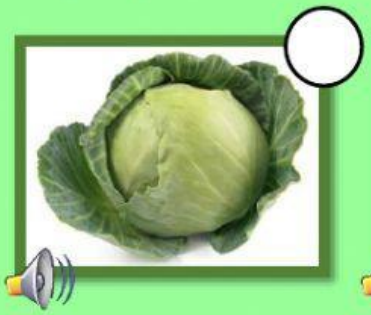
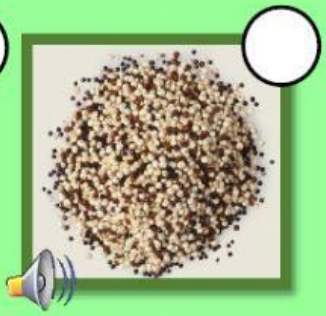
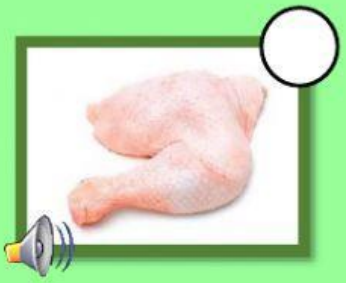
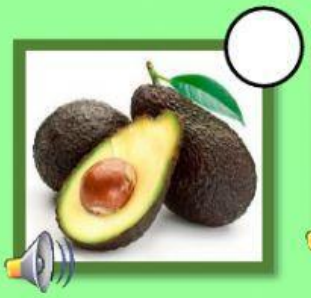
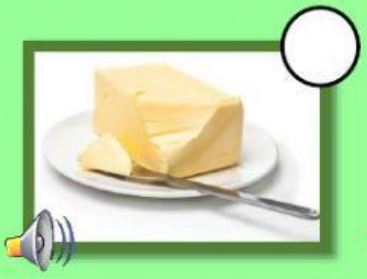
SAPS QUE MENGES?

Ja saps que els aliments poden contindre greixos bons i greixos roins. Investiga i marca amb una creu X els aliments que porten **greixos saludables**.