



ESTUDIAR

HÁBITOS DE ALIMENTACIÓN SALUDABLE



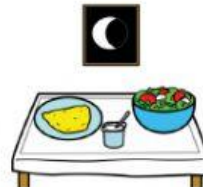
DESAYUNO



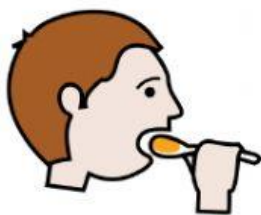
COMIDA



CENA



PLATOS EQUILIBRADOS
EN LAS COMIDAS PRINCIPALES



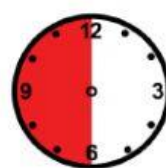
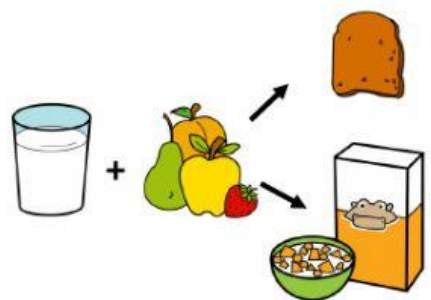
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HACER 5 COMIDAS AL DÍA



DESAYUNO



PINCHO Y MERIENDA

