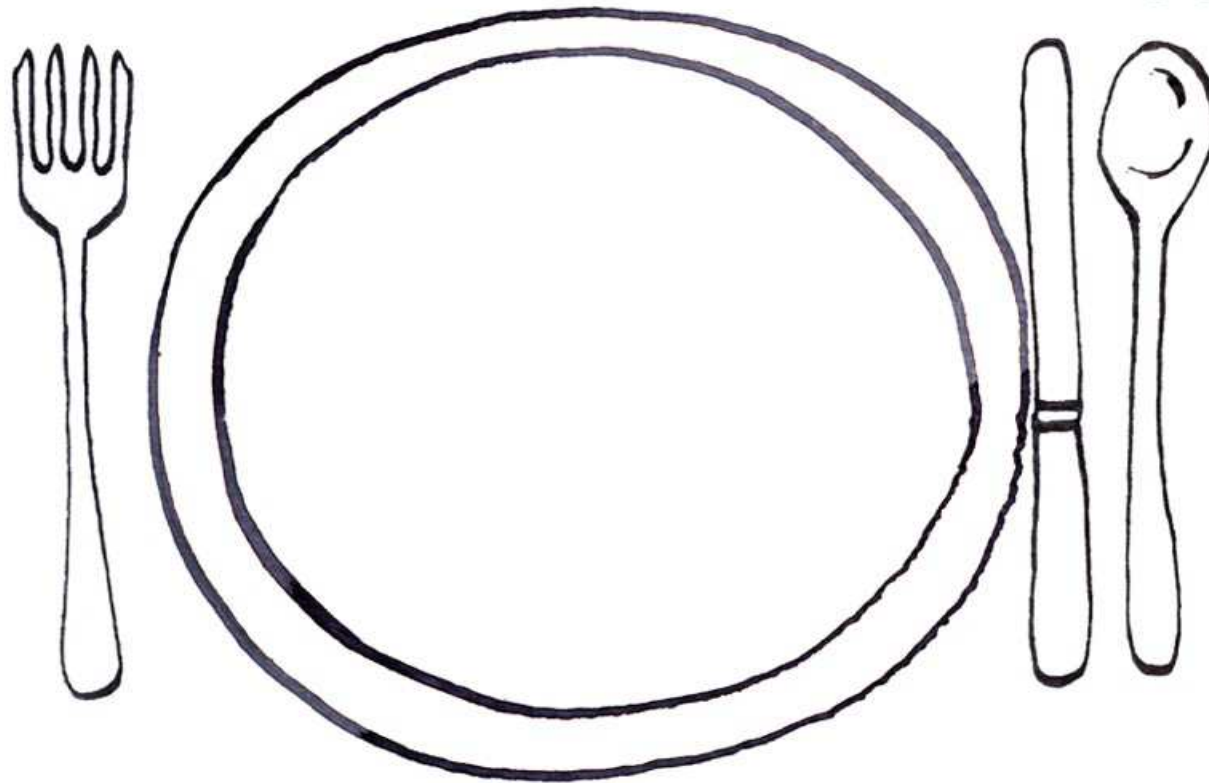


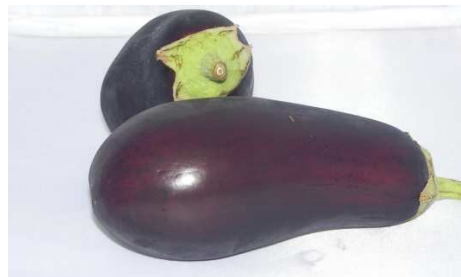
MORDI IL COLORE!



Componi un menu di 5 colori scegliendo tra i tuoi ortaggi e frutti preferiti, e disegna la tua tovaglietta!

I bimbi grandi possono disegnare da soli la frutta e gli ortaggi, gli altri invece possono ritagliare e incollare dalle schede successive

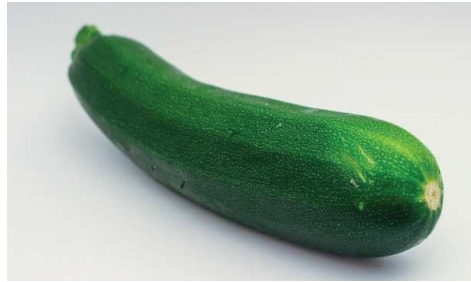
Eat the Rainbow



Eat the Rainbow



Eat the Rainbow



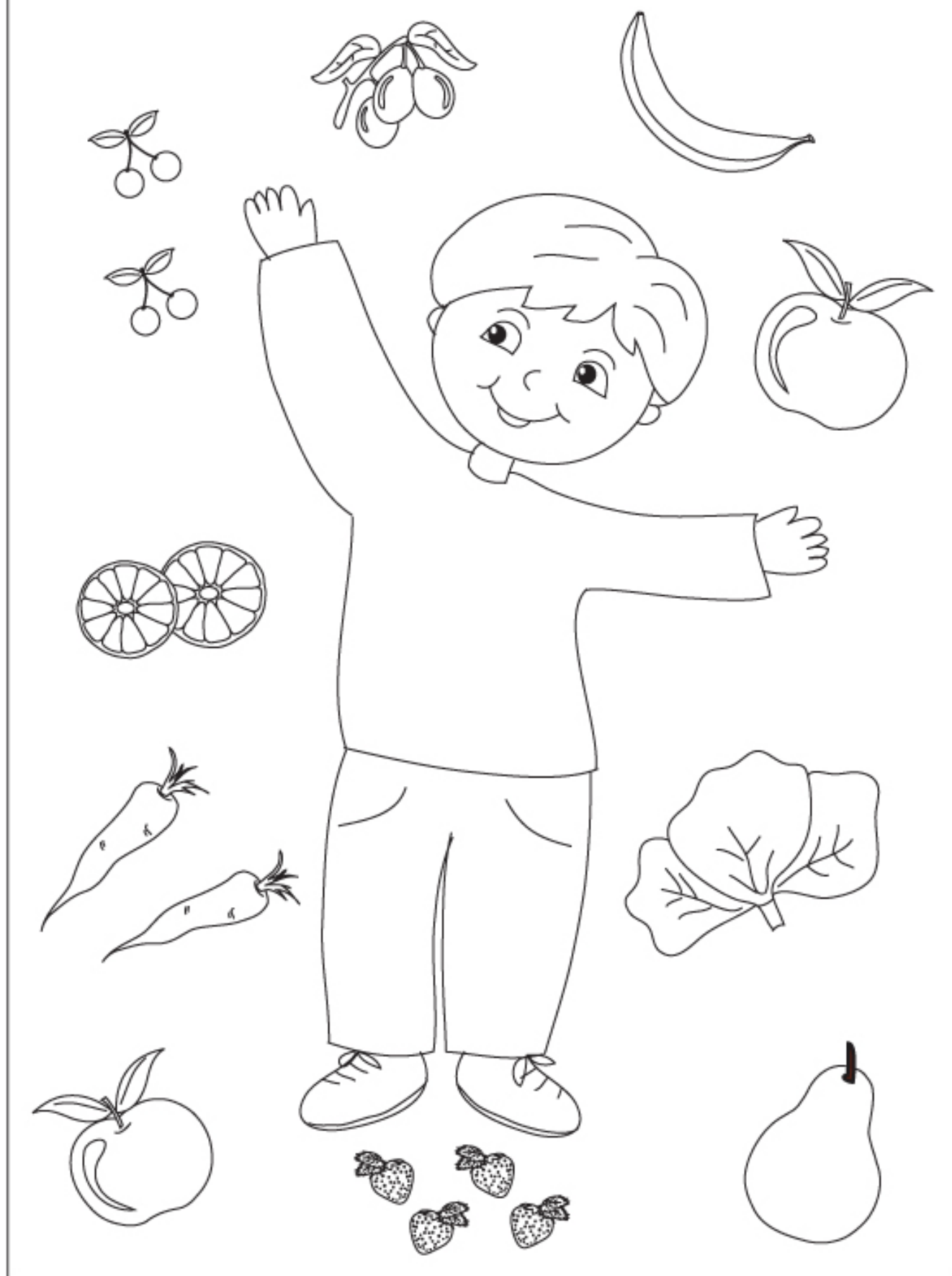
F

MANGIANDO... IN RIMA!



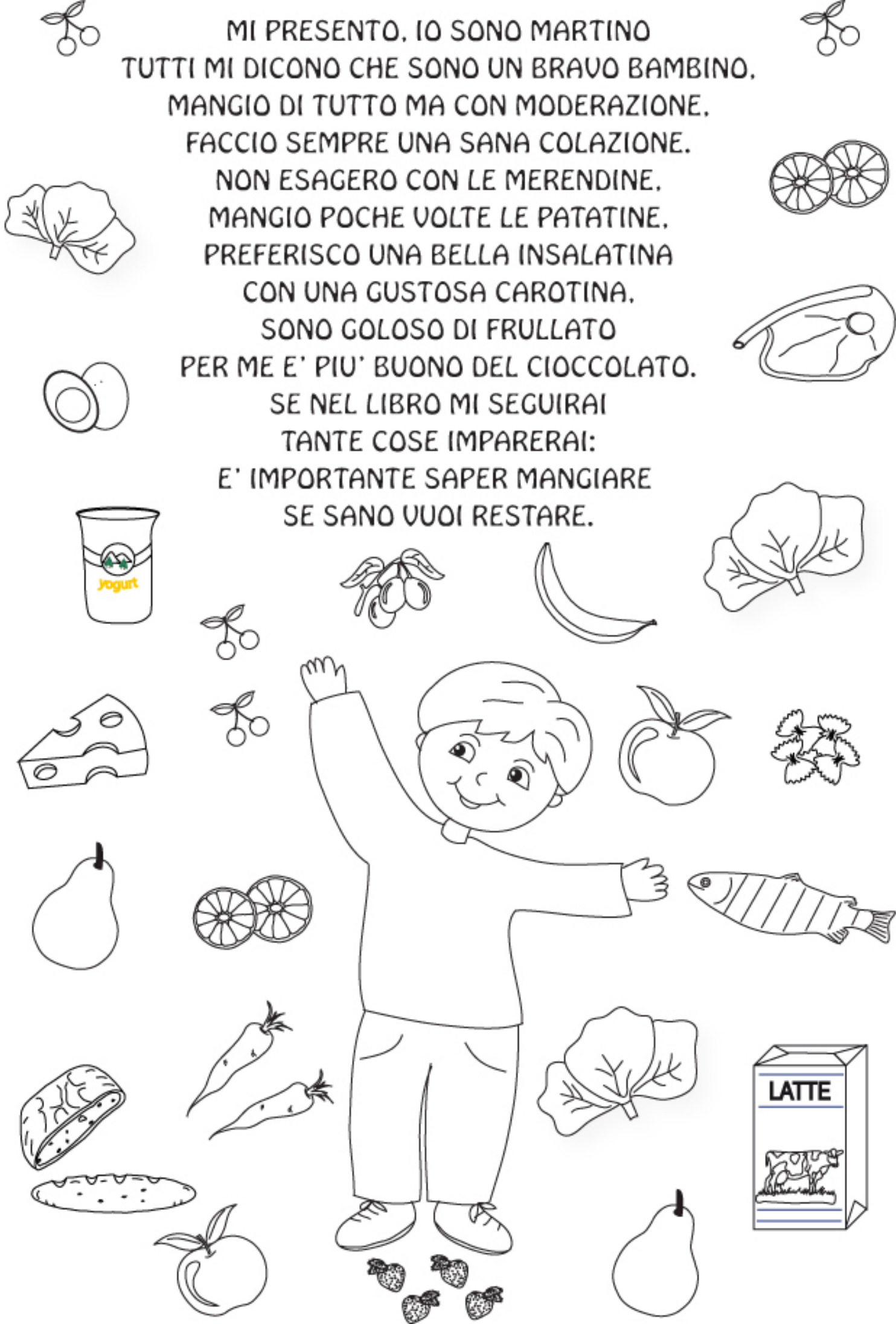
RITA SABATINI
www.fantavolando.it

MANGIANDO... IN RIMA!



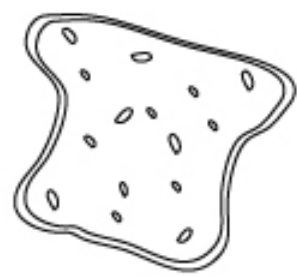
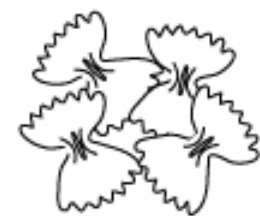
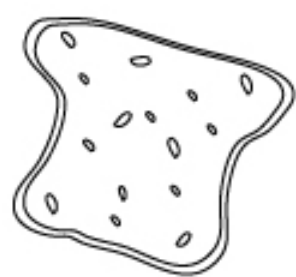
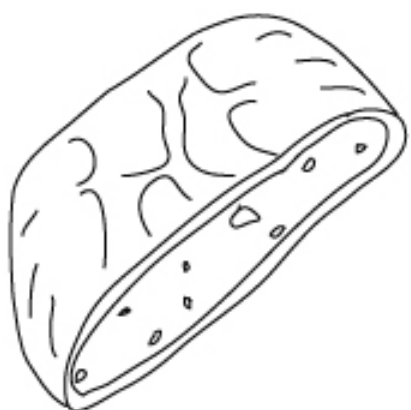
PROGETTO DI RITA SABATINI

MI PRESENTO, IO SONO MARTINO
TUTTI MI DICONO CHE SONO UN BRAVO BAMBINO,
MANGIO DI TUTTO MA CON MODERAZIONE.
FACCIO SEMPRE UNA SANA COLAZIONE.
NON ESAGERO CON LE MERENDINE,
MANGIO POCHE VOLTE LE PATATINE,
PREFERISCO UNA BELLA INSALATINA
CON UNA GUSTOSA CAROTINA,
SONO GOLOSO DI FRULLATO
PER ME E' PIU' BUONO DEL CIOCCOLATO.
SE NEL LIBRO MI SEGUIRAI
TANTE COSE IMPARERAI:
E' IMPORTANTE SAPER MANGIARE
SE SANO VUOI RESTARE.



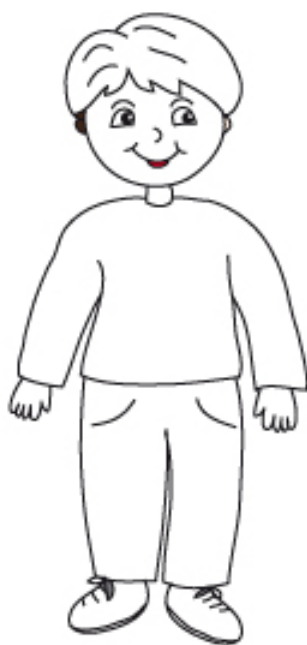


PANE E PASTA CHE ALLEGRIA
SE LI MANGI IN COMPAGNIA!



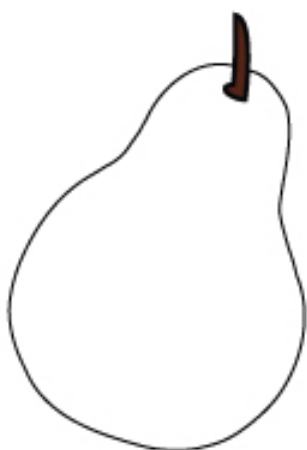
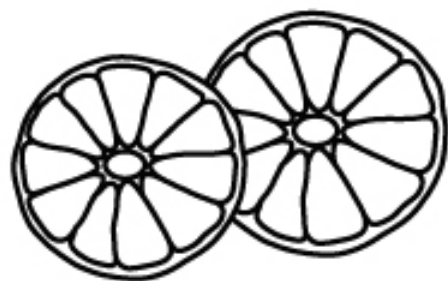


NELLA VERDURA TU LO SAI
TANTE VITAMINE TROVERAI.



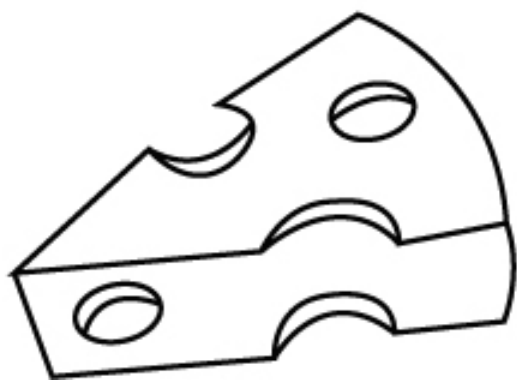
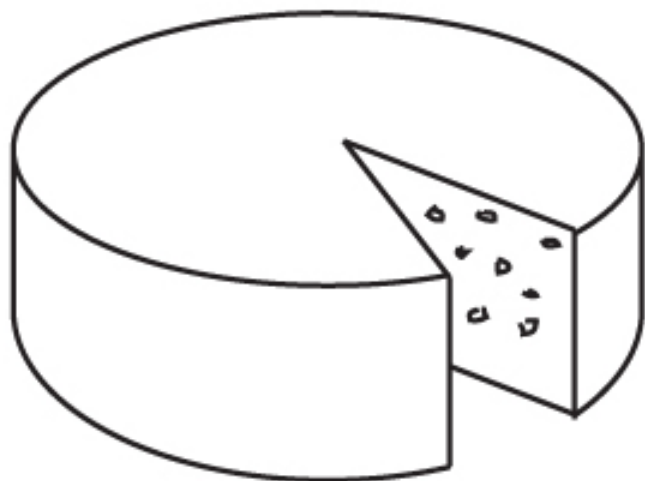
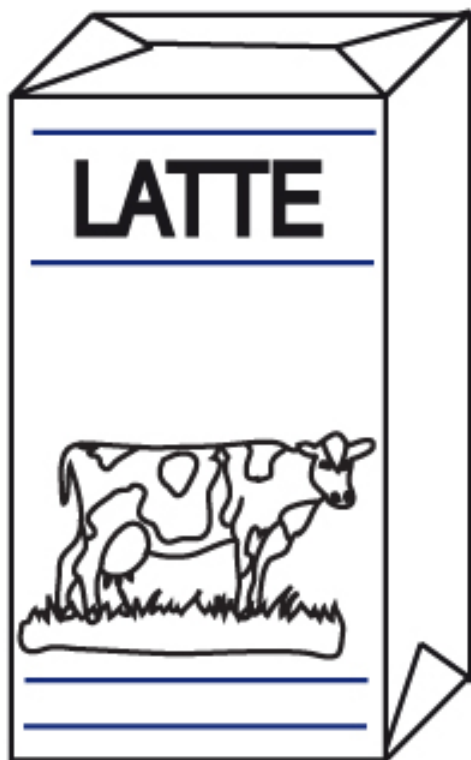
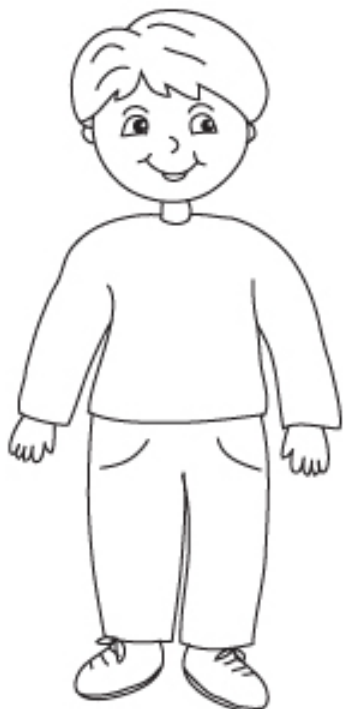


EUUVIVA LA FRUTTA
MANGIAMOLA TUTTA!



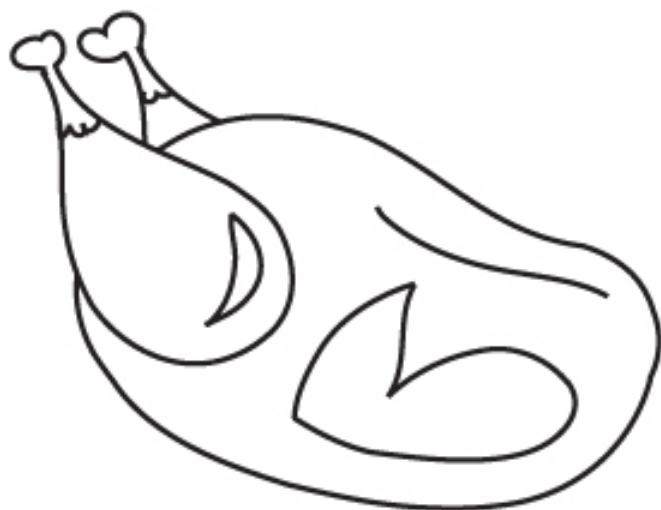
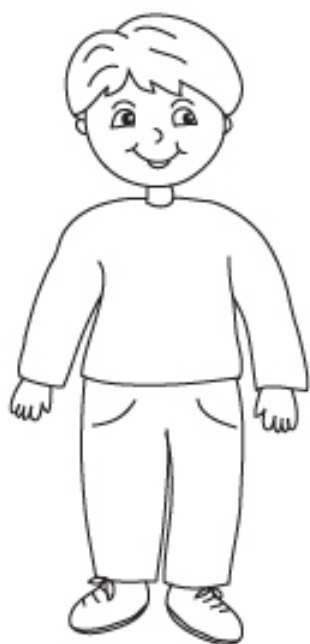


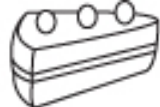
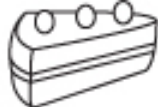
BEVI IL LATTE A COLAZIONE
E SARAI FORTE COME UN LEONE.



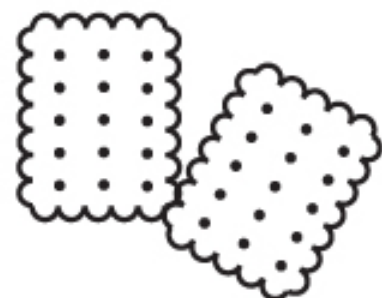
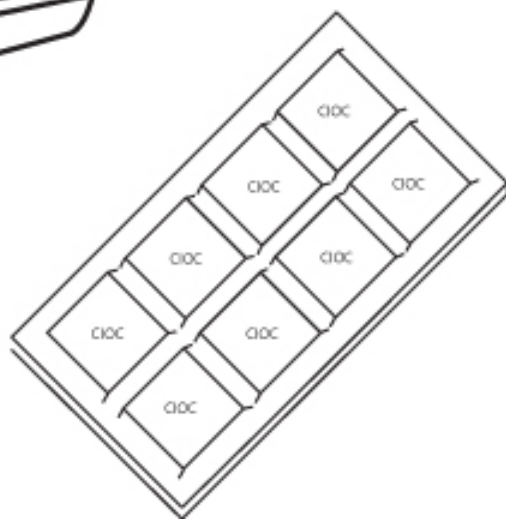
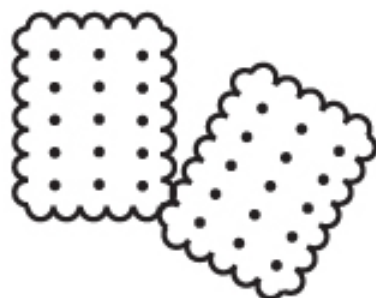
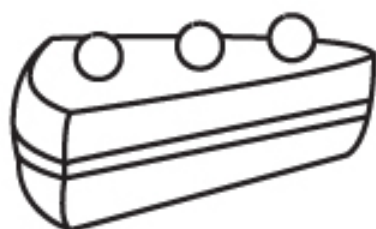
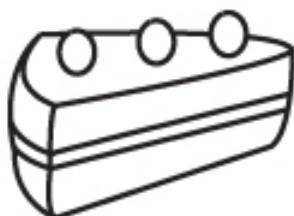
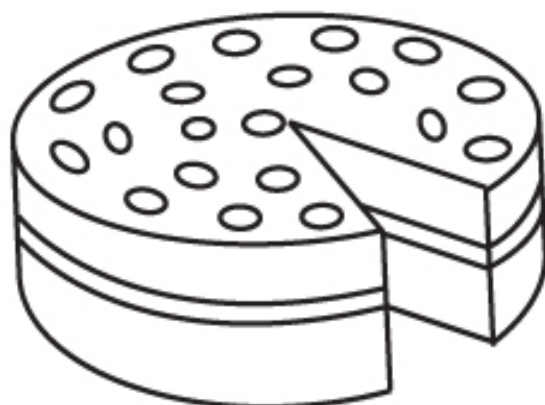
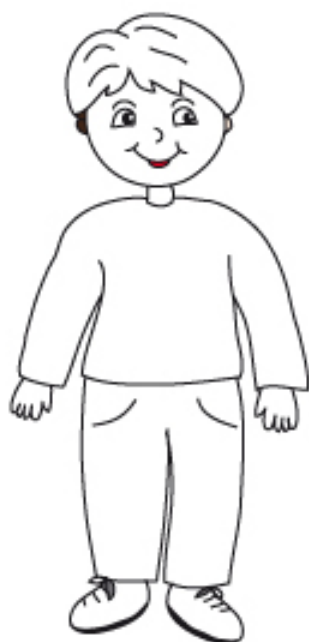


LE PROTEINE DI CARNE, UOVA E PESCE
SONO INDISPENSABILI PER CHI CRESCE.



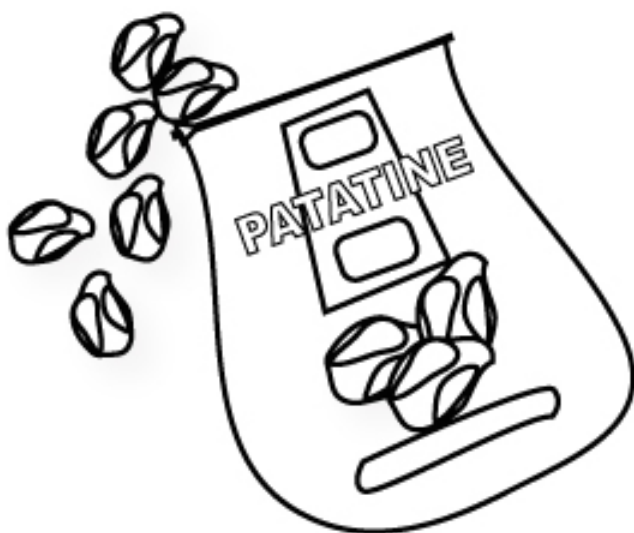
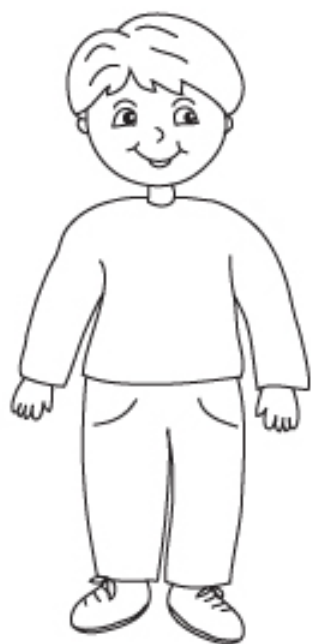


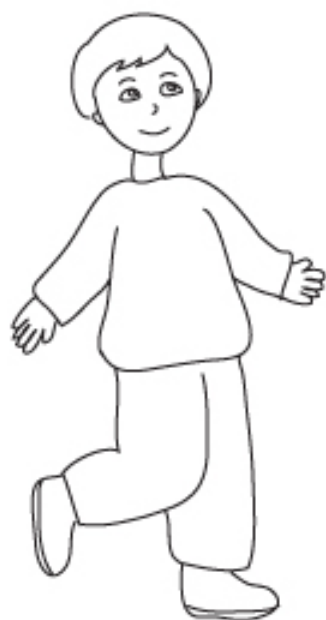
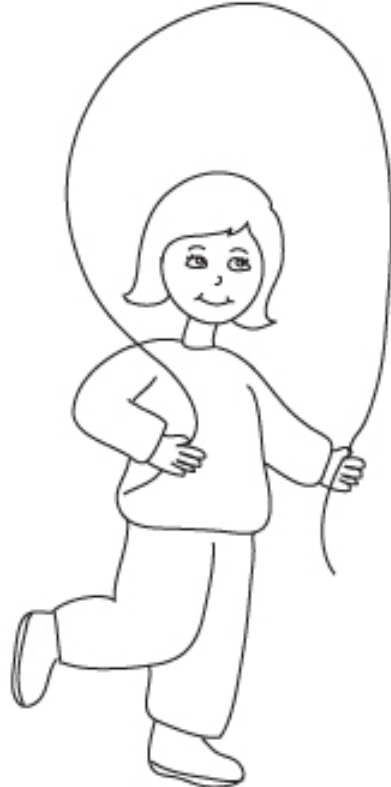
CONSUMA GLI ZUCCHERI CON MODERAZIONE,
MEGLIO MANGIARLI A COLAZIONE.





NON MANGIARE GRASSI IN QUANTITA'
O AVRAI IL PROBLEMA DELL'OBESITA'.

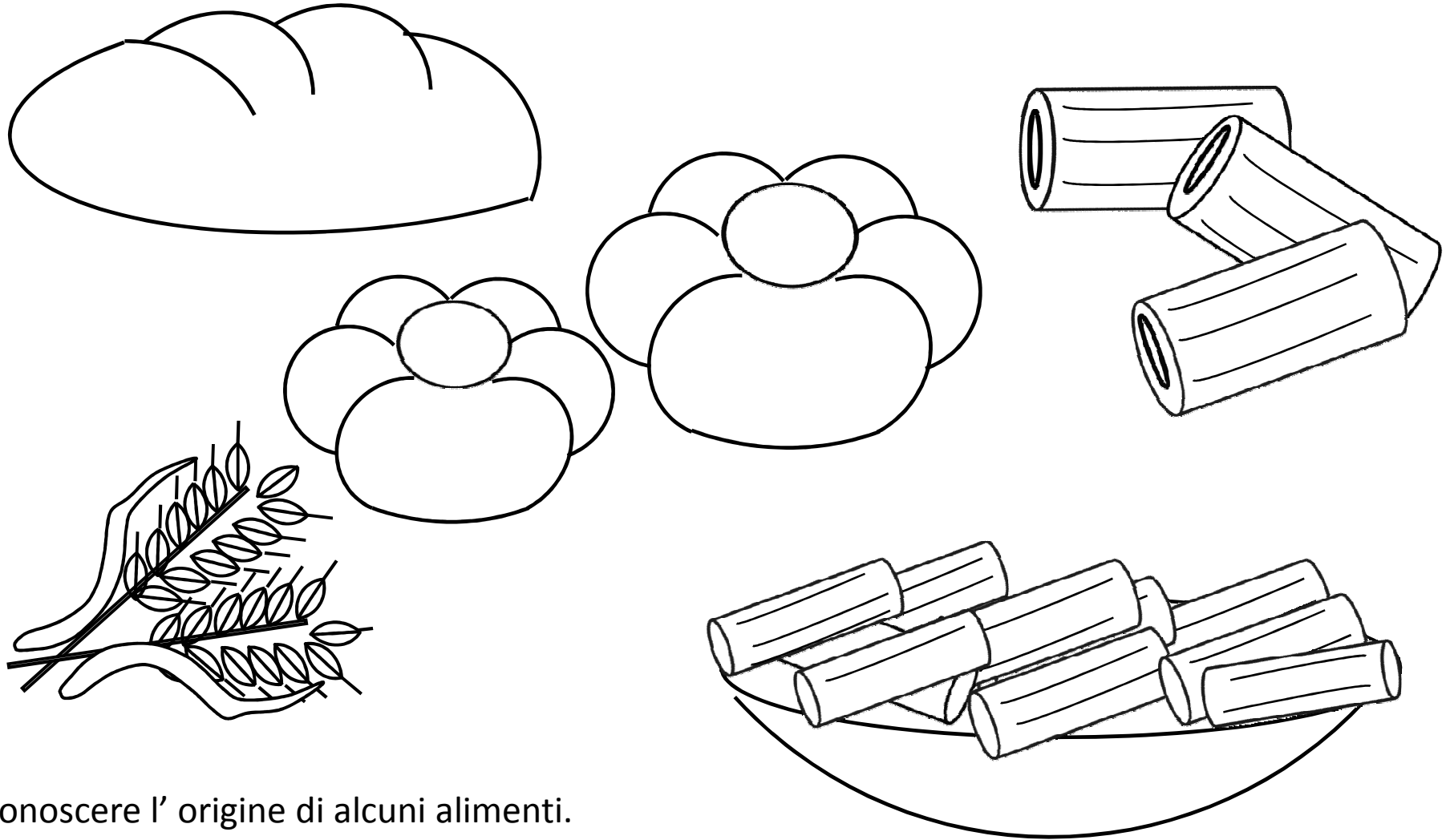




**E PER MANTENERTI SANO E CONTENTO
FAI SEMPRE TANTO MOVIMENTO.**

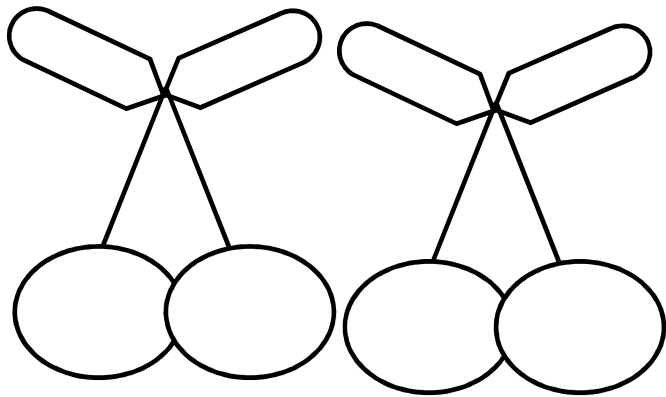
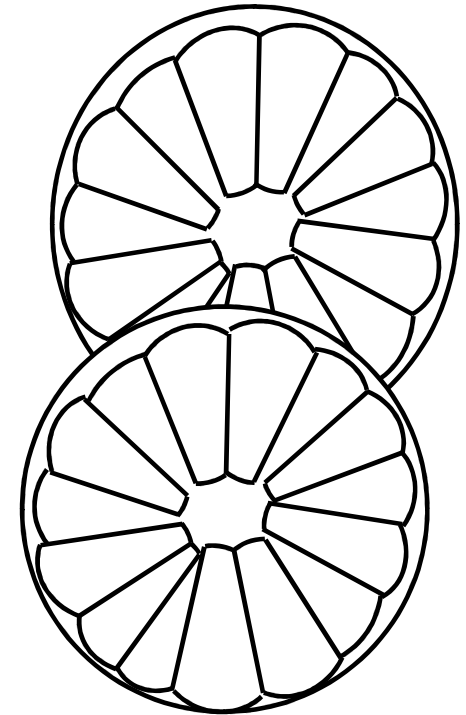
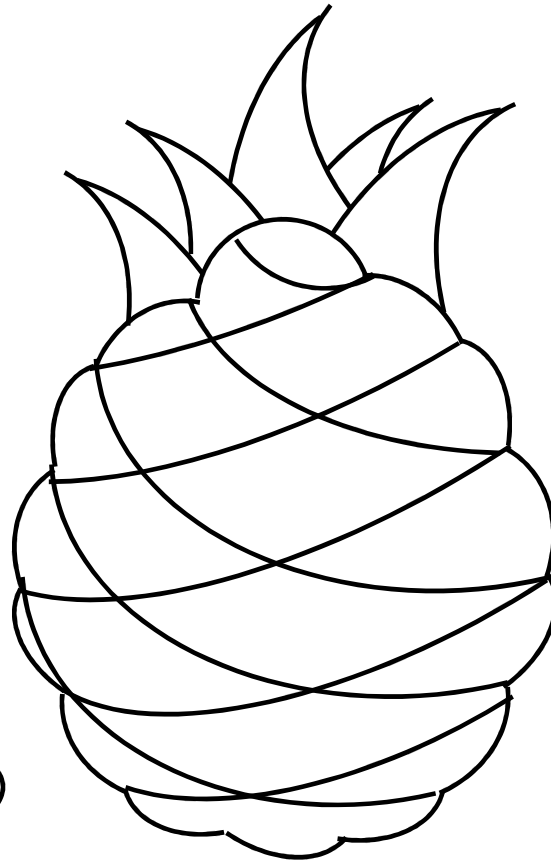
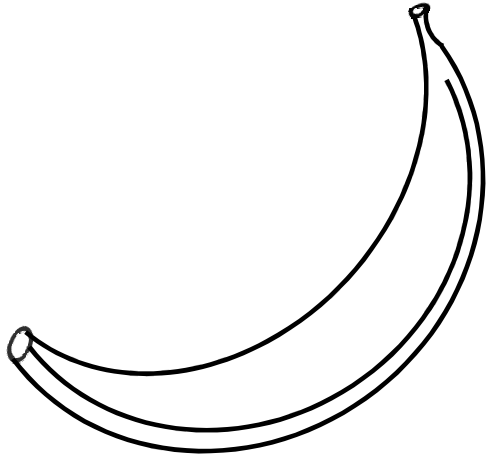


PANE E PASTA



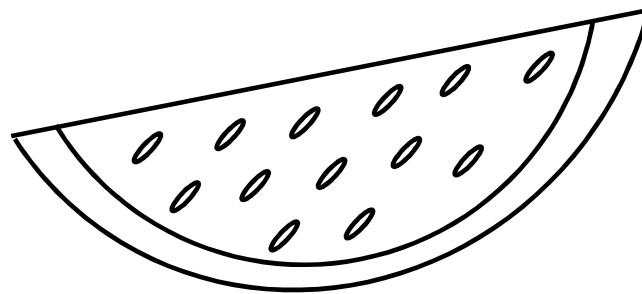
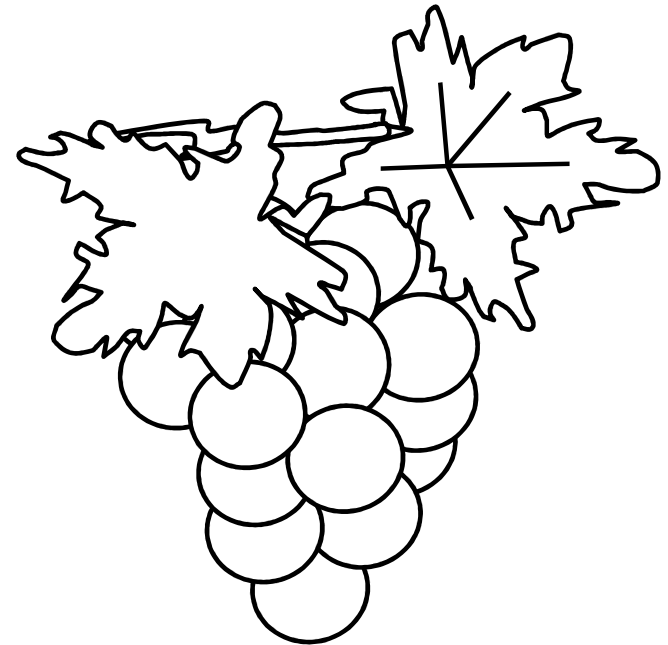
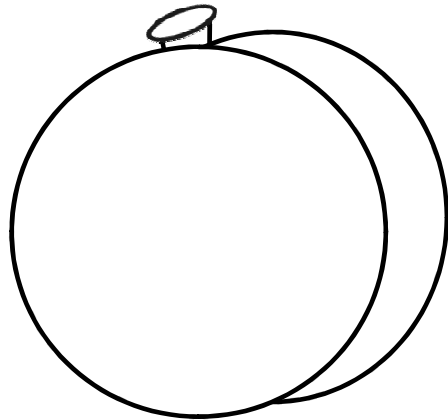
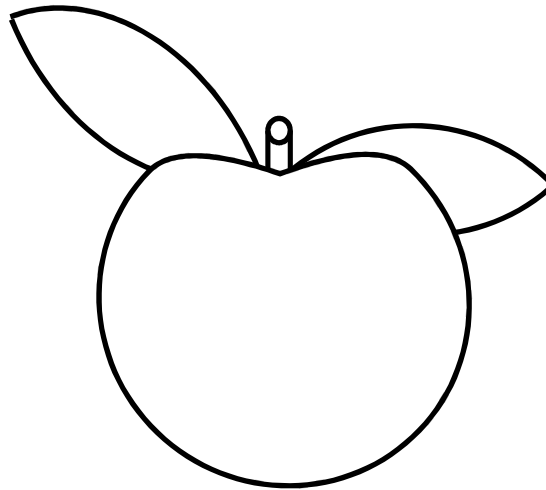
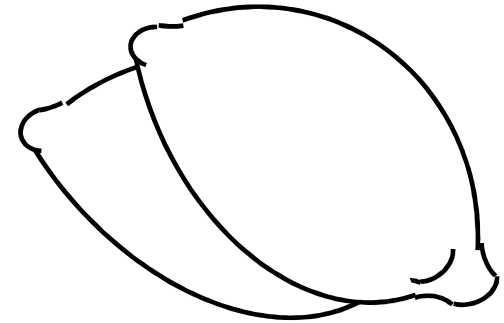
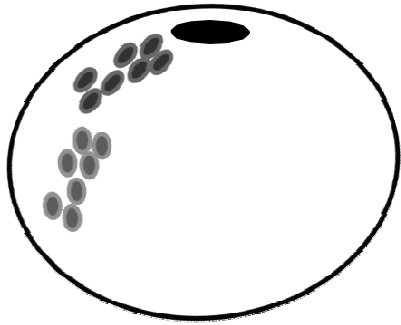
Conoscere l'origine di alcuni alimenti.
Come si fa il pane e la pasta?
Chi ci regala la farina?
Verbalizza e colora.

FRUTTA



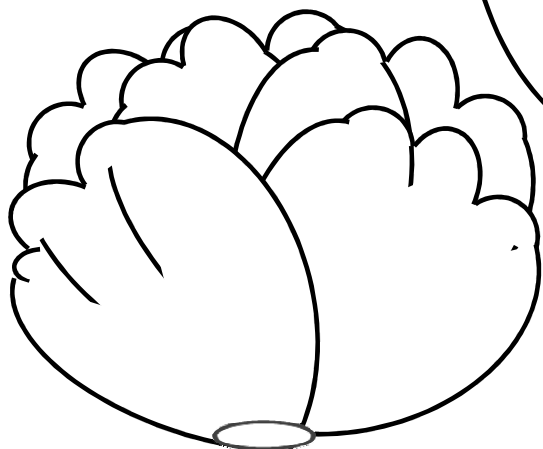
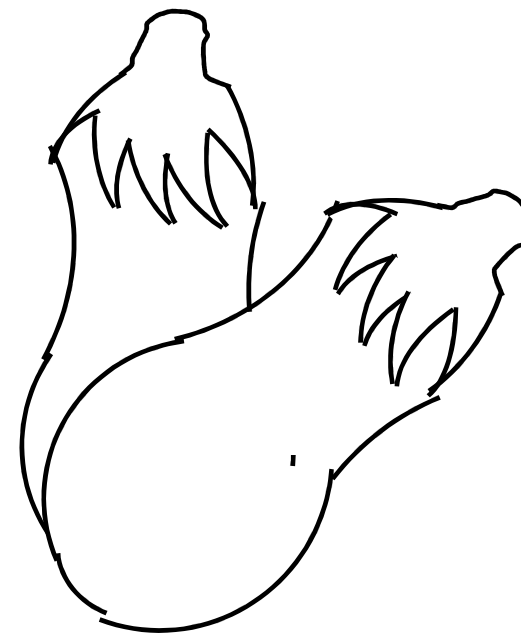
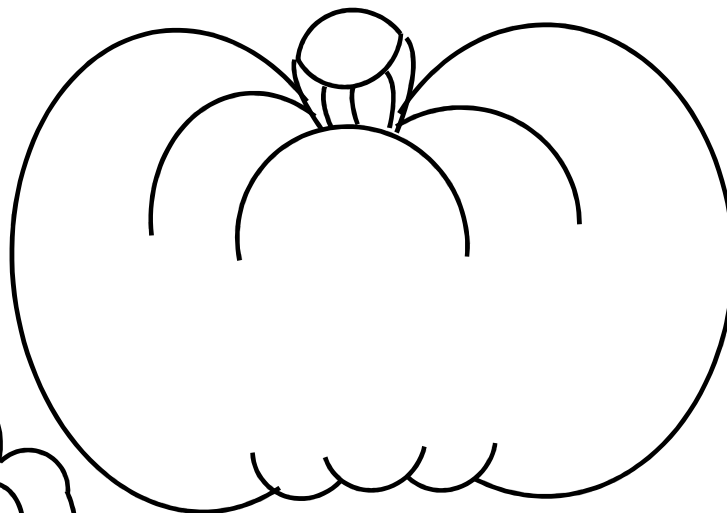
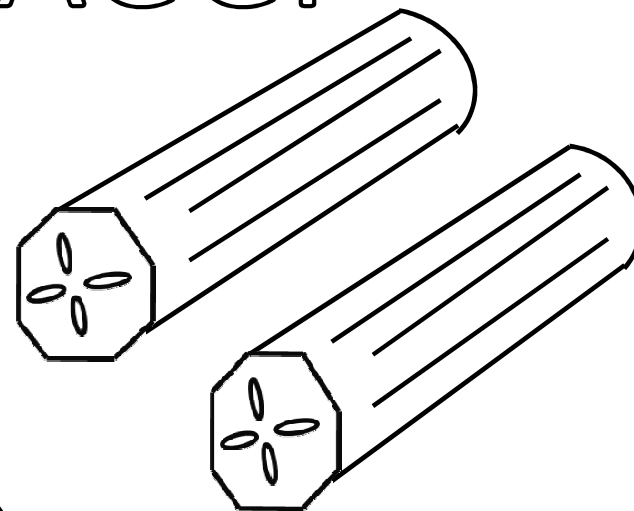
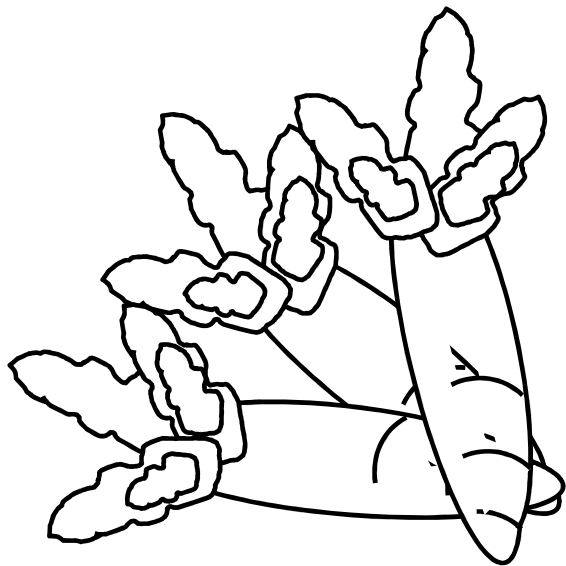
Prova a spiegare l'importanza della frutta per una corretta alimentazione.
Colora e cerchia il tuo frutto preferito.

FRUTTA



Conosci questi frutti?
Osserva, verbalizza e colora.

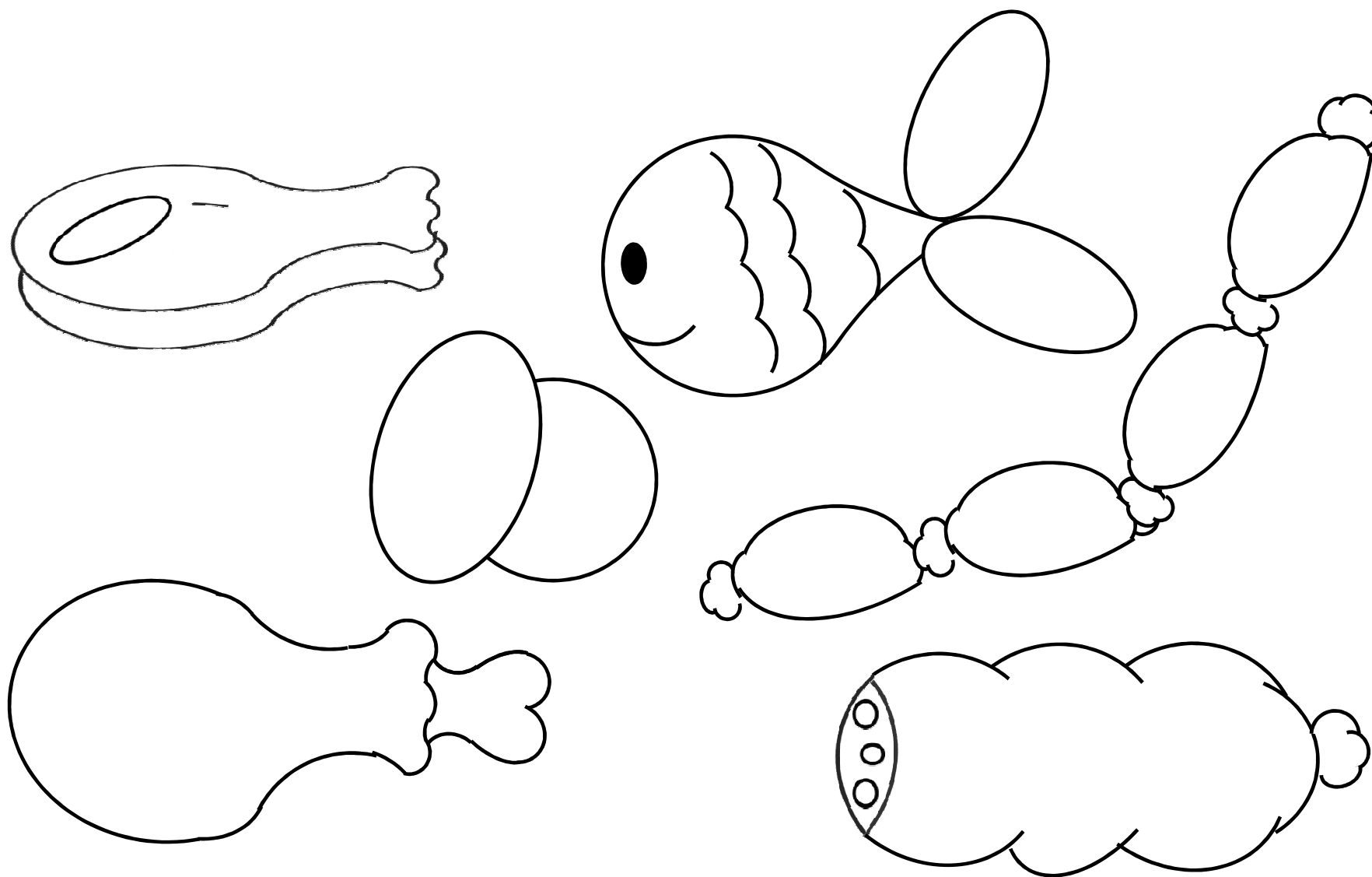
VERDURA E ORTAGGI



Esprimi la tua preferenza e colora.

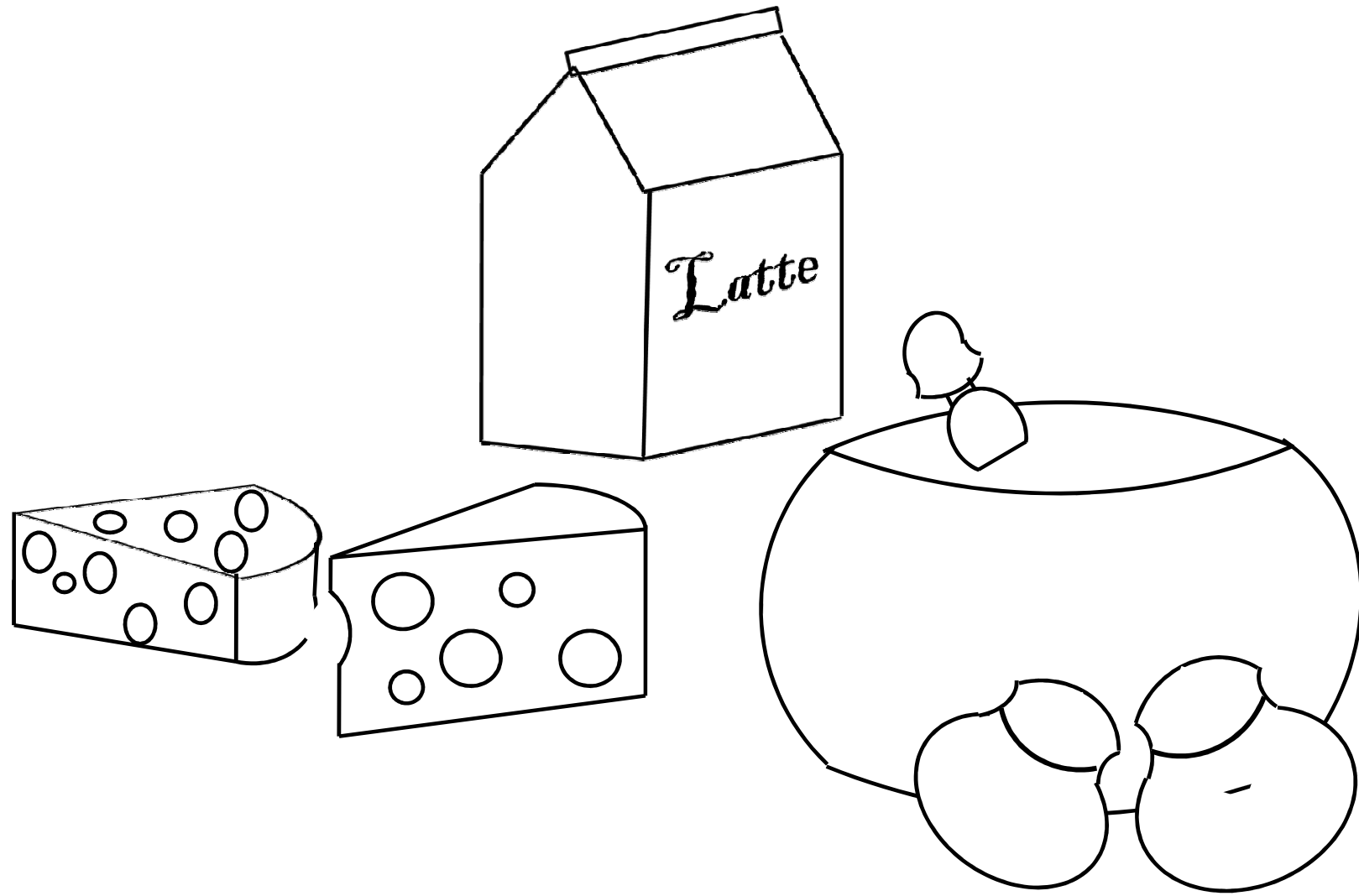
126maestramaria

CARNE-PESCE-UOVA-SALUMI



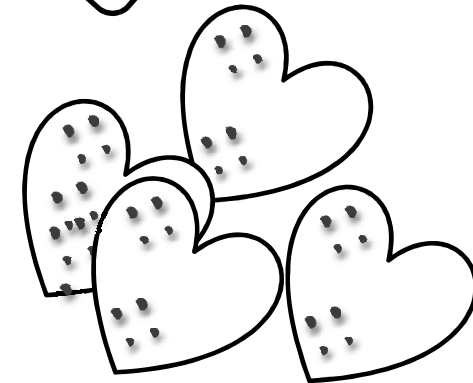
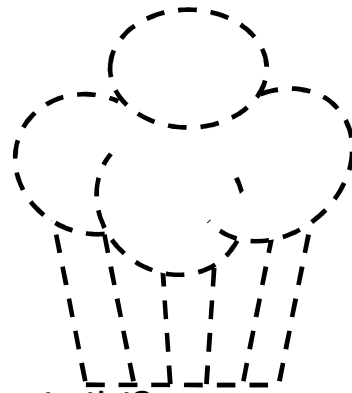
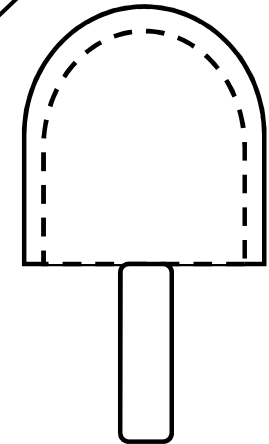
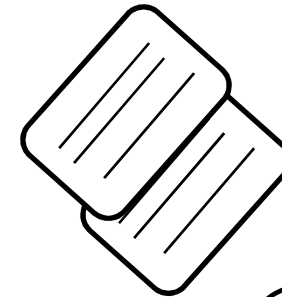
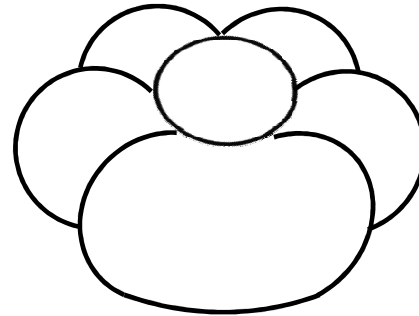
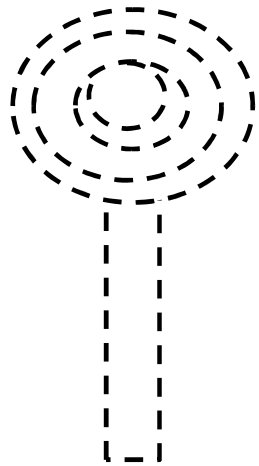
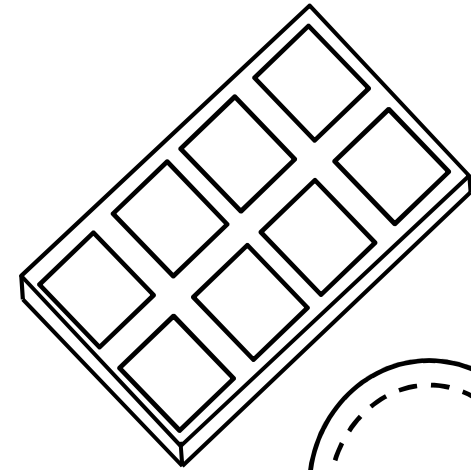
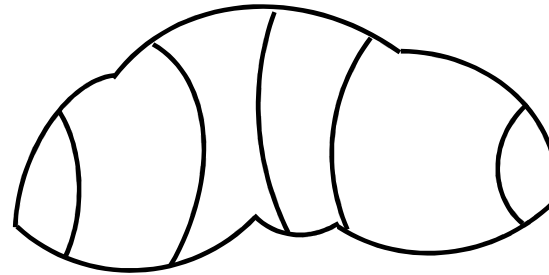
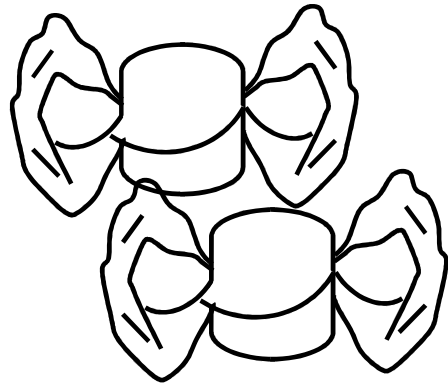
Conosci l'importanza di questi cibi per il tuo benessere?
Prova a spiegare e colora.

IL LATTE E I SUOI DERIVATI



Chi ci regala il latte?
Verbalizza.

I DOLCI



Osserva e cerchia l' intruso.
Sai che non puoi abusare di questi cibi?
Prova a spiegare il perché.