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3ème année

La nourriture

École primaire



La nourriture saine
La nourriture
bien pour
la sant 



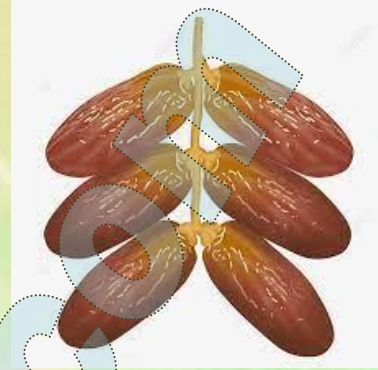
Fruits et Légumes:



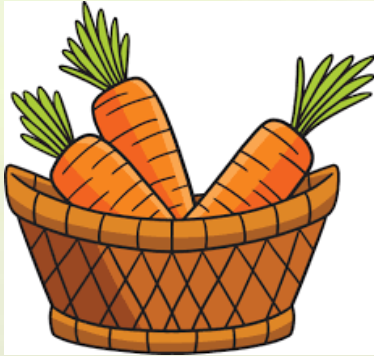
Pommes



oranges



Dattes



Carottes

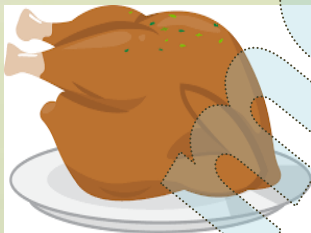


Brocoli



Épinards

Protéines maigres:



Poulet grillé



Poisson



Tofu



Haricots

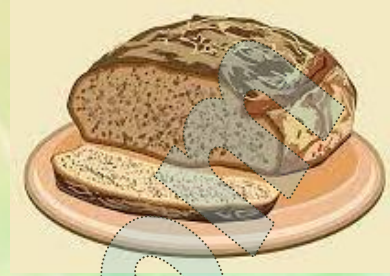
Céréales complètes:



Riz



Avoine

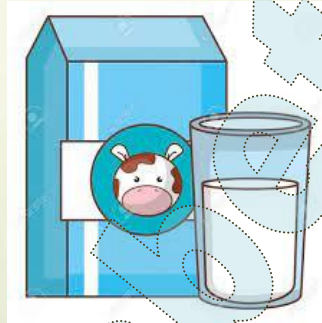


Pain complet

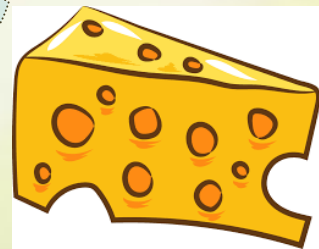
Produits laitiers faibles en gras:



Yaourt



Lait



Fromage

Noix et graines:



Amandes



Noix



Graines de tournesol

Huiles saines:



Huile d'olive

Aliments riches en fibres:



Lentilles



Pois chiches



Son d'avoine

Boissons



De l'eau



jus frais



La nourriture pas saine

**La nourriture
pas bien pour
la santé**

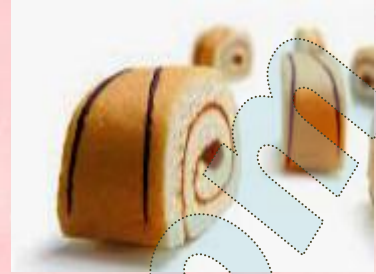
Aliments sucrés industriels :



Bonbons



Boissons gazeuses



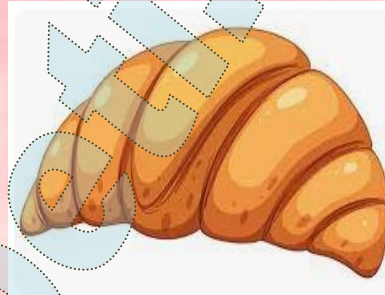
Gâteaux



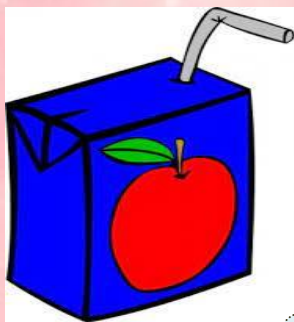
Biscuits



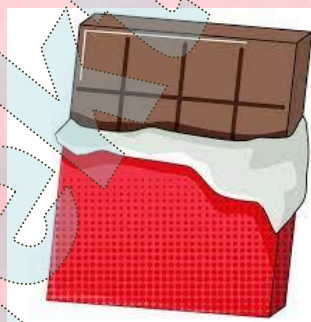
Muffins



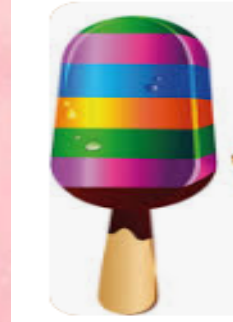
croissants



Boîtes de jus



chocolat



glaces

Aliments frits:



Frites

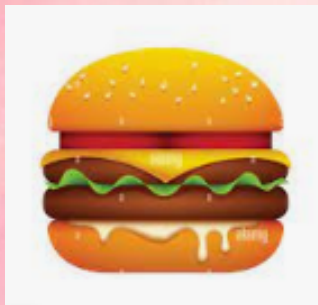


Beignets



poulet frits

Aliments riches en gras saturés:



Hamburgers

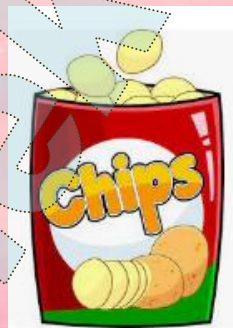


saucisse

Et aussi...



Pizza



chips



indomie