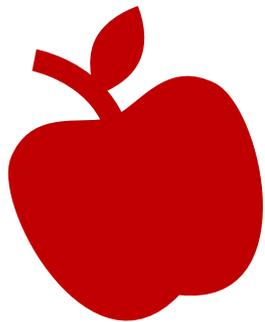


ALIMENTACIÓN SALUDABLE

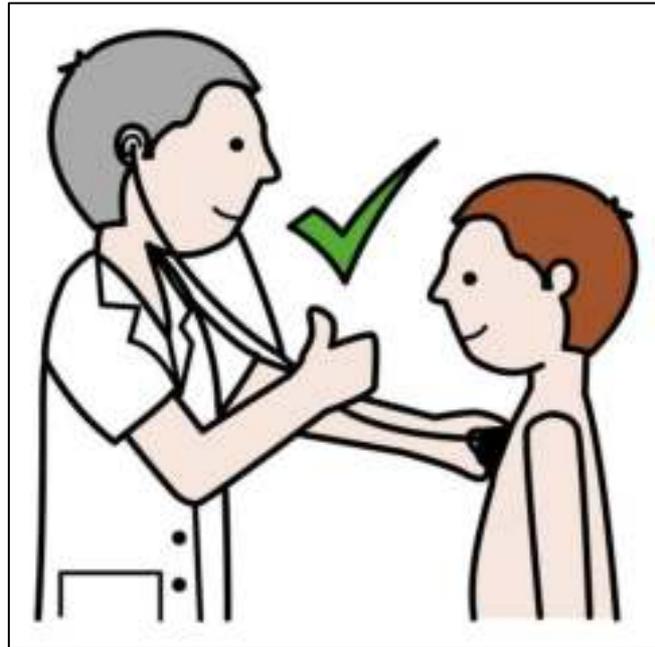
Y ORIGEN DE LOS



ALIMENTOS



Para estar sanos, hay que:



PARA ESTAR SANOS:

Comer todo tipo de alimentos



Lavarse las manos antes de comer



Lavarse los dientes



Ducharse todos los días



Hacer ejercicio

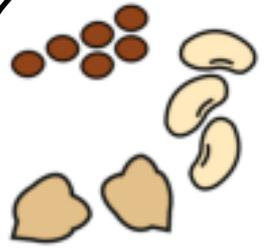
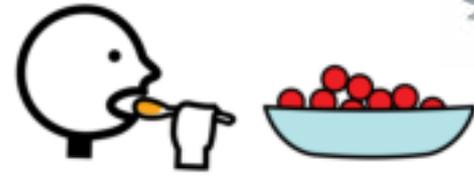
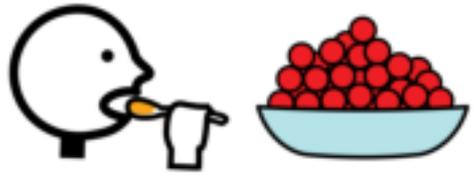


Dormir 10 horas al día



10





Legumbres



Frutas



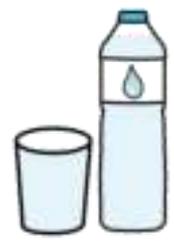
Verduras



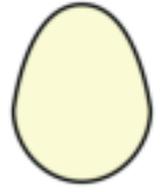
Carne



Pescado



Agua



Huevos



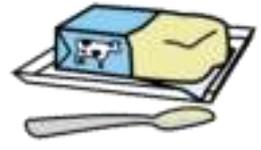
Chucherías



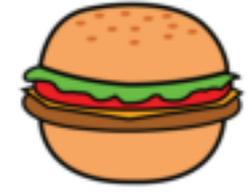
Chocolate



Pasteles



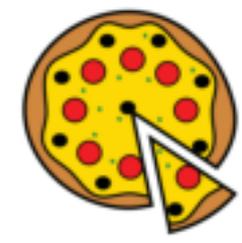
Grasas



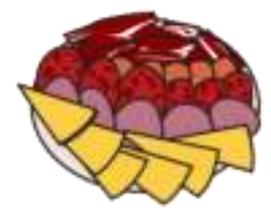
Hamburguesa



Fritos

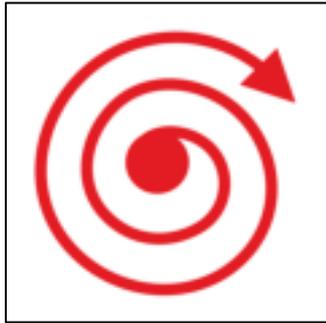
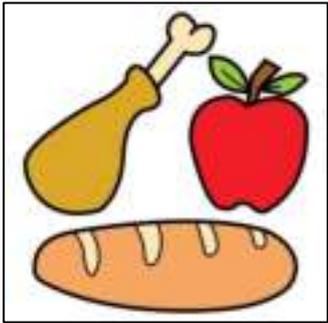


Pizza



Embutido

Según el origen de los alimentos, pueden ser:



Origen animal



Huevos



Carne



Pescado



Leche

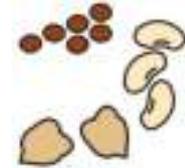
Origen vegetal



Frutas



Verduras

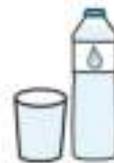


Legumbres



Cereales

Origen mineral

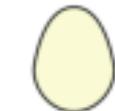
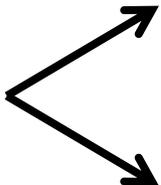
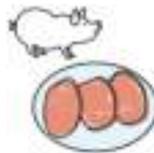
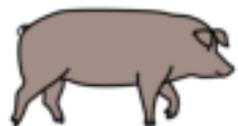
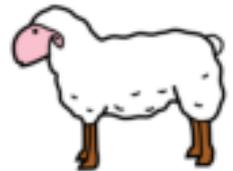
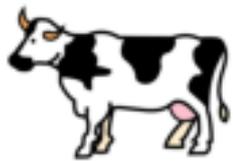


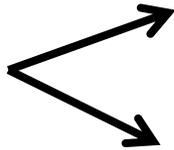
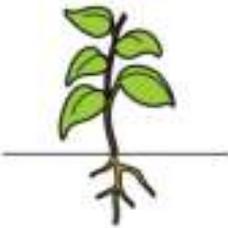
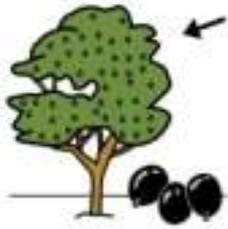
Agua



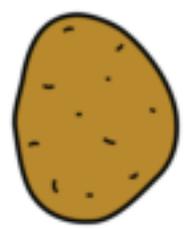
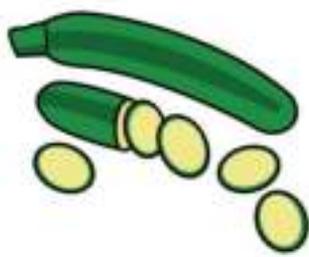
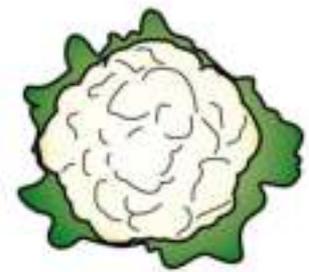
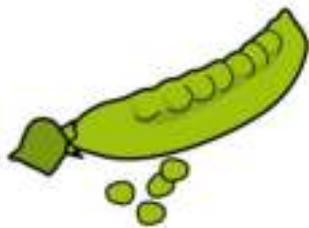
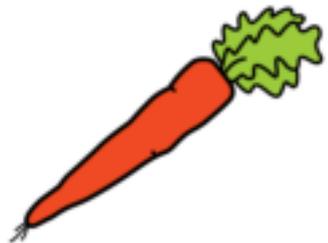
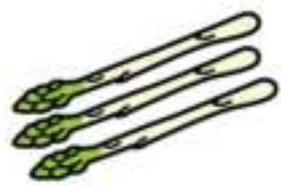
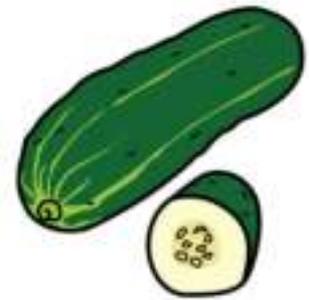
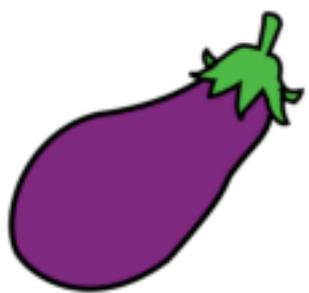
Sal



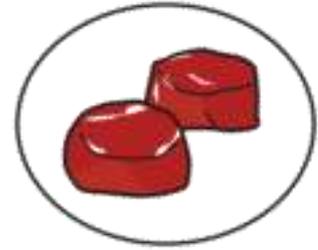
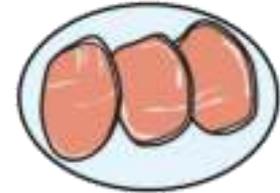
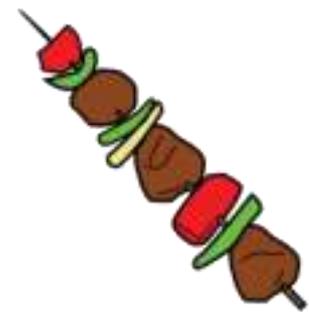
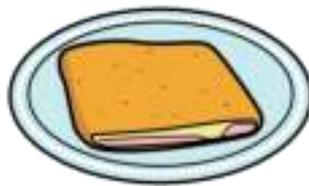
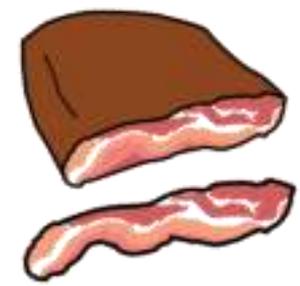
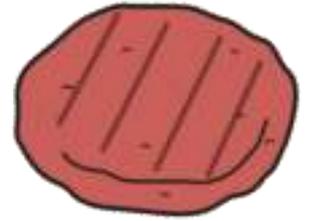
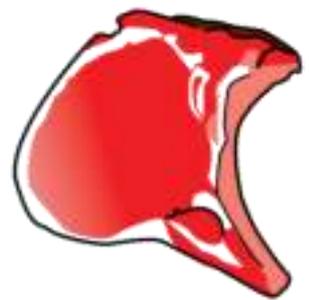
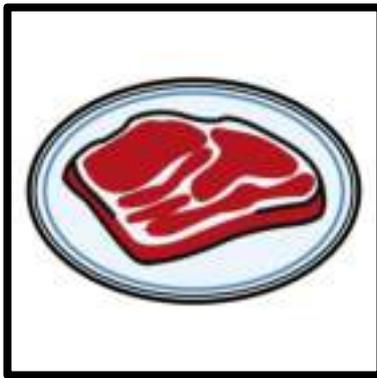


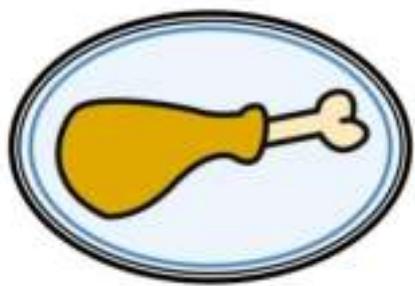
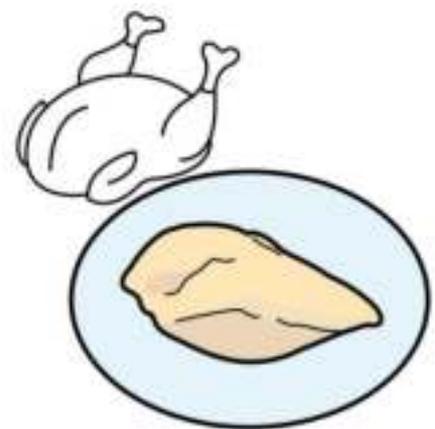
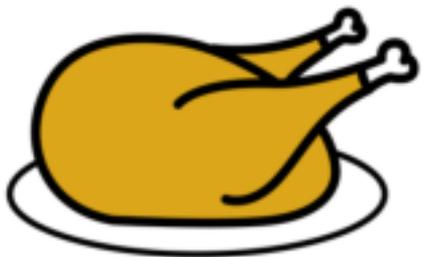
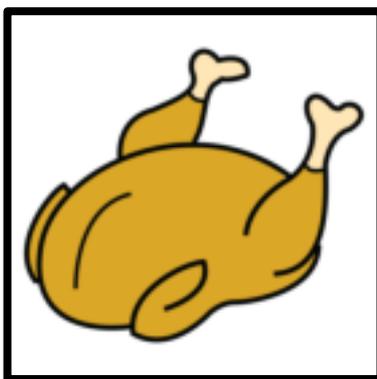


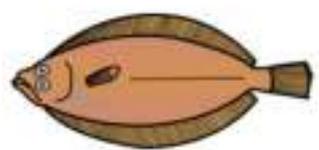
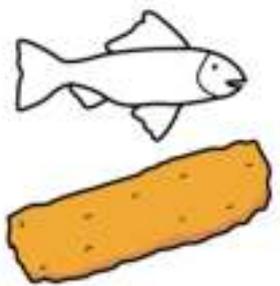
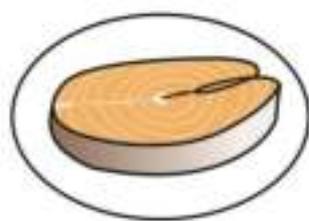
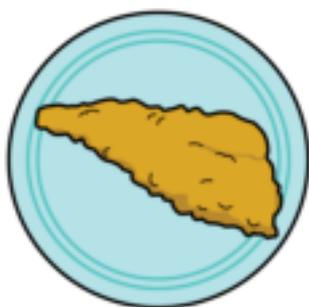
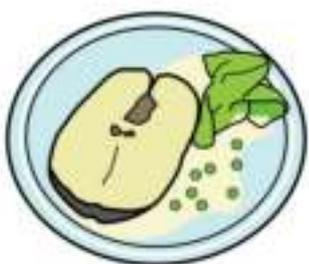
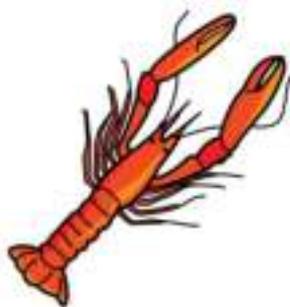
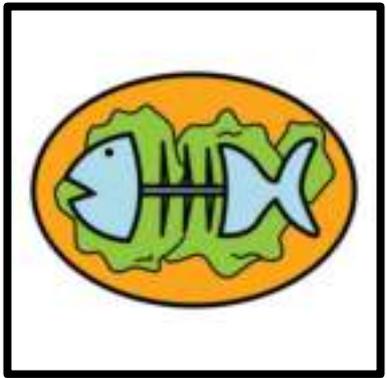
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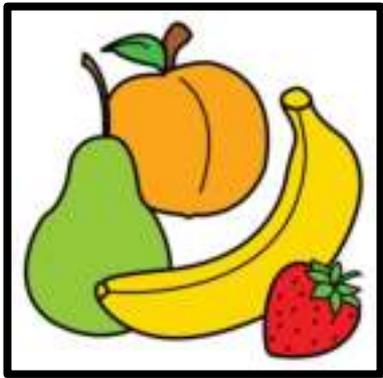


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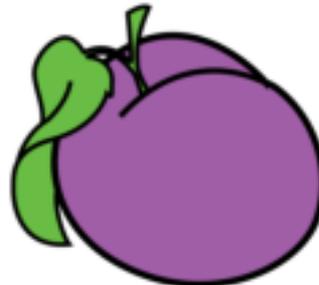
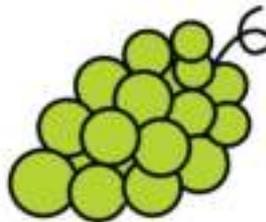
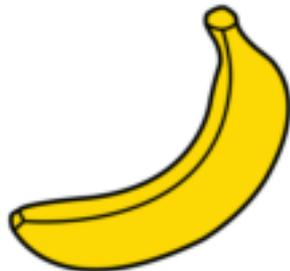
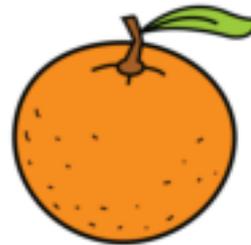
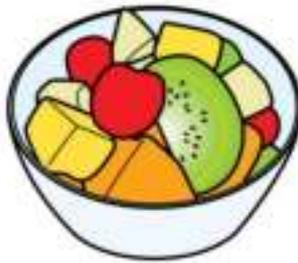
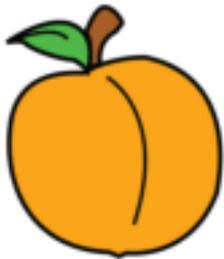
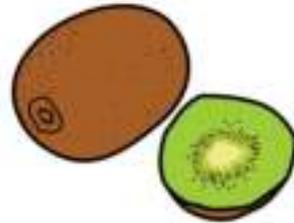
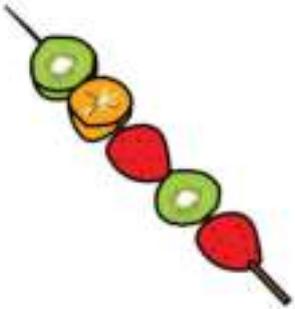


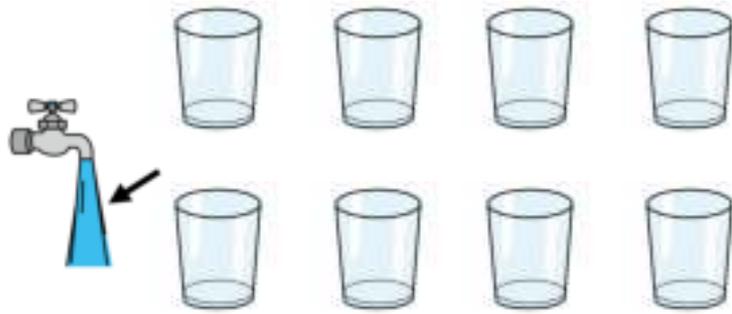




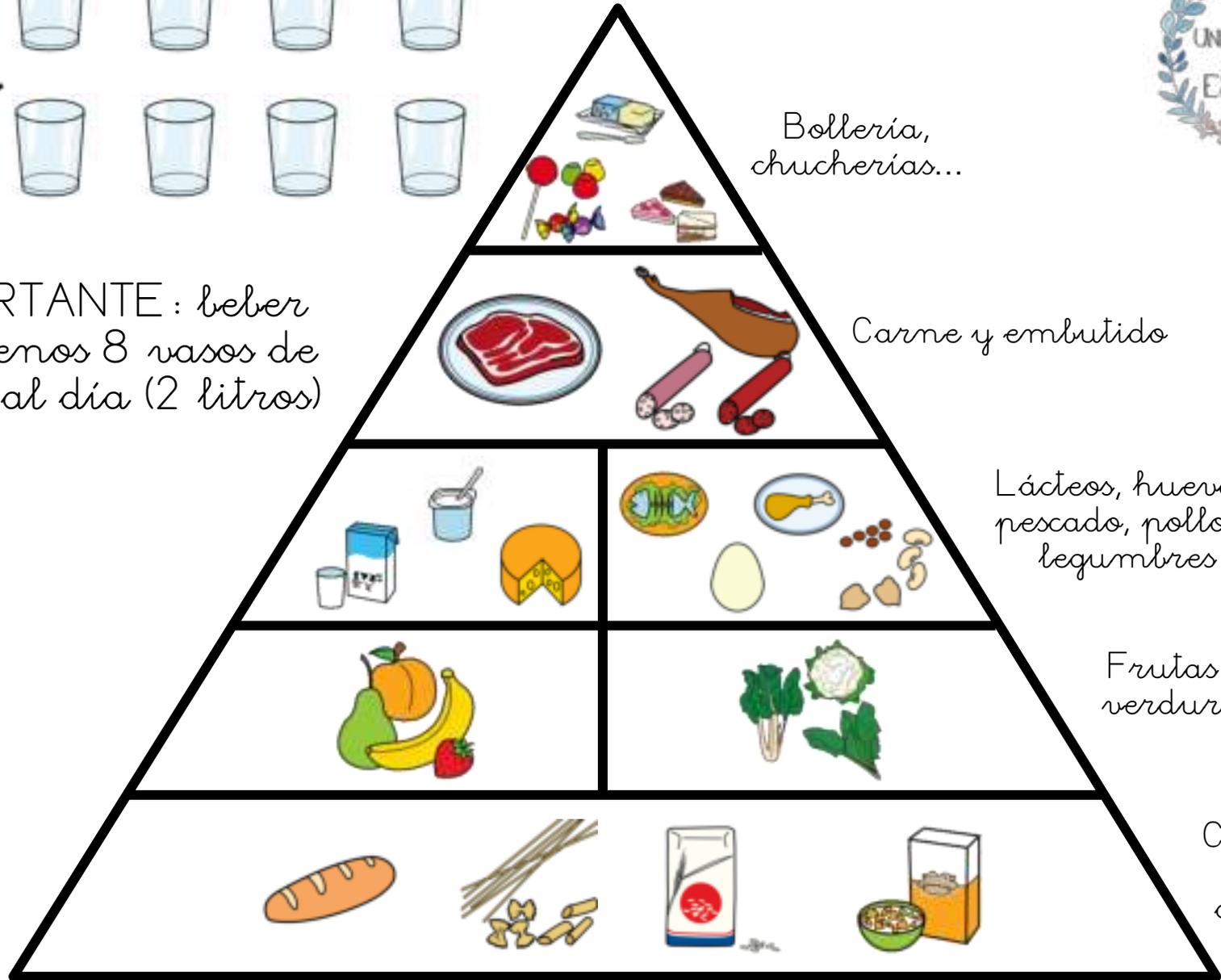


UNA MIRADA
ESPECIAL





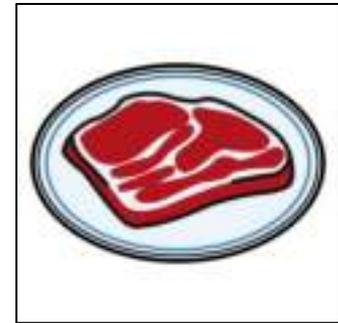
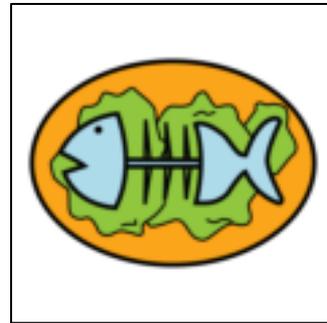
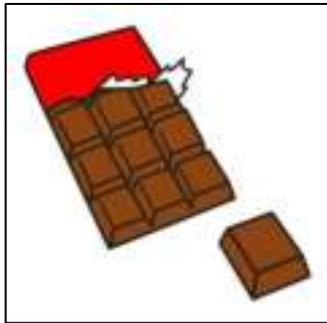
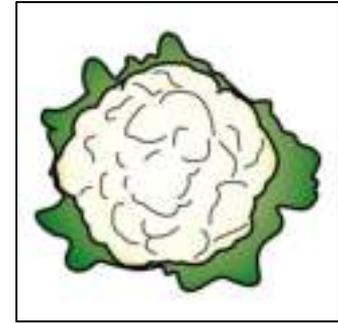
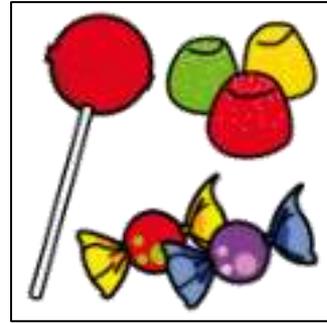
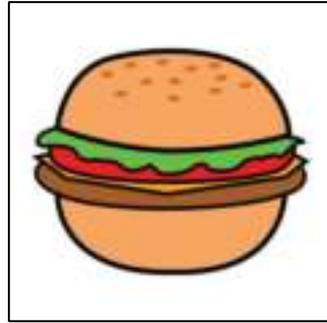
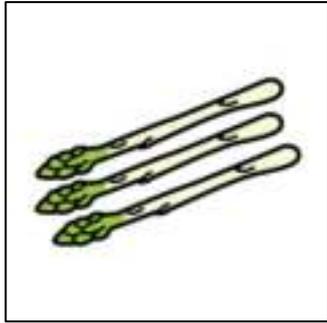
IMPORTANTE: beber al menos 8 vasos de agua al día (2 litros)



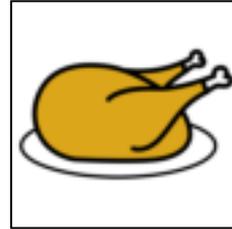
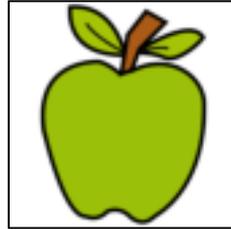
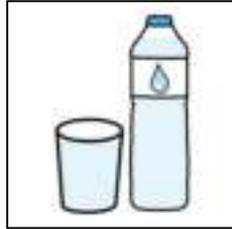
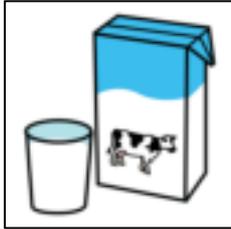
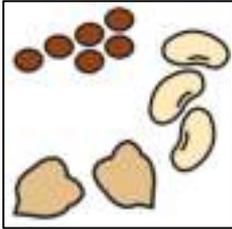
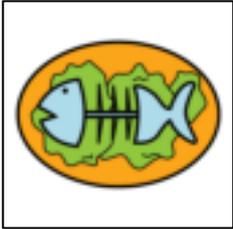
ACTIVIDADES



Tacha los alimentos que NO son sanos



Clasifica según su origen



Origen animal



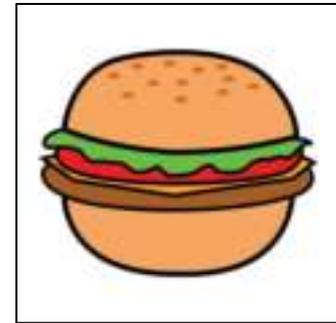
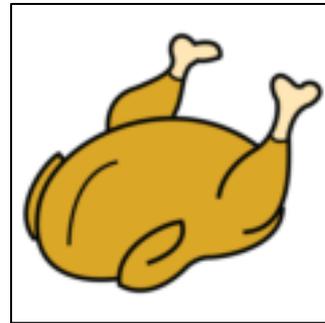
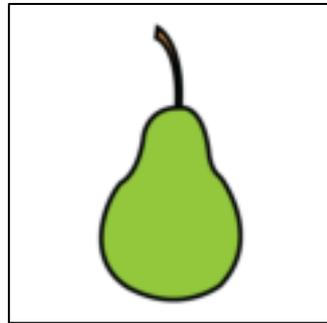
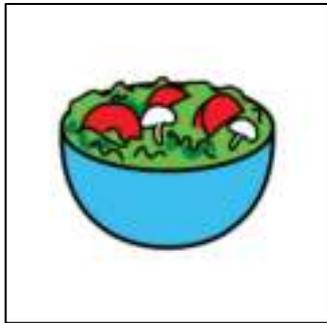
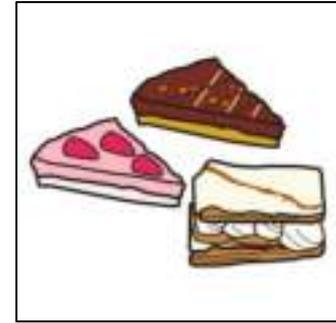
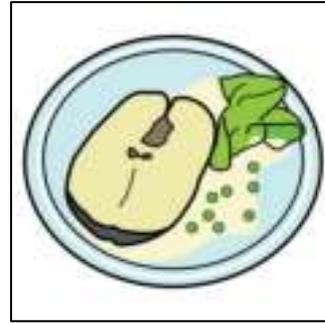
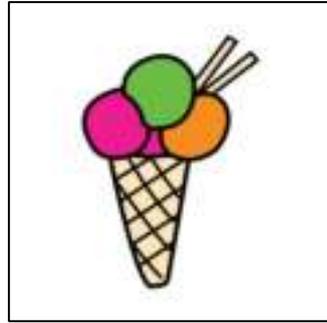
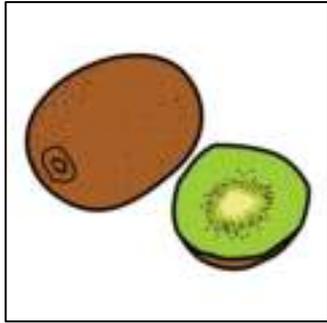
Origen vegetal



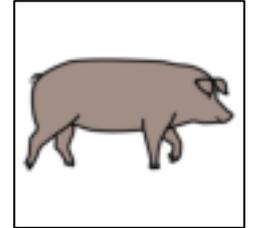
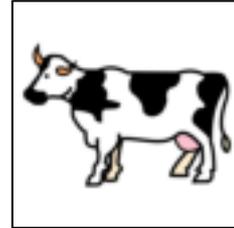
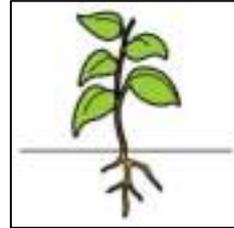
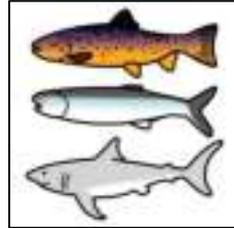
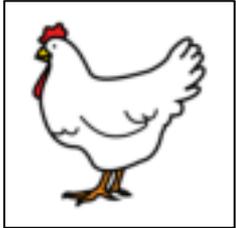
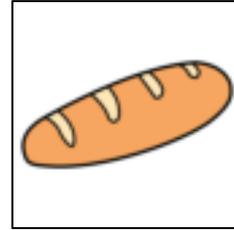
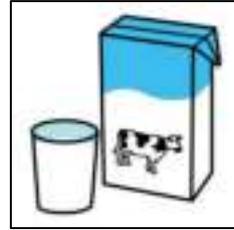
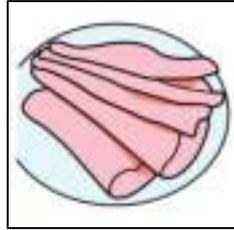
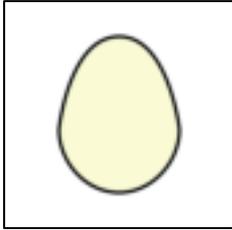
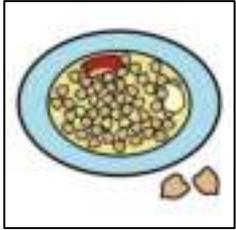
Origen mineral



¿Qué alimentos son sanos?



¿De dónde proceden estos alimentos?



Encuentra ocho frutas

B	M	A	N	Z	A	N	A	C	I
M	O	Y	H	Q	W	A	G	T	L
U	E	F	K	R	G	R	F	S	J
Z	V	Ñ	P	E	R	A	R	D	M
K	I	W	I	C	N	N	E	P	E
D	M	A	T	L	X	J	S	V	L
M	S	A	N	D	I	A	A	Ñ	O
C	I	R	U	E	L	A	C	F	N



Encuentra siete verduras

B	E	R	E	N	J	E	N	A	B
P	A	D	J	K	R	V	P	L	Z
E	Ñ	H	A	C	E	L	G	A	S
P	I	M	I	E	N	T	O	X	O
I	C	T	I	Q	L	Ñ	M	U	E
N	G	L	E	C	H	U	G	A	Y
O	T	O	M	A	T	E	O	W	S
F	N	U	B	J	U	D	I	A	S





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