



PROJETO: ALIMENTAÇÃO SAUDÁVEL

EMBARQUE NAS ATIDADES!!

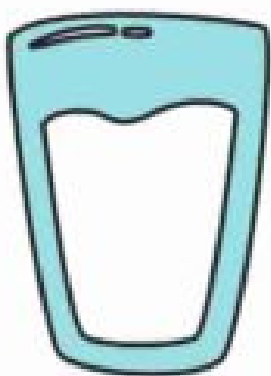




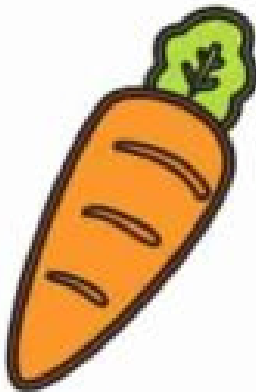
COLÉGIO MUNICIPAL PROFESSOR ALDONIO RAMOS TEIXEIRA
PROFESSORA: _____
ALUNO (A): _____
TURMA: _____

ALIMENTAÇÃO SAUDÁVEL

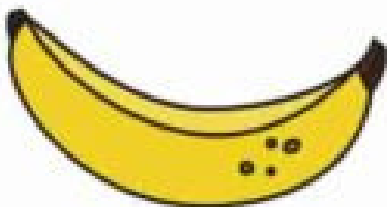
DESEMBARALHE AS SÍLABAS E ESCREVA O NOME DOS ALIMENTOS.



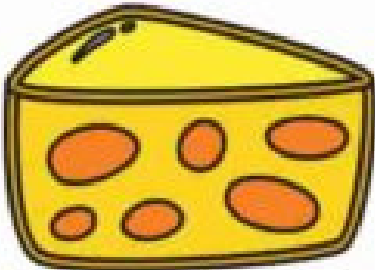
TE	LEI
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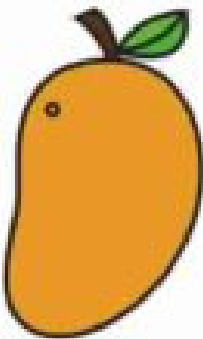
RA	CE	NOU
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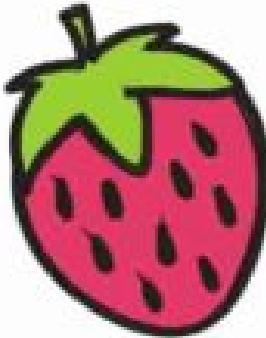
NA	NA	BA
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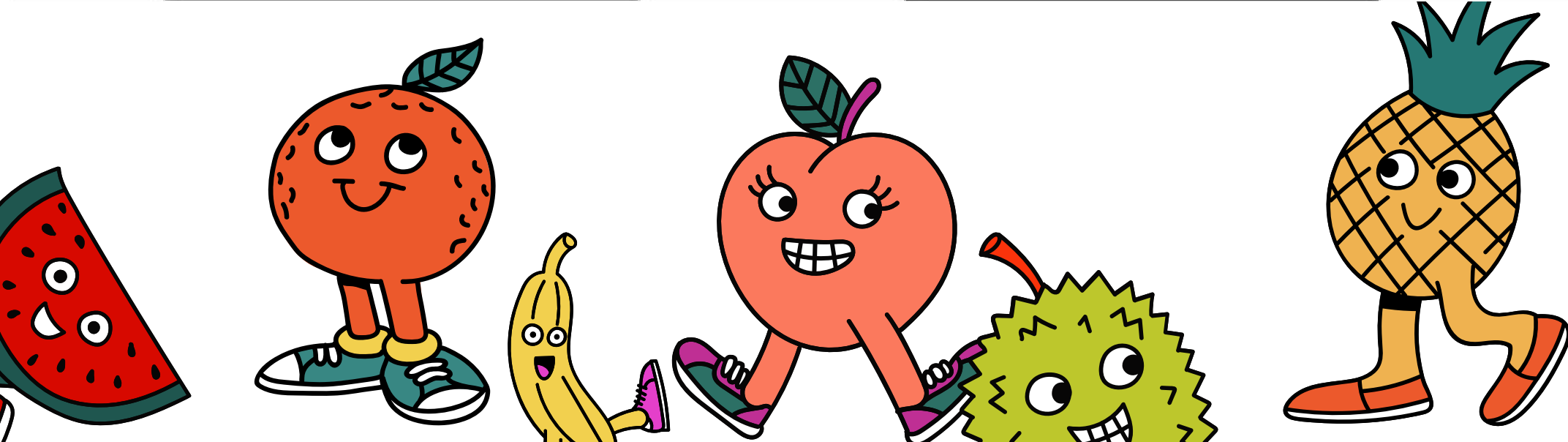
JO	QUEI
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GA	MAN
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GO	MO	RAN
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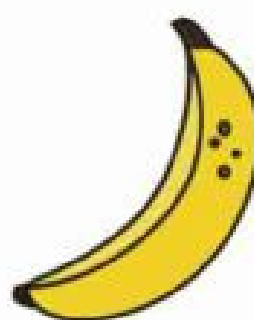
ALIMENTAÇÃO SAUDÁVEL

AS FRUTAS SÃO PEÇAS FUNDAMENTAIS NUMA ALIMENTAÇÃO SAUDÁVEL E DEVEM SER CONSUMIDAS DIARIAMENTE. ELAS FORNECEM VITAMINAS, MINERAIS E DIFERENTES FIBRAS ALIMENTARES.

CONTE QUANTAS LETRAS TEM CADA PALAVRA E REGISTRE NOS QUADRADINHOS.



MELANCIA



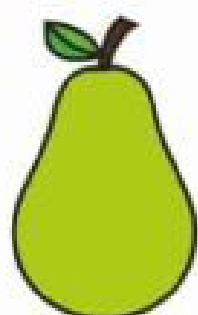
BANANA



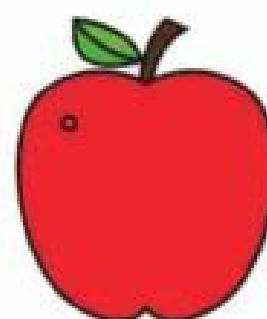
ABACAXI



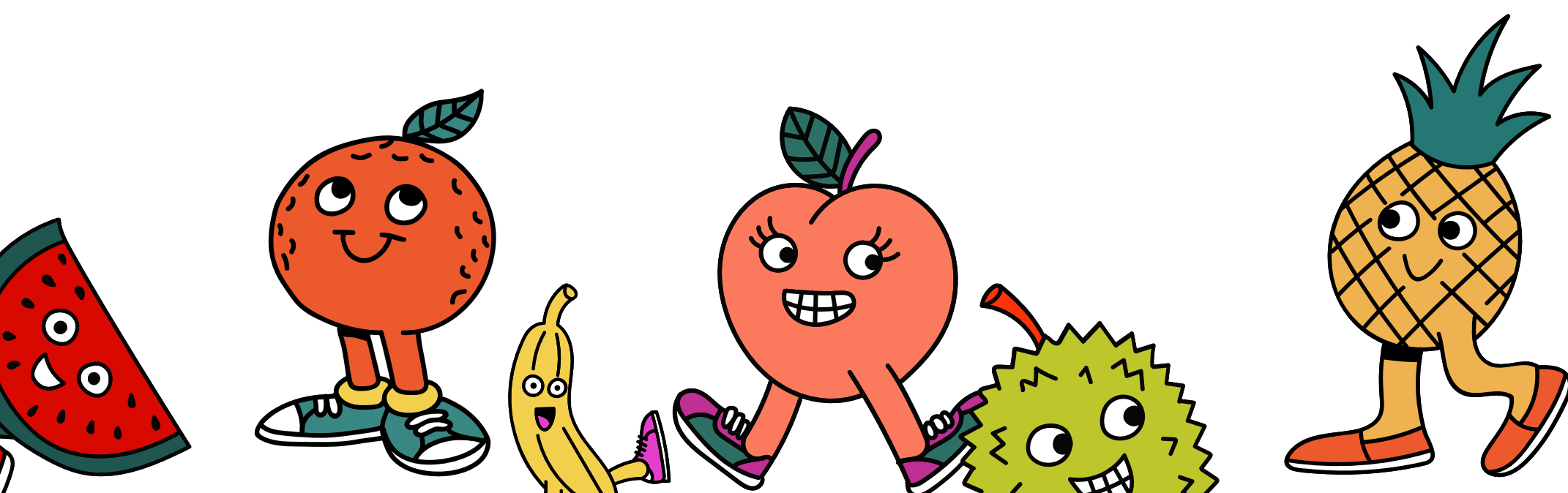
MORANGO



PERA

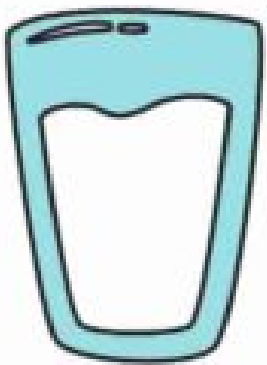


MAÇÃ



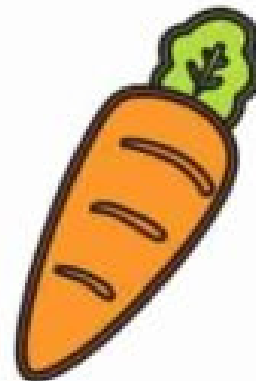
ALIMENTAÇÃO SAUDÁVEL

DESEMBARALHE AS SÍLABAS E ESCREVA O NOME DOS ALIMENTOS.



TE

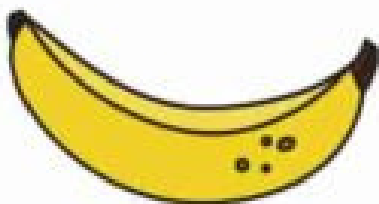
LEI



RA

CE

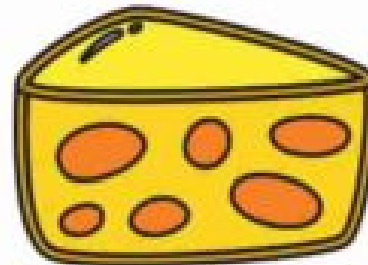
NOU



NA

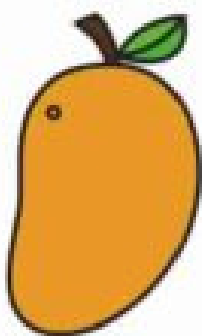
NA

BA



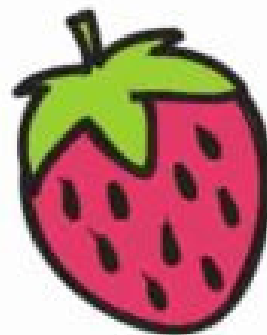
JO

QUEI



GA

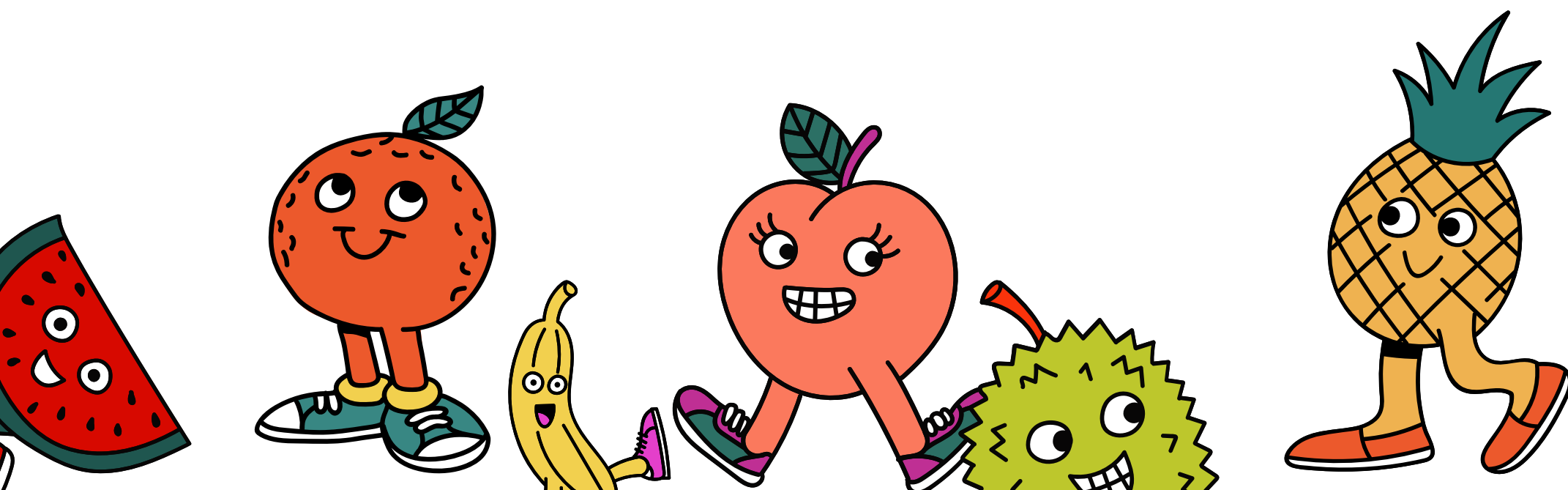
MAN



GO

MO

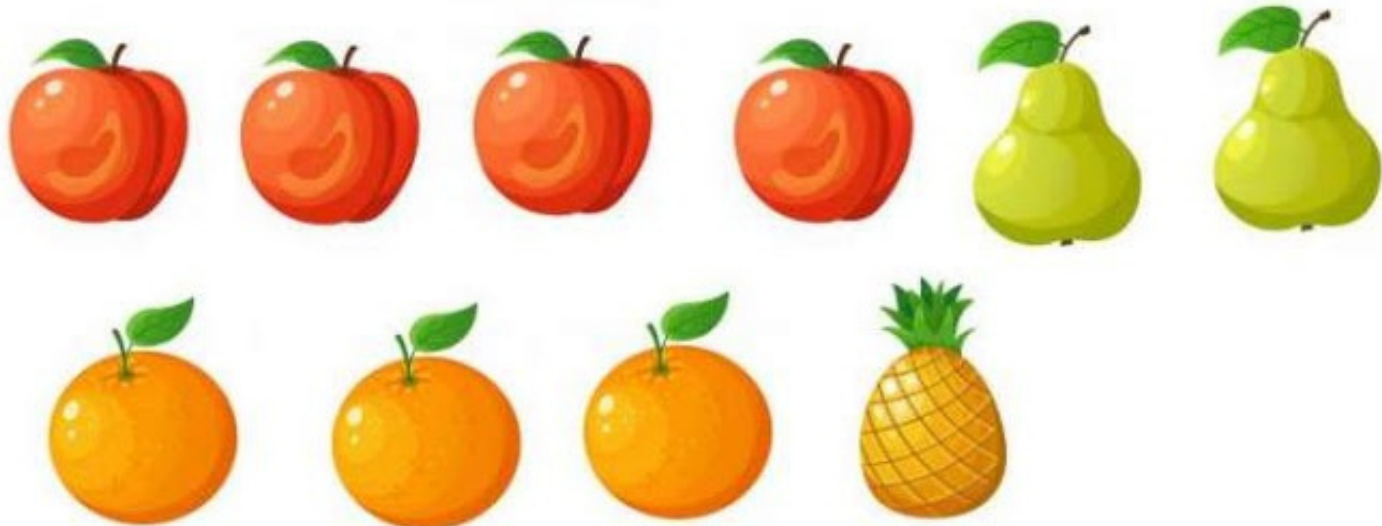
RAN





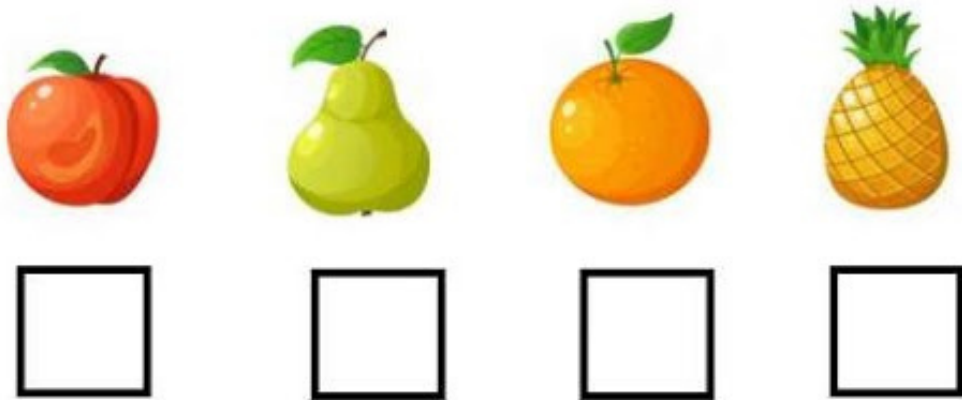
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DONA LURDES SÓ SAI DE CASA PARA COMPRAR O NECESSÁRIO NO MERCADO. VEJA ALGUMAS FRUTAS QUE DONA LURDES COMPROU:



QUANTAS FRUTAS HÁ ACIMA? _____

AGORA INDIQUE A QUANTIDADE DE CADA TIPO DE FRUTA.

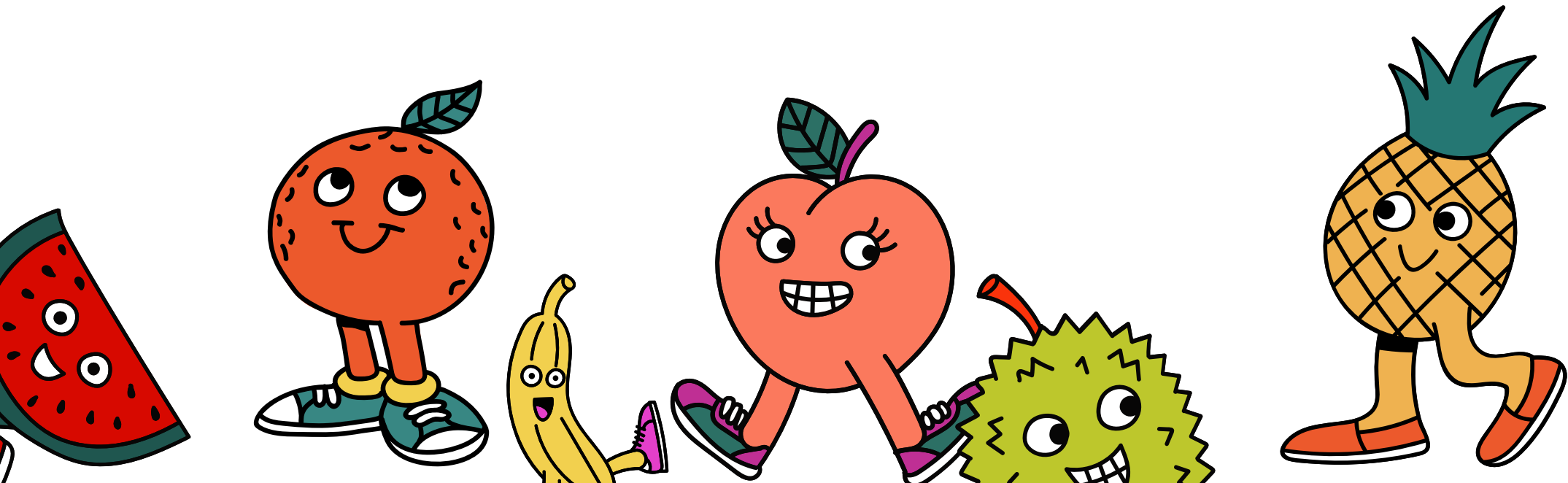


CHEGANDO EM CASA DONA LURDES LAVOU AS FRUTAS E AS COLOCOU EM UMA CESTA SOBRE A MESA. VEJA:



QUANTAS FRUTAS ESTÃO **FORA** DA CESTA?

ESCREVA O NOME DE UMA FRUTA QUE VOCÊ GOSTE:



ALIMENTAÇÃO SAUDÁVEL

COMPLETE O NOME DOS ALIMENTOS COM VOGAIS.



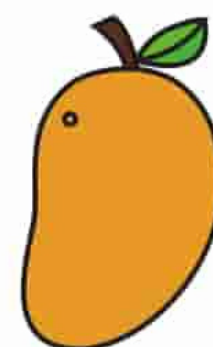
P X



L R N J



S L D



M N G



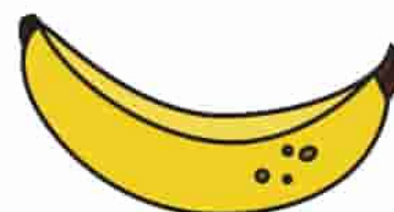
P M N T



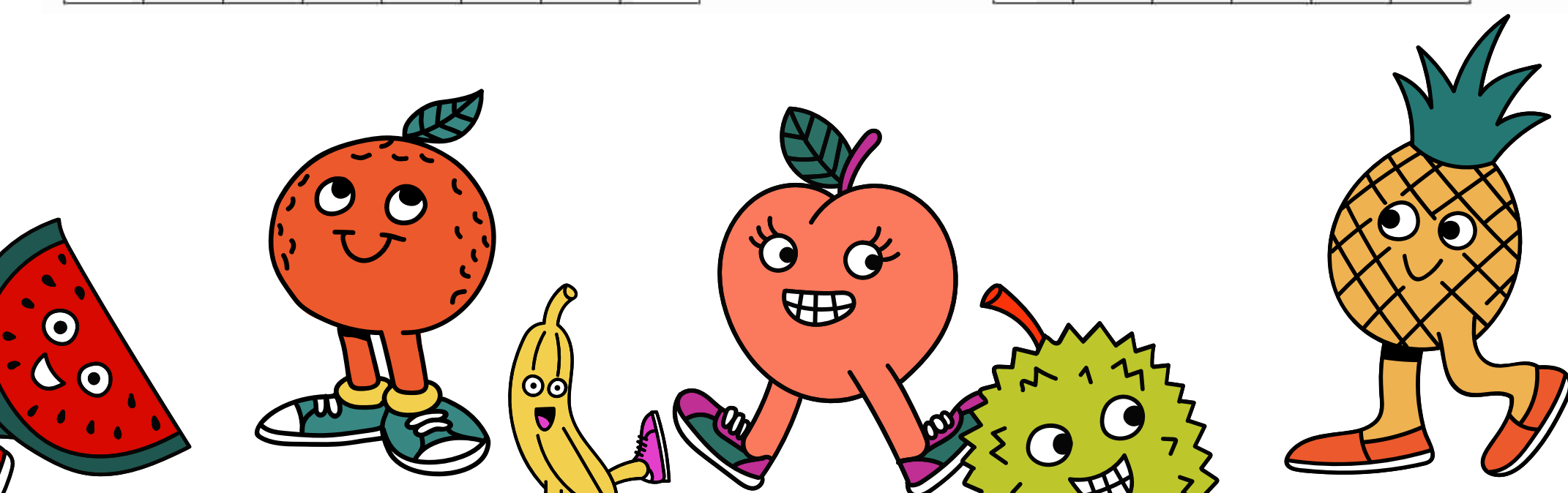
C N R



M L N C



B N N





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PESQUISA DA FAMÍLIA SOBRE OS ALIMENTOS! PINTE O NÚMERO DE QUADRADOS QUE REPRESENTA A QUANTIDADE DE PESSOAS QUE SE ALIMENTAM DE FORMA SAUDÁVEL E NÃO SAUDÁVEL NA SUA FAMÍLIA.



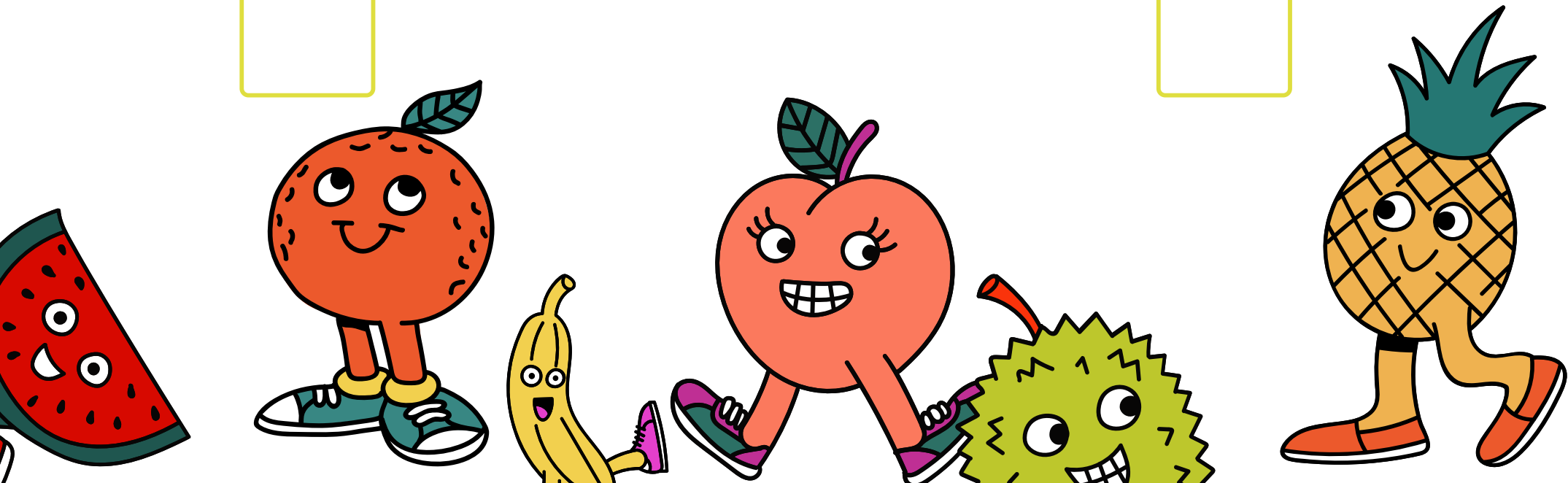
SAUDÁVEIS

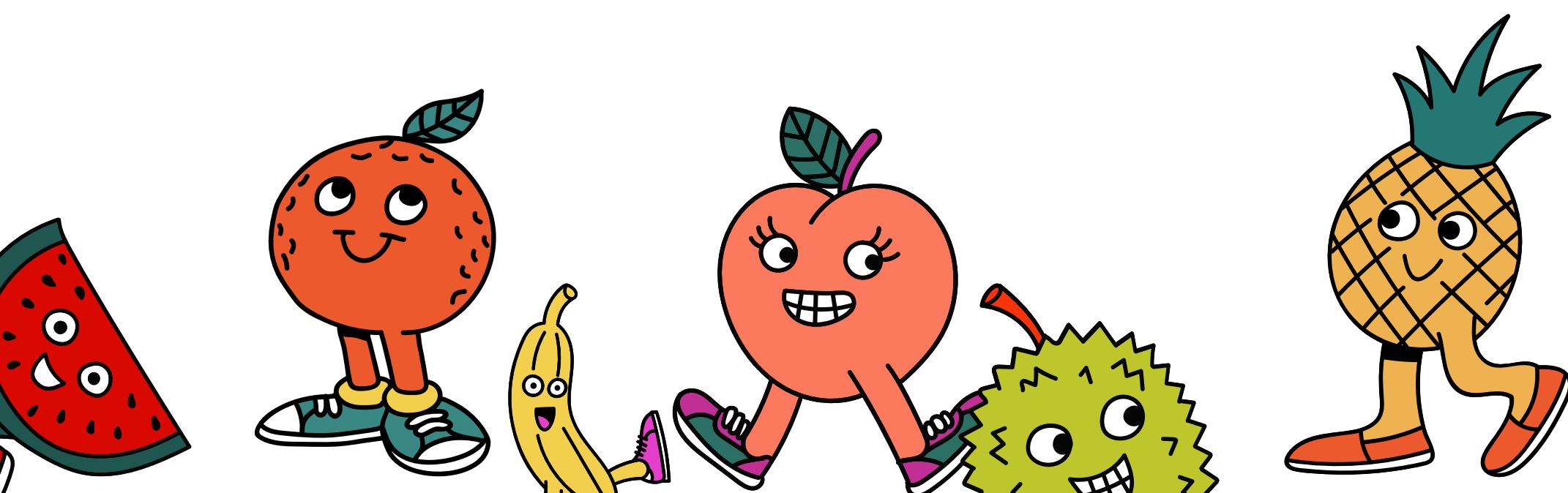


NÃO SAUDÁVEIS

QUANTOS SE ALIMENTAM DE FORMA:

- SAUDÁVEL- _____
- NÃO SAUDÁVEL- _____





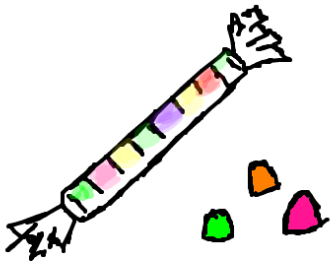


CAÇA-PALAVRAS ALIMENTOS

Fonema /j/

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

Jujuba



Jiló



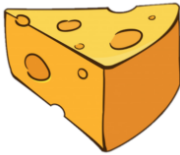
Gelatina



Jáca



Queijo



Maracujá



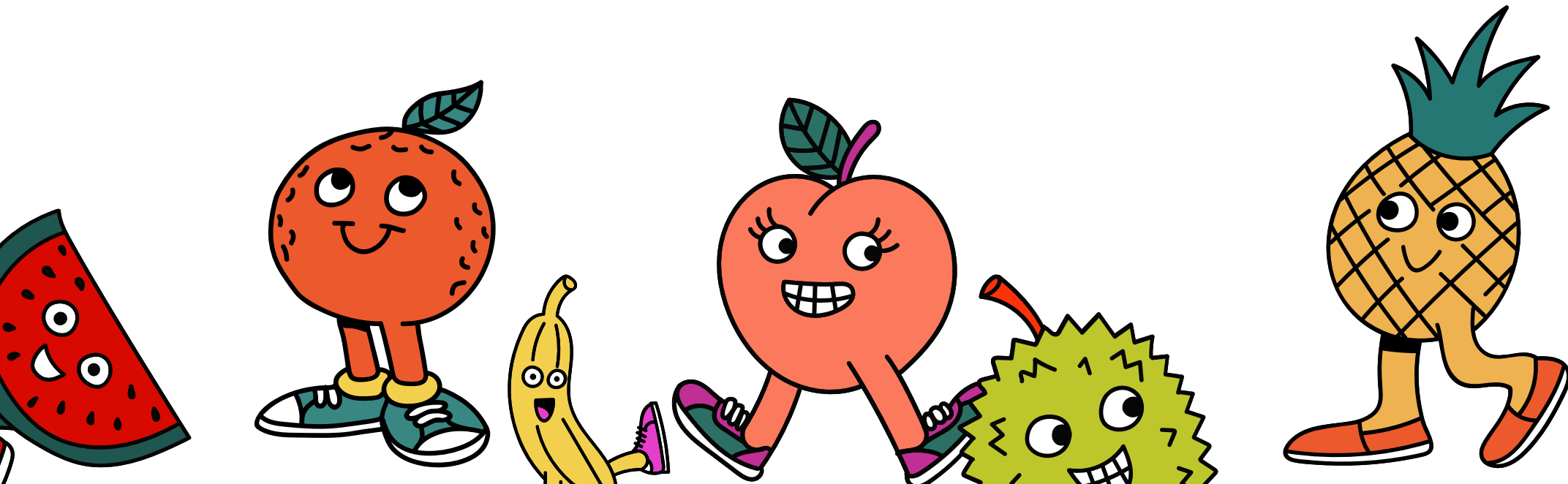
Jabuticaba



Caju



Laranja



CAÇA PALAVRAS – ALIMENTOS SAUDÁVEIS

VEGETAIS SÃO ALIMENTOS SAUDÁVEIS.
LOCALIZE NO CAÇA PALAVRAS OS VEGETAIS ABAIXO:



ABÓBORA



CENOURA



REPOLHO



ALFACE



PEPINO

E	M	I	R	H	O	F	D	S	F	A	C
B	A	A	P	E	P	I	N	O	C	M	O
E	B	L	A	D	R	C	V	O	E	I	U
R	Ó	E	Ç	E	E	O	A	M	B	Z	V
I	B	G	Ã	D	P	M	G	I	O	A	E
N	O	R	O	I	O	P	E	S	L	D	F
G	R	I	F	C	L	R	M	S	A	E	L
E	A	A	É	A	H	Ç	Ã	O	Y	C	O
L	O	C	E	N	O	U	R	A	E	O	R
A	A	L	F	A	C	E	A	M	O	R	U

