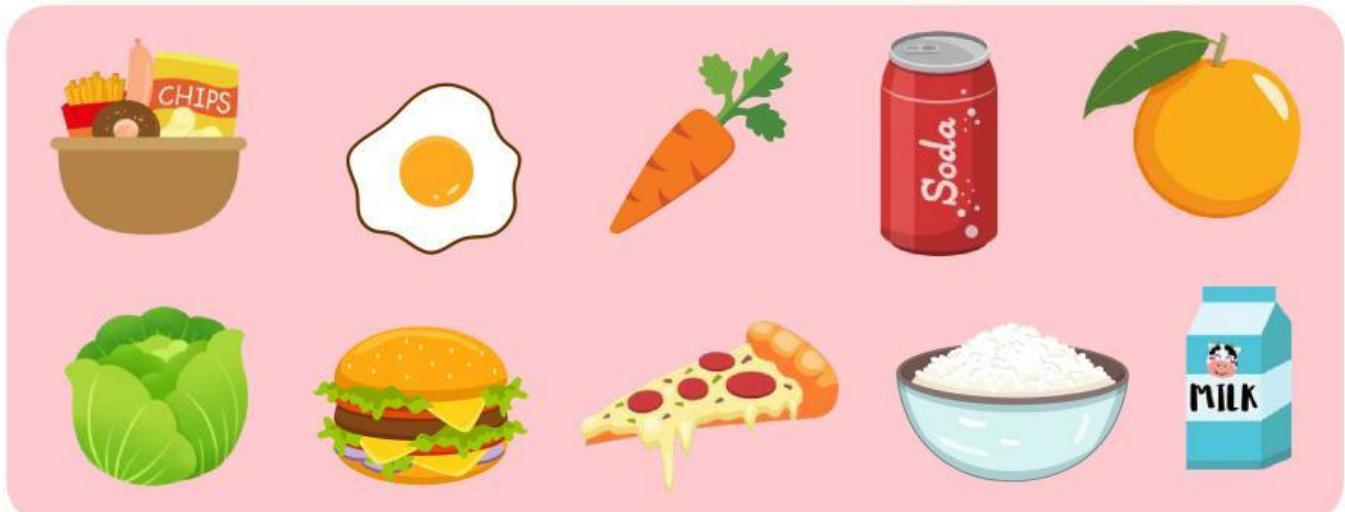


Nama: _____

Tanggal: _____

Yuk, bantu Lia memilih makanan sehat!

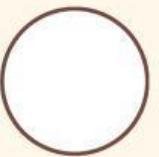
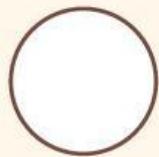
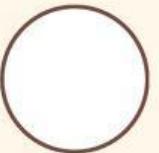
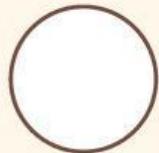
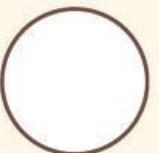
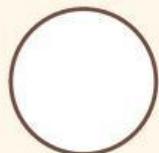


Nama:

Kelas:

AKU ANAK SEHAT!

Berilah tanda (✓) pada gaya hidup sehat

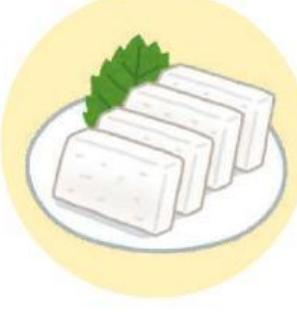
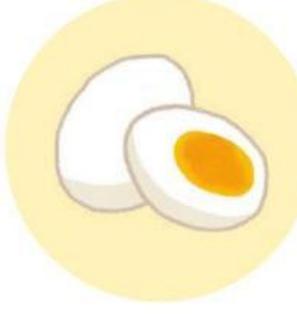


Nama:

Tanggal:

Makanan Sehat

Pilih gambar makanan yang menurutmu termasuk ke dalam makanan sehat.



Nama :

Kelas :

MENGENAL NUTRISI PADA MAKANAN

1



Telur

2



Sayuran

3



Roti

4



Daging

5



Minyak Zaitun

6



Spageti

Protein

Serat

zat besi

Karbohidrat

Vitamin B1

Lemak sehat