El Enigma de la Nutrición

UNA ALIMENTACIÓN SANA

PROF. LIZETH DANITZA QUISPE VELASCO

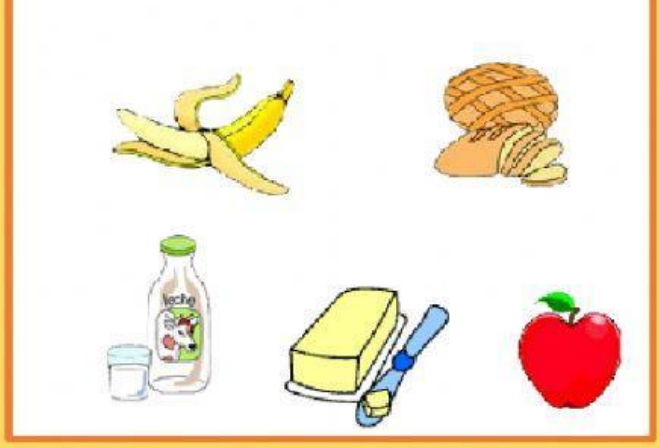
ELIGE EL NÚMERO DE ALIMENTOS QUE INDICA CADA IMAGEN

2 Hidratos de carbono

2 Proteínas

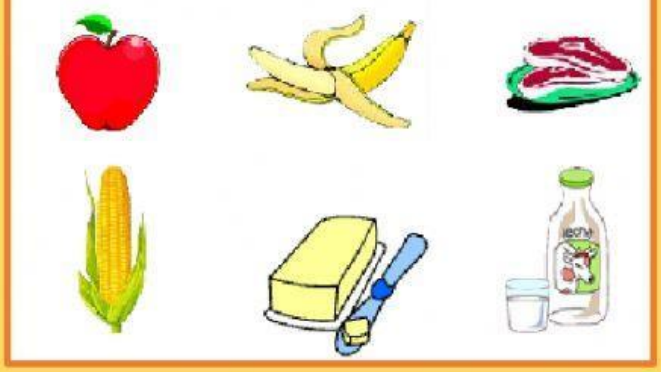
2 Grasas

2 Vitaminas y sales minerales



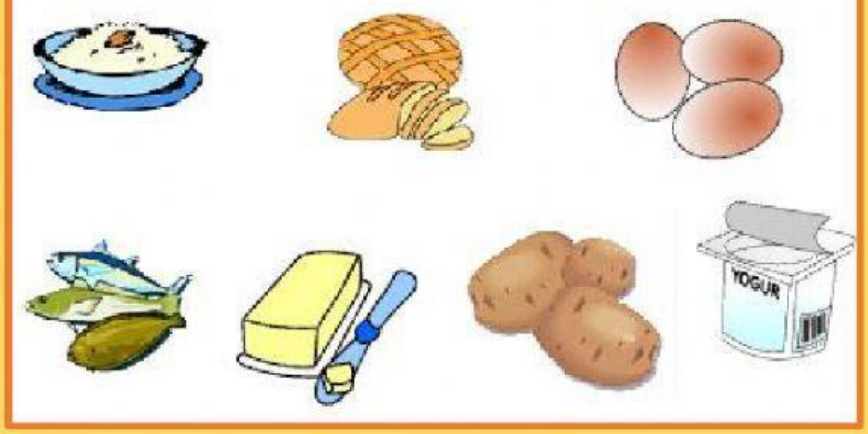
LIVEWORKSHEETS

3 Origen animal

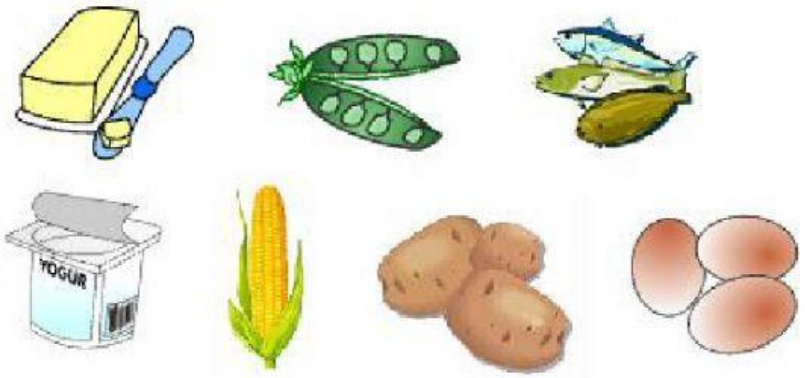


3 Origen vegetal

3 Hidratos de carbono



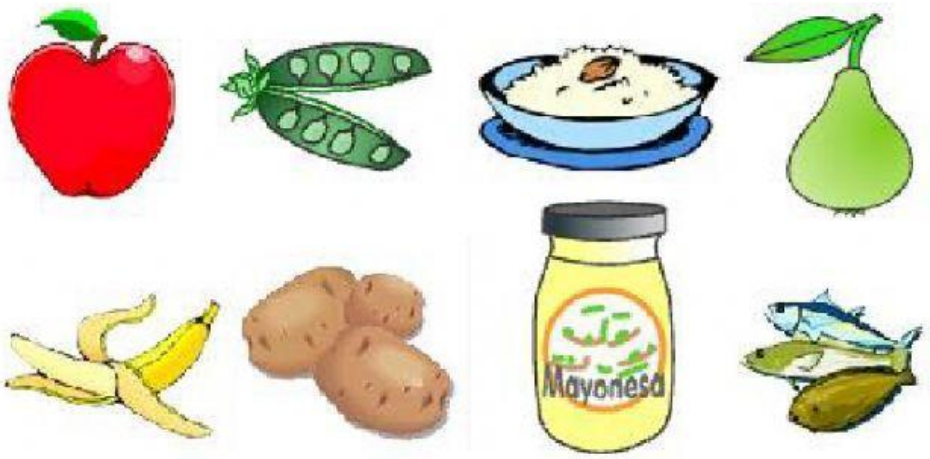
3 Proteínas



LIVEWORKSHEETS

3 Grasas

3 Vitaminas y sales minerales



LIVEWORKSHEETS

TRASLADA LOS NOMBRES DONDE CORRESPONDE

Dulces, Aceites y mantequillas

Carne, Pescado, huevos, legumbres y frutos secos

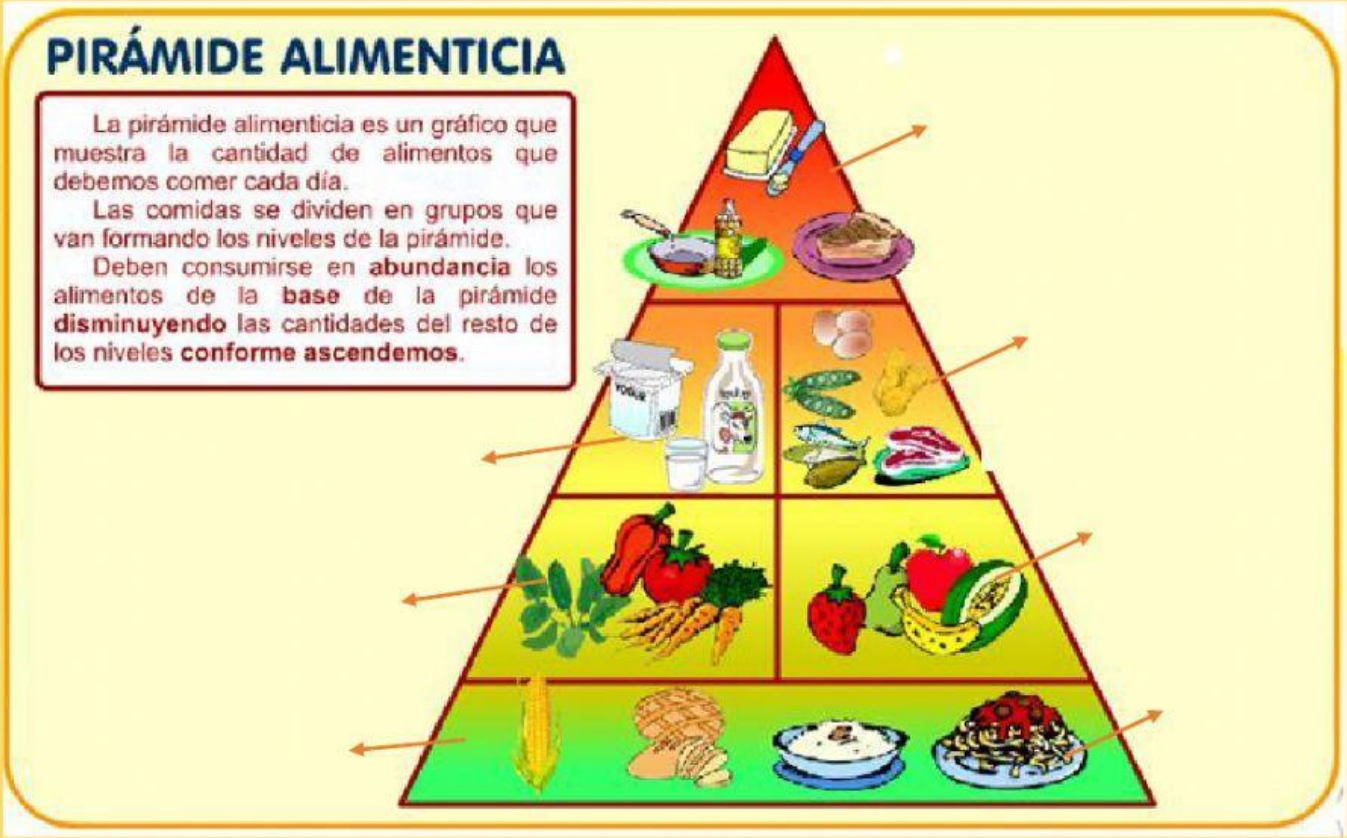
Arroz y pasta

Verduras y hortalizas

Pan y cereales

Productos lácteos

Fruta



LIVEWORKSHEETS