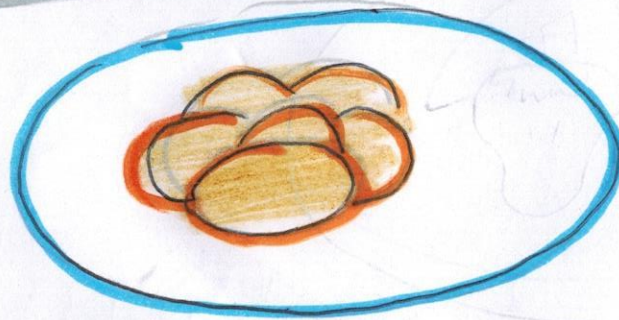
# A MEZZOGIORNO: PRANZO



NEL POMERIGGIO FACCIO:  
MERENDA!



LA SERA: CENA!



# EDUCAZIONE ALIMENTARE

## PARTE SECONDA

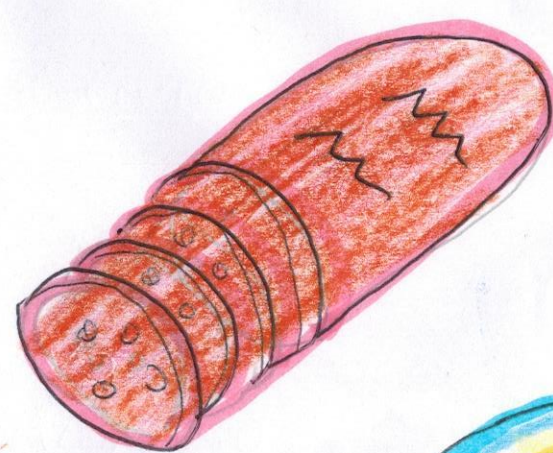
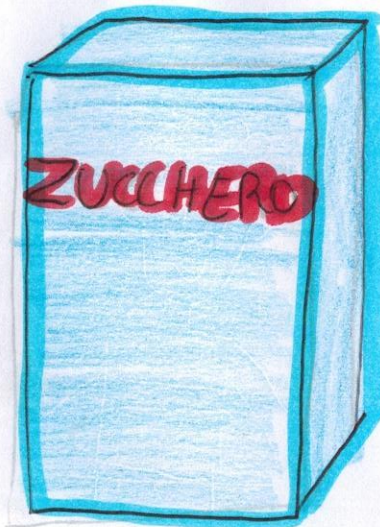
PROTEINE - CARBOIDRATI VITAMINE

SALI-MINERALI - LIPIDI O GRASSI

CHE COSA CI DANNO?

- 1) CI FANNO CRESCERE
- 2) CI DANNO L'ENERGIA PER FARE LE COSE
- 3) CI PRESERVANO DALLE MALATTIE
- 4) SERVONO PER DARE SAPORE

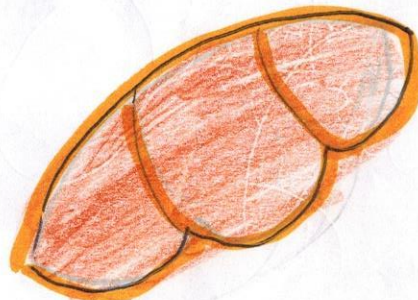
I CARBOEDRATI CI DANNO L'ENERGIA  
OSSIA LA FORZA PER FARE LE COSE  
ESSI SI TROVANO NEI SEGUENTI ALIMENTI:



PANE



PASTA



CORNETTO



PANINO



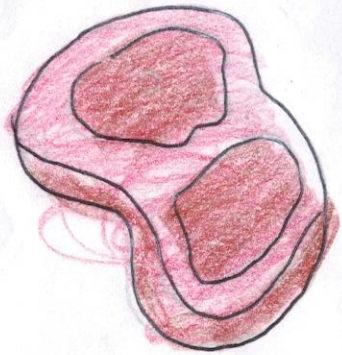
CIOCOLATO

LE PROTEINE CI FANNO CRESCERE E CI VENGONO  
FORNITE DA QUESTI ALIMENTI:

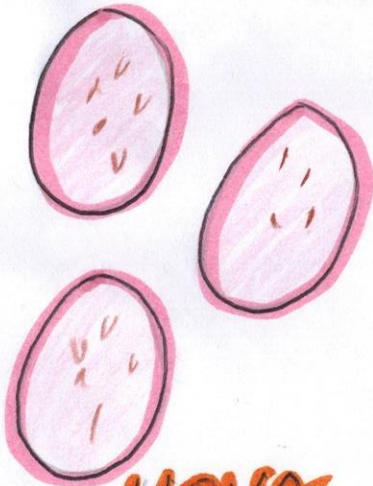
ERO  
PICCOLO



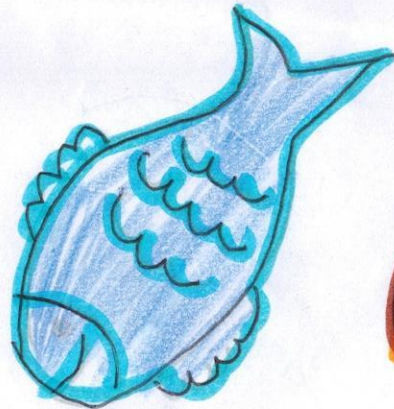
SONO  
CRESCIUTO



BISTECCA



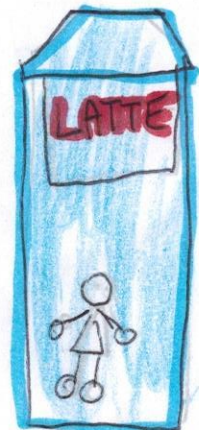
UOVA



PESCE



POLLO



LATTE



FORMAGGIO

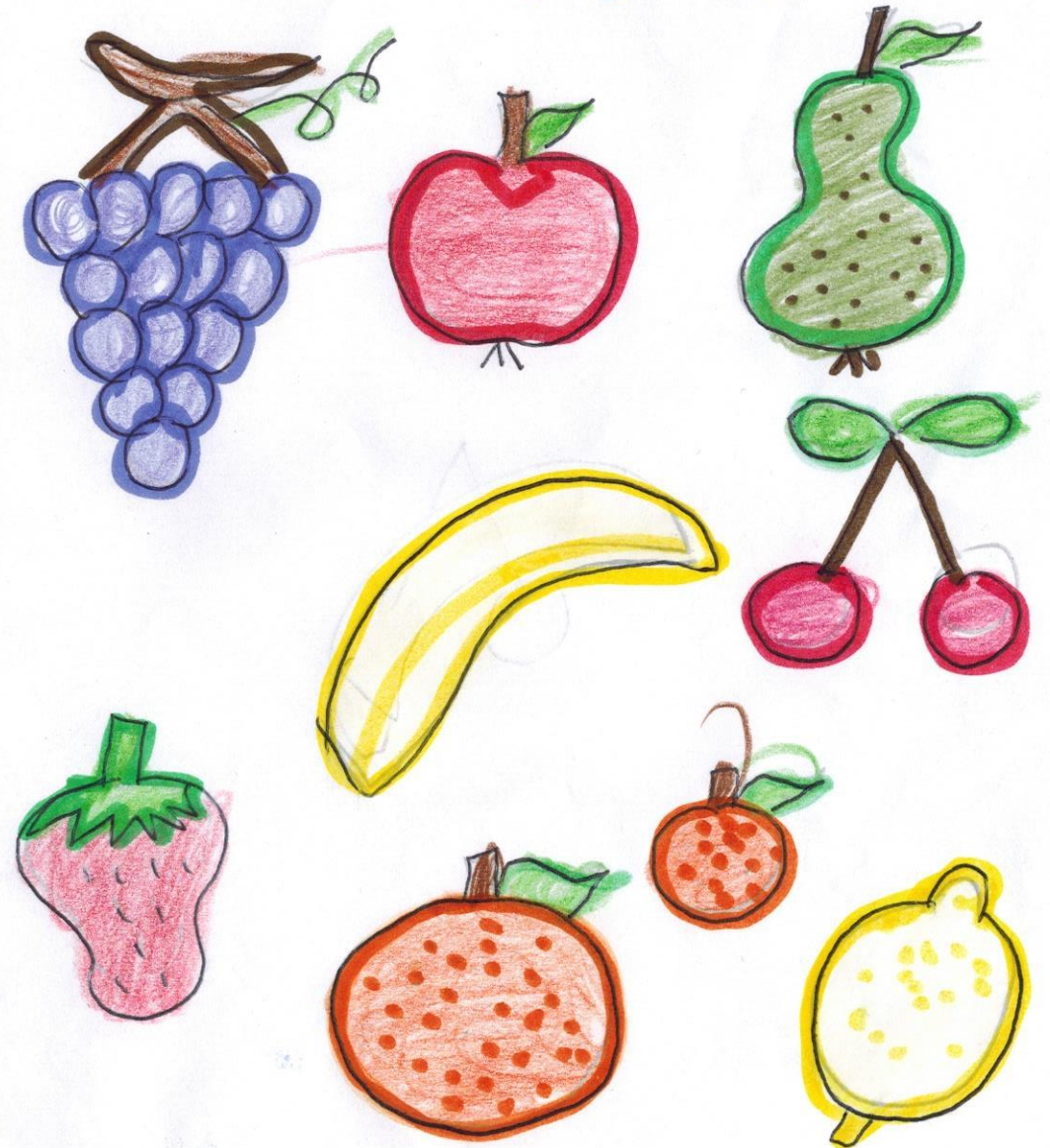


LE VITAMINE E I SALI MINERALI CI PROTEGGONO  
DALLE MALATTIE E SI TROVANO NEI SEGUENTI  
ALIMENTI

## ORTAGGI



## FRUTTA



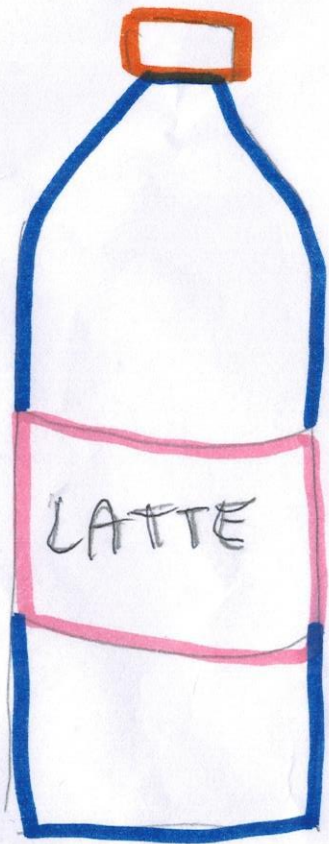
LIPIDI O GRASSI  
SE MANGIATI IN ECCESSO PORTANO  
L'OBESITA'



# BEVANDE SANE



ACQUA



LATTE



SUCCO DI FRUTTA



PER VIVERE BENE  
BISOGNA MANGIARE UN PO' DI  
TUTTO SENZA ESAGERARE

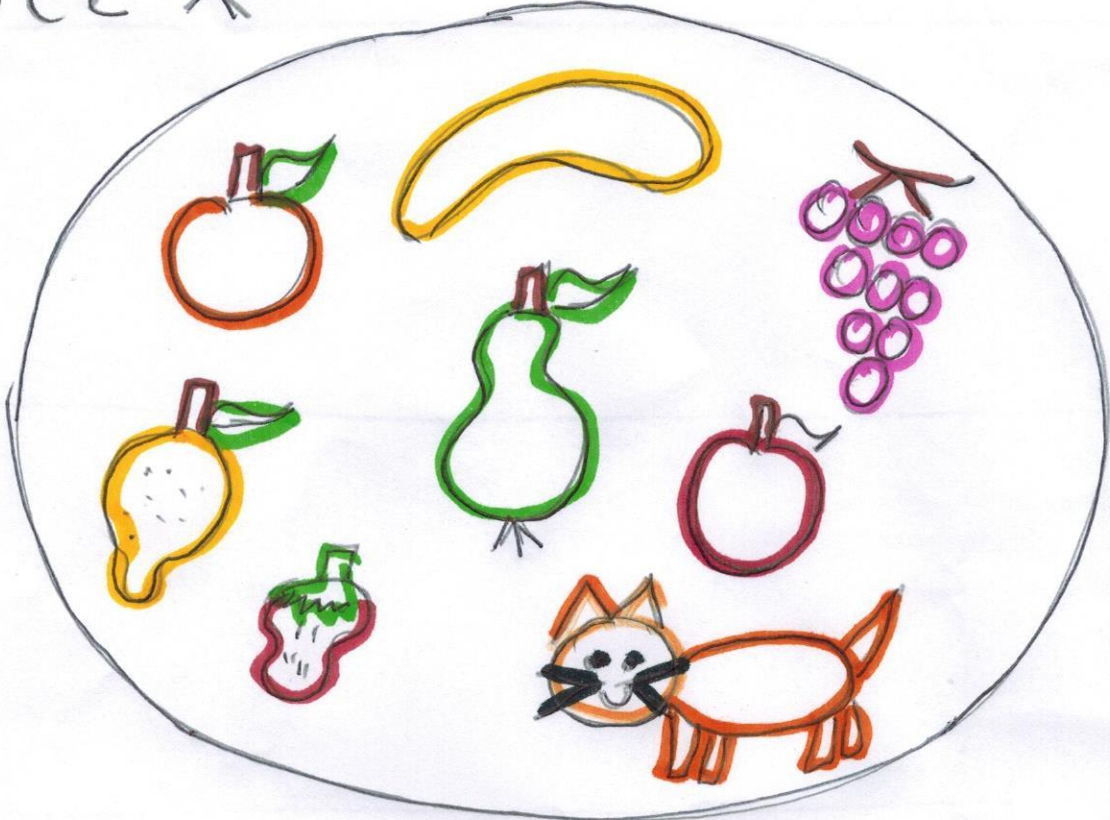
LA  
PERSONA CHE MANGIA  
IN MODO CORRETTO HA UNA  
LINEA  
PERFETTA



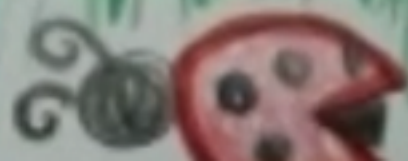
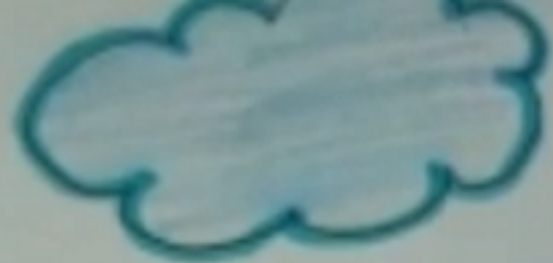
LA PERSONA CHE MANGIA NON  
IN MODO  
CORRETTO  
E' OBESA



NEI DUE INSIEMI C'È UN INTRUSO  
CERCALO E TRACCIACI SU UNA  
CROCE X

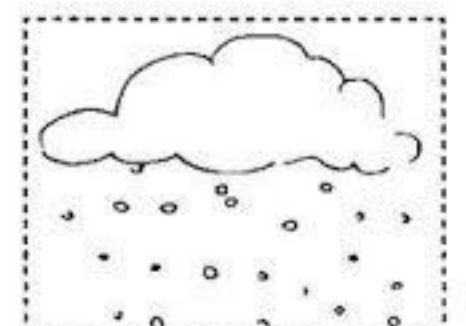
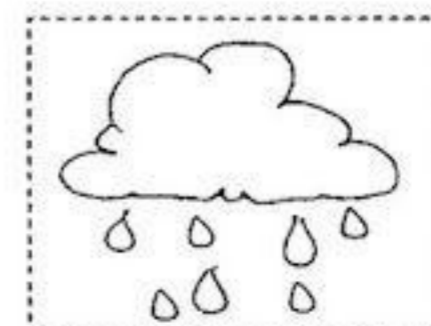
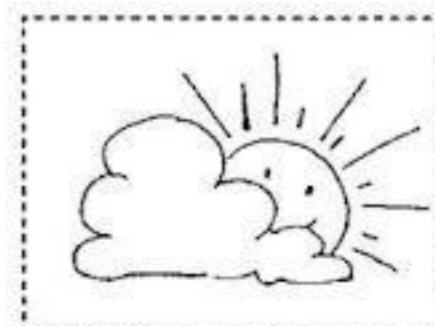
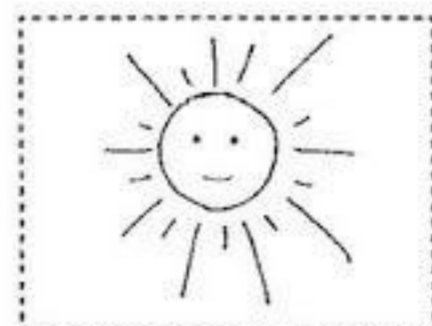
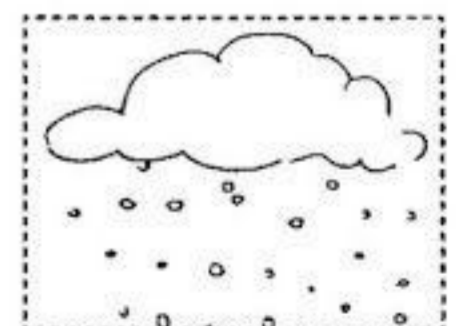
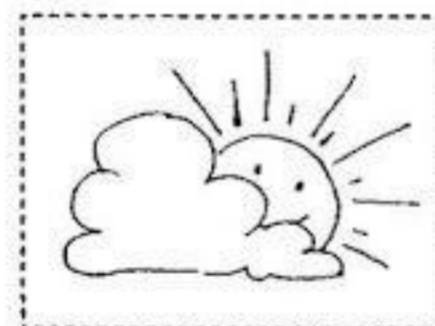
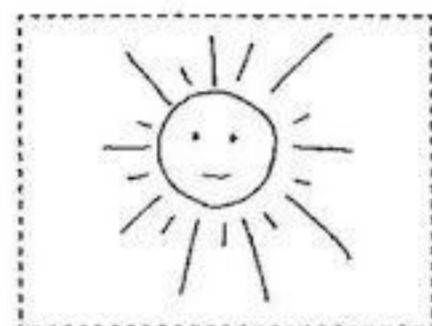


COLORA SOLO LA FRUTTA E GLI  
ORTAGGI



# REGISTRATEMPO

LUNEDÌ	
MARTEDÌ	
MERCOLEDÌ	
GIOVEDÌ	
VENERDÌ	
SABATO	
DOMENICA	

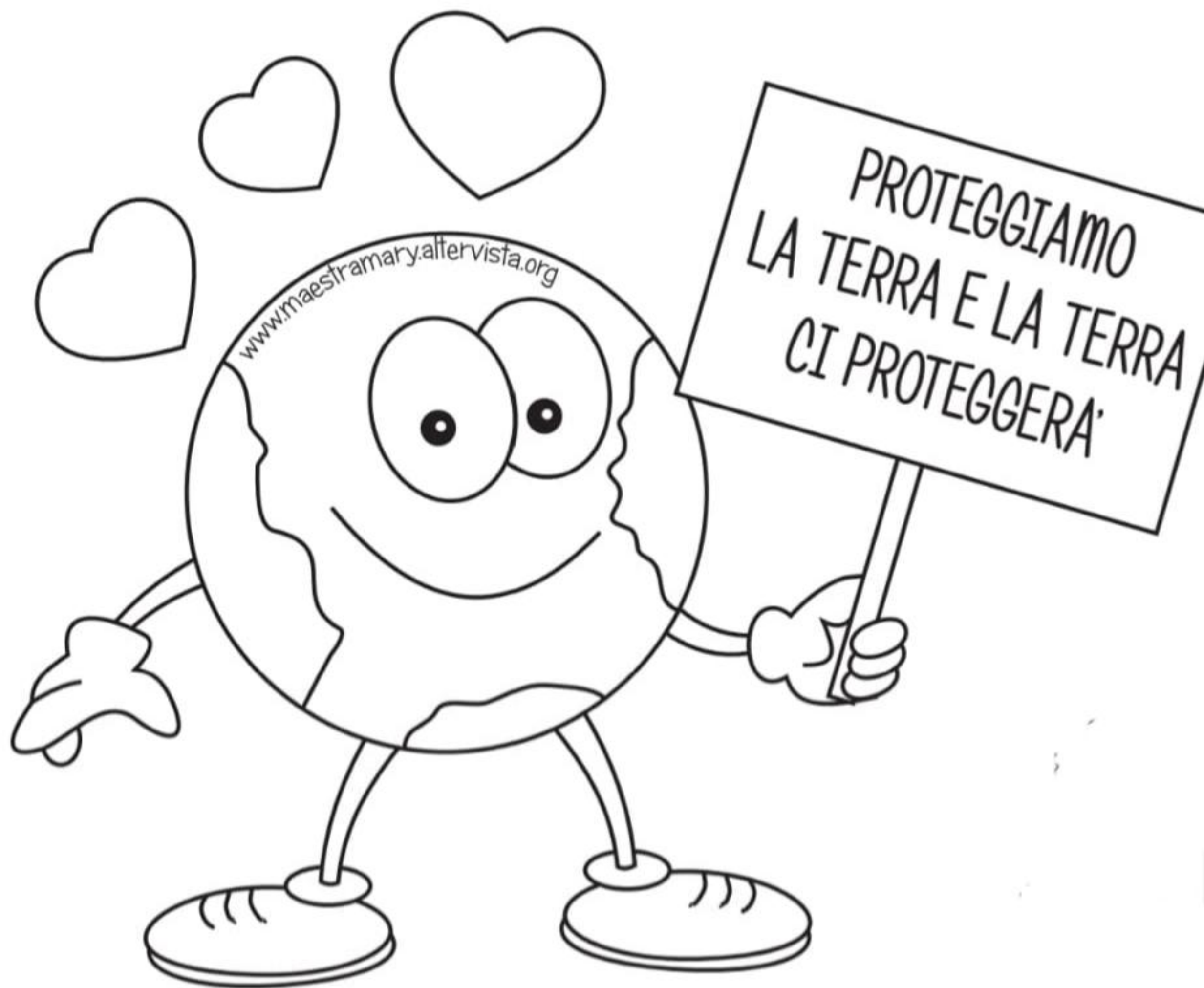


*OBBIETTIVO:* OSSERVARE SISTEMATICAMENTE IL TEMPO METEOROLOGICO.

*ATTIVITÀ:* RITAGLIA LE TESSERE E INCOLLALE SUL REGISTRATEMPO.

22 Aprile Giornata Mondiale della

Terra





OCCORRENTE:

1 FOGLIO BIANCO

1 PENNARELLO MARRONE

1 PENNARELLO VERDE

1 PENNARELLO GIALLO

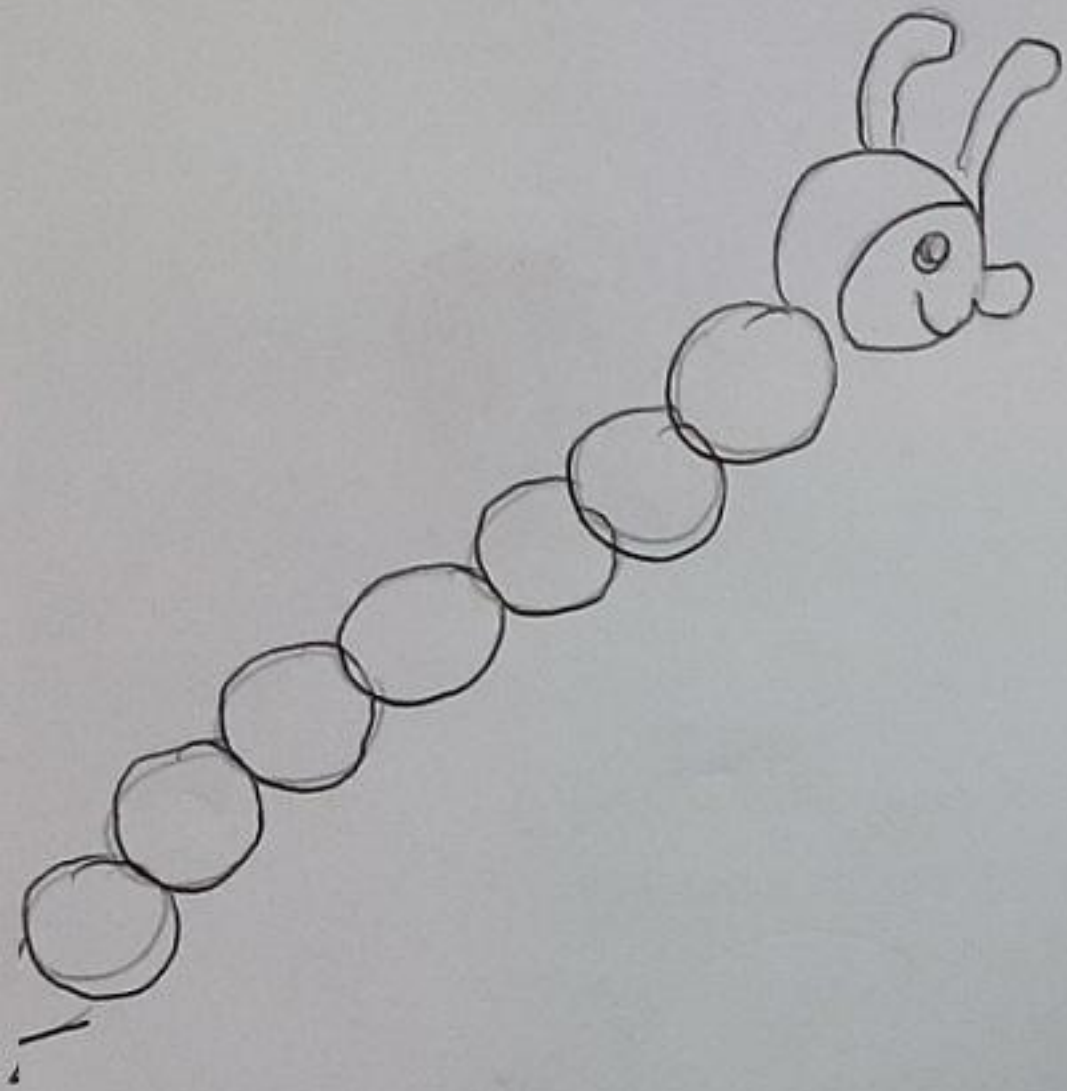
1 PENNARELLO ROSA

ATTIVITÀ DIDATTICA

15/04/2020

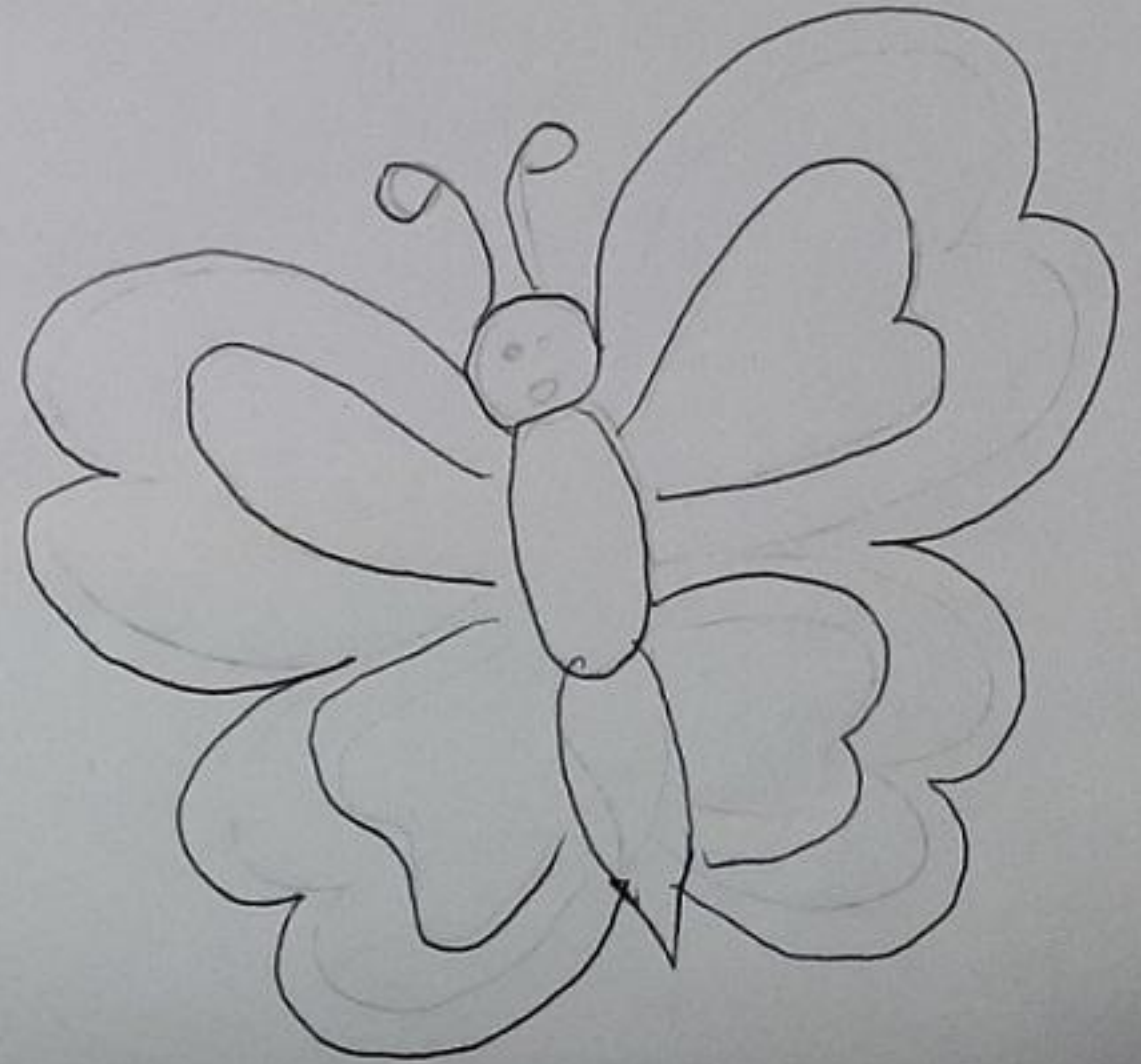


PRIMA



BRUCCO

DOPO



FARFALLA

ATTIVITÀ DIDATTICA

16/04/2020

COSA FACCIAMO OGGI?

1) VEDIAMO COME È  
FATTO UN FIORE!

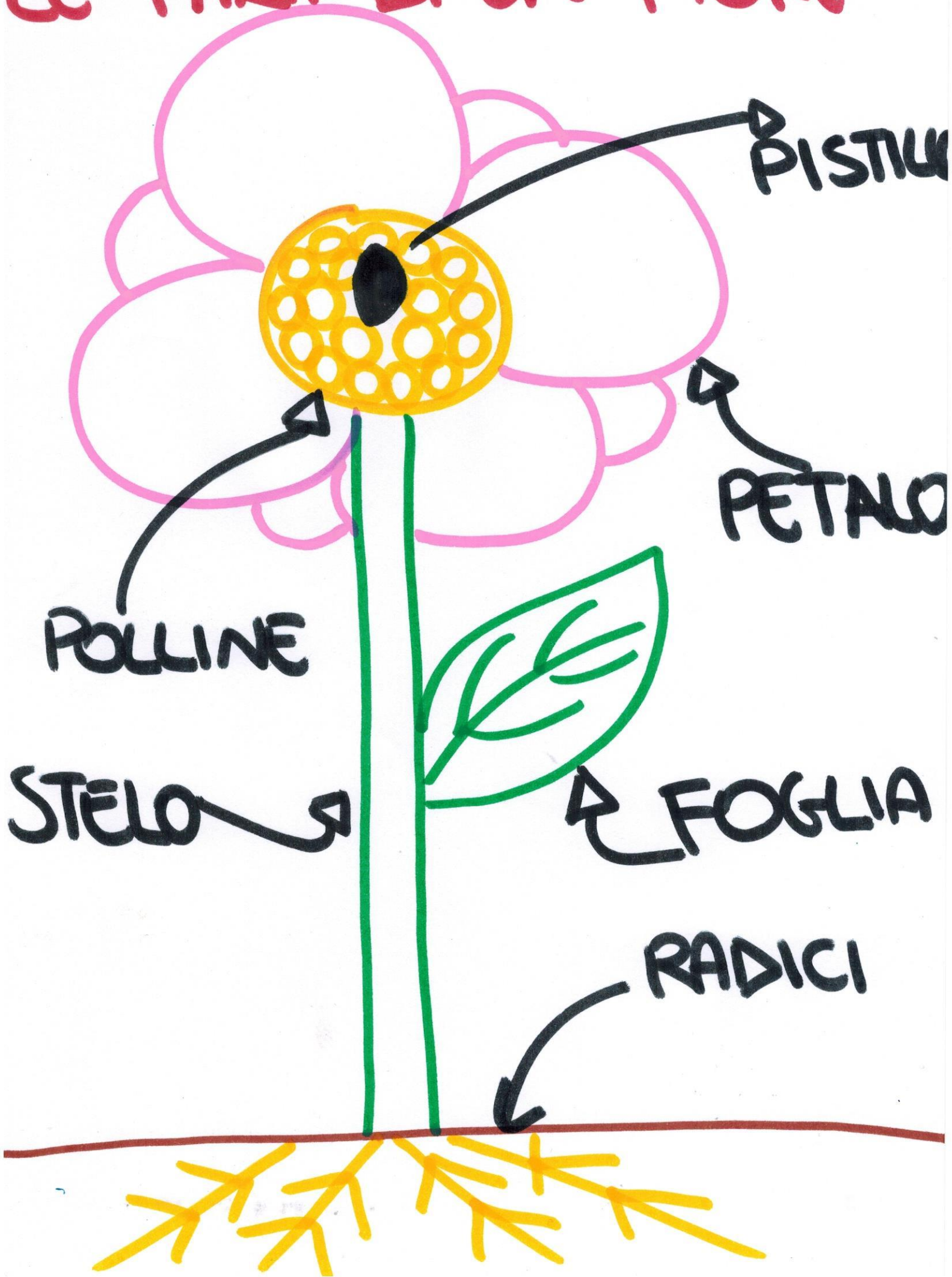
2) DISEGNIAMO INSIEME

UN TULIPANO,

UN PAPAVERO,

UNA MARGHERITA!

# LE PARTI DI UN FIORE



PISTILLO

PETALO

POLLINE

STELO

FOGLIA

RADICI

10 81ET

10



20 DIET

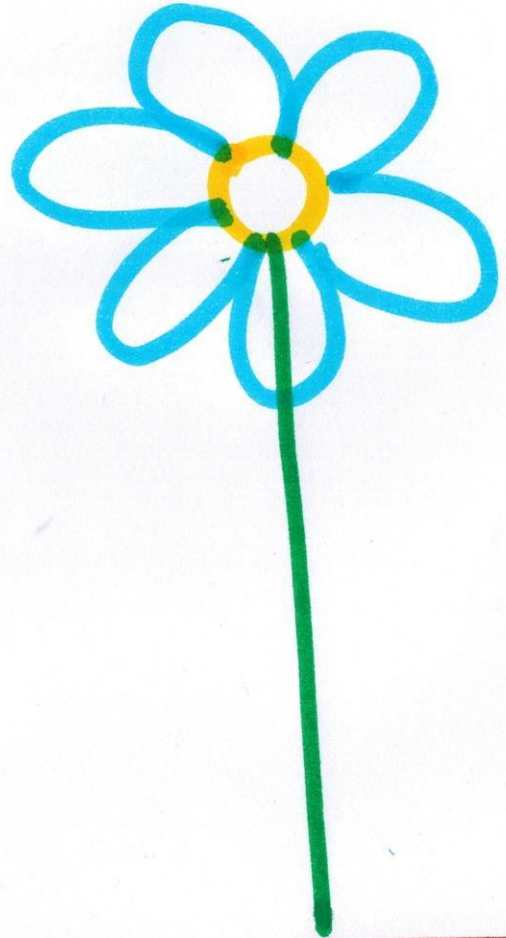
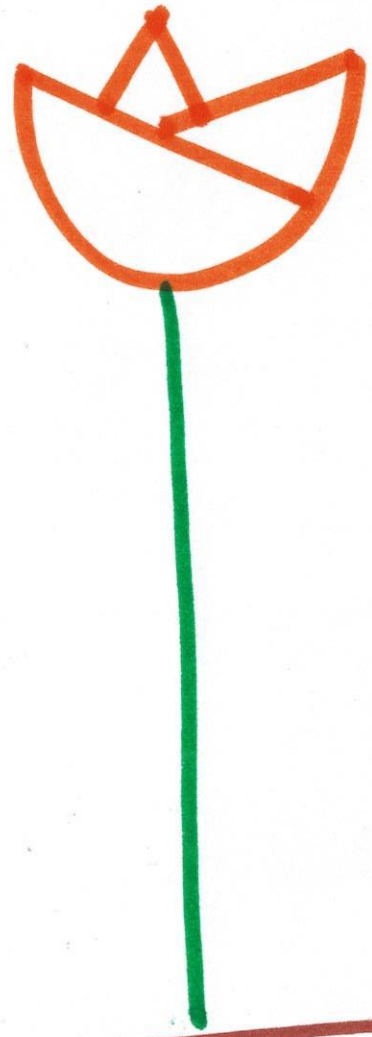


30 DIET

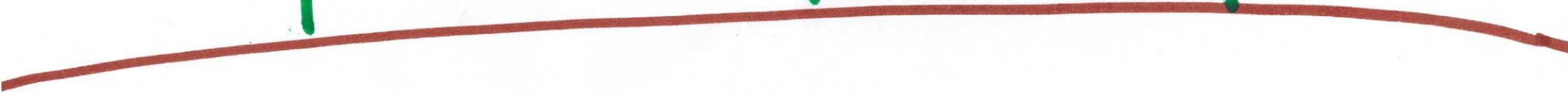
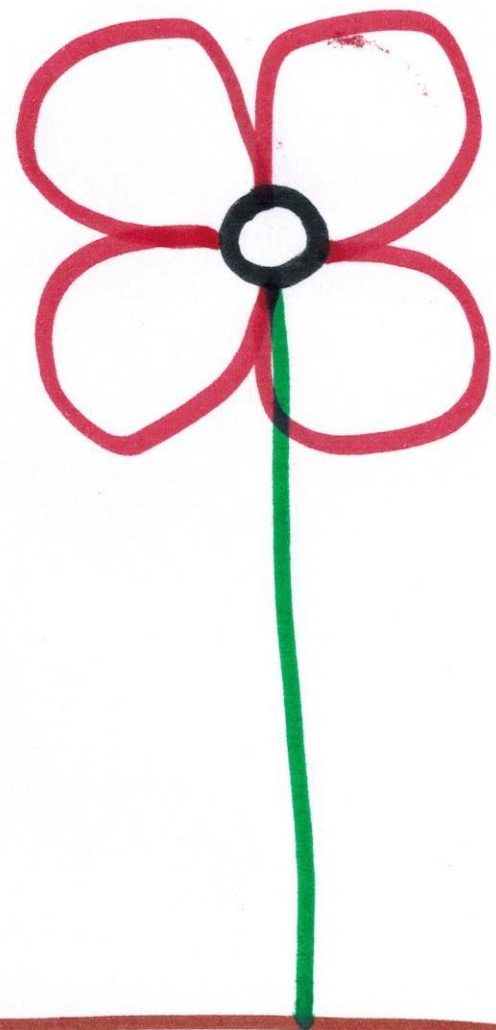
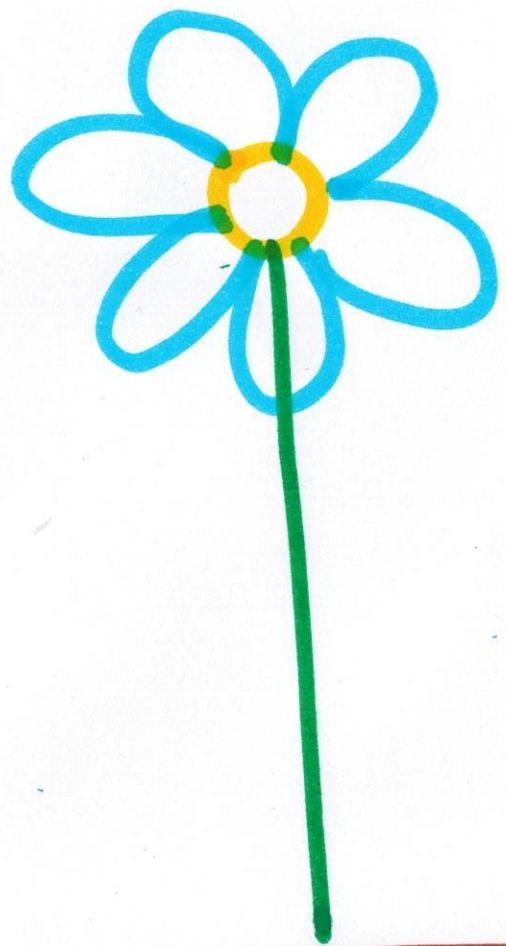
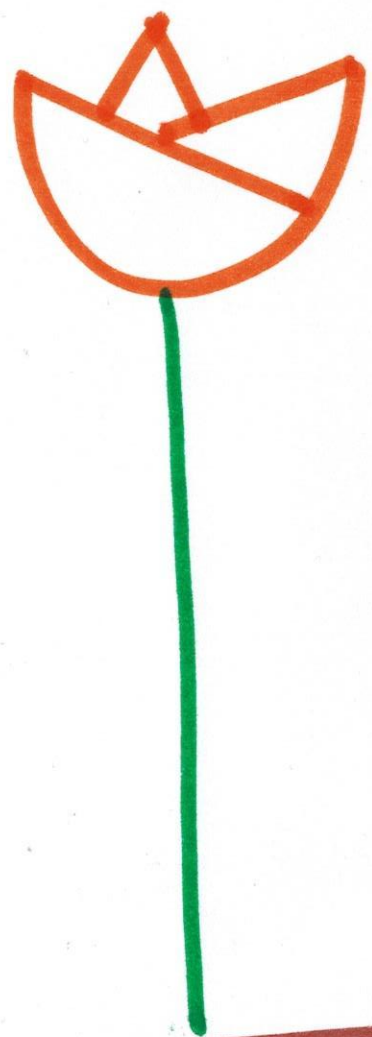




50  
DIEP



2 STEP



5<sup>th</sup> STEP

