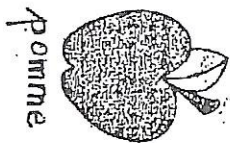


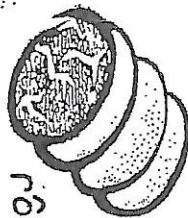
Vendredi 20 Mars

Les 6 familles d'aliments

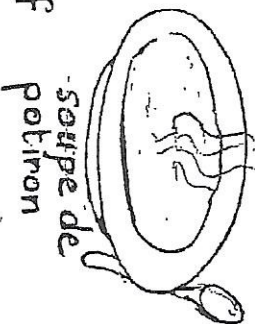
Entoure chaque aliment avec la couleur de sa famille.



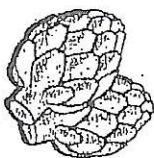
pomme



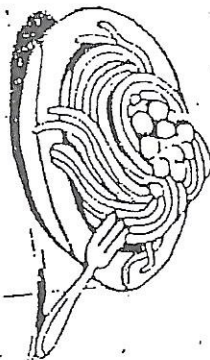
rôti  
de bœuf



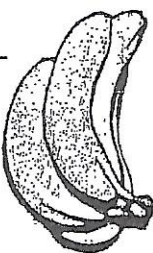
soupe de  
potiron



artichaut



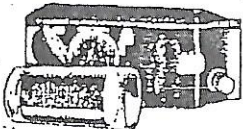
spaghettis



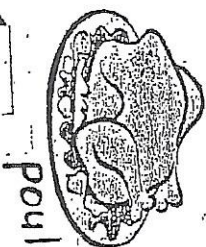
banane



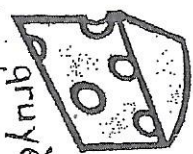
carotte



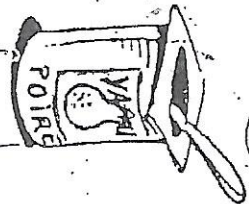
Jus  
de  
fruit



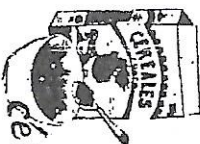
poulet



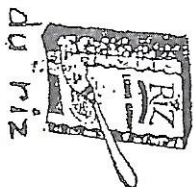
gruyère



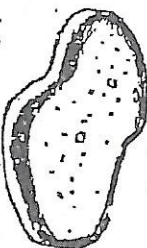
Yaourt



céréales



du riz



tartine au beurre



huile



saumon

Quel menu est équilibré ?

Pour le savoir, coche les cases correspondant aux familles d'aliments, pour chaque menu.

Menu 1					
1	2	3	4	5	6

Menu 2					
1	2	3	4	5	6

Menu 3					
1	2	3	4	5	6

Le menu équilibré est le menu n° .....

