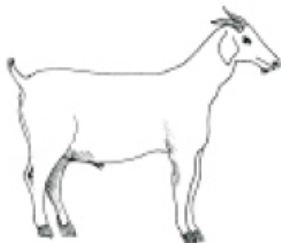




Vamos Comer Alimentos Nutritivos



Livro do aluno 1º Ciclo



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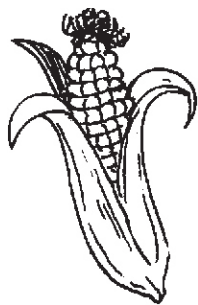
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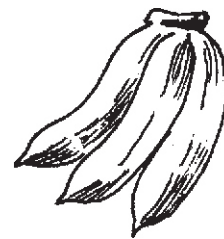
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Ficha Técnica

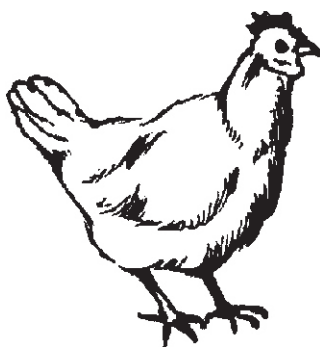
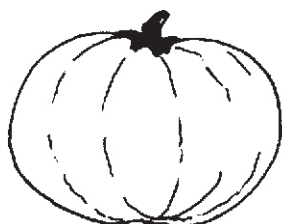
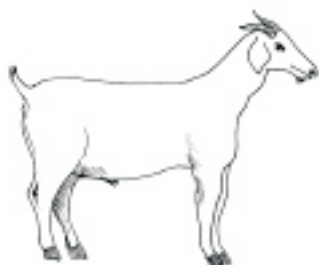
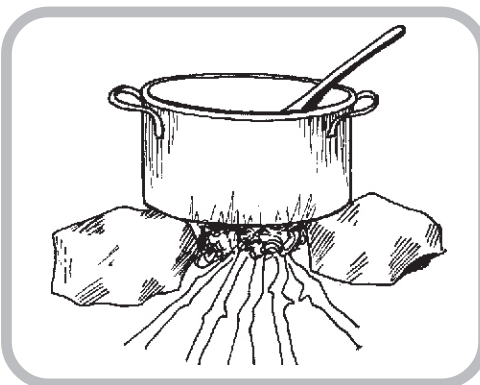
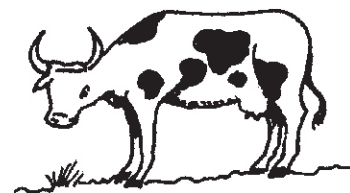
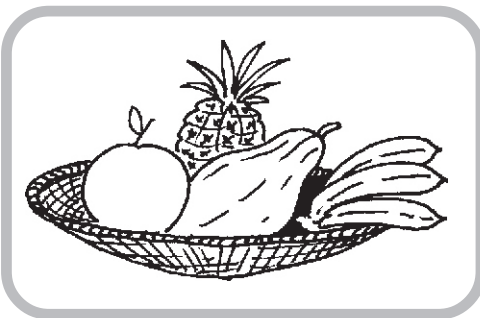
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Produção financiada por:	Fundo Belga para a Segurança Alimentar e Nutrição Projecto GCP/MOZ/027/BEL
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VAMOS COMER



Livro do aluno 1º Ciclo



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Ficha Técnica

ELABORADO POR:
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e Maria Teresa Smith

GRAFISMO:
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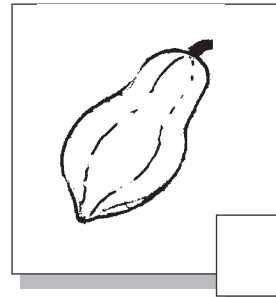
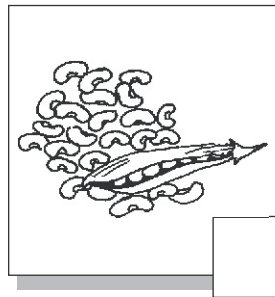
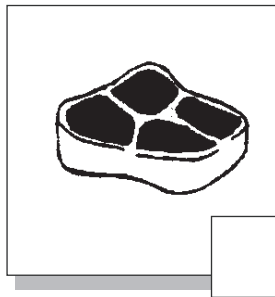
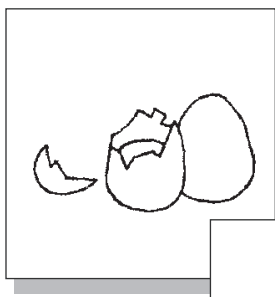
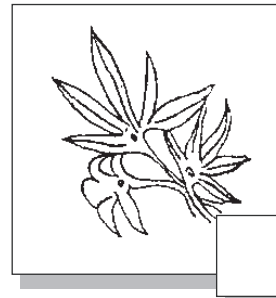
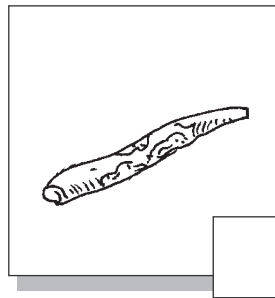
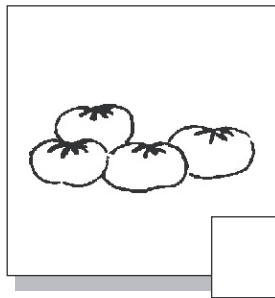
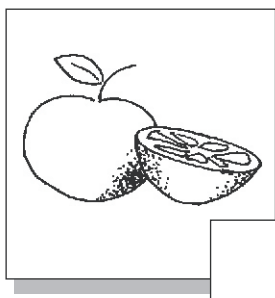
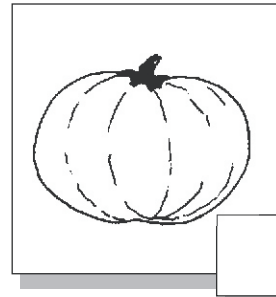
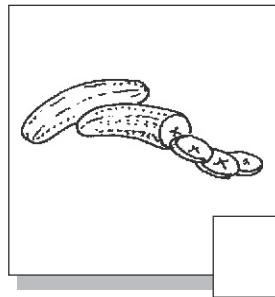
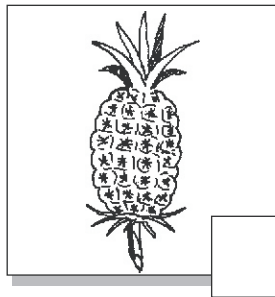
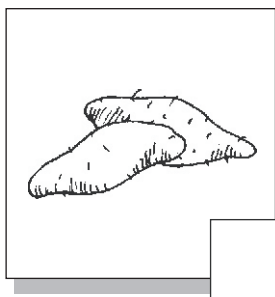
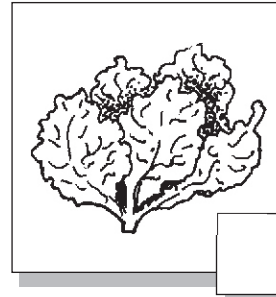
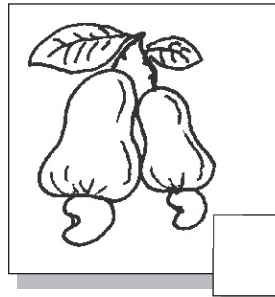
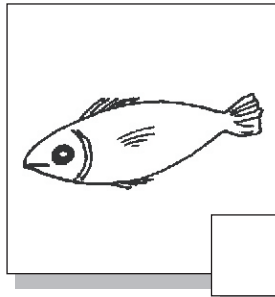
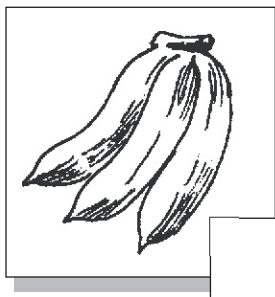
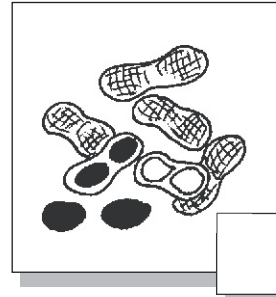
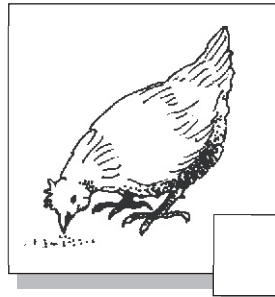
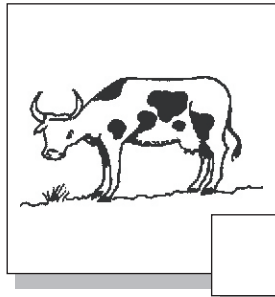
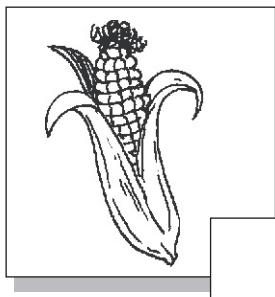
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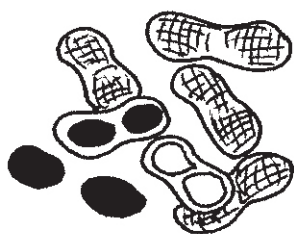
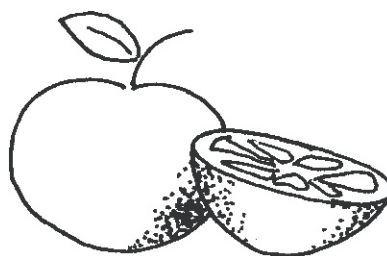
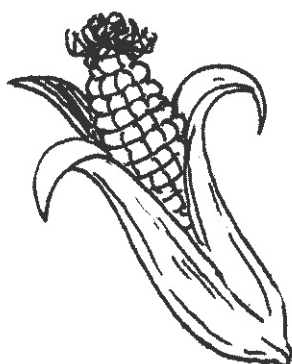
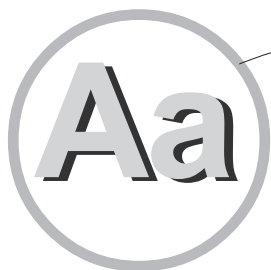
I

Os alimentos que eu conheço

1 - Indica com X os alimentos que conheces



2 - Liga com uma linha o alimento que começa com a letra A à letra A



3 - Liga os números com uma linha para completar o desenho



1.

8.

7.

2.

6.

3.

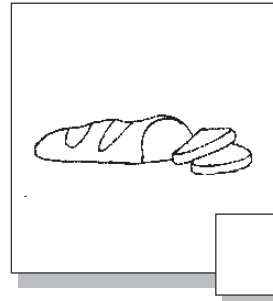
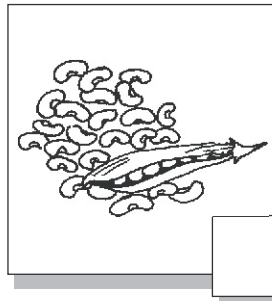
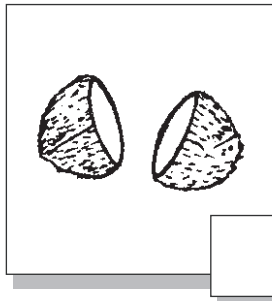
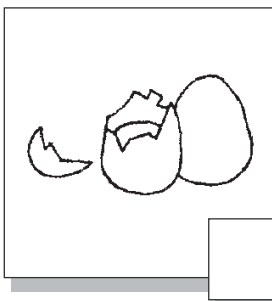
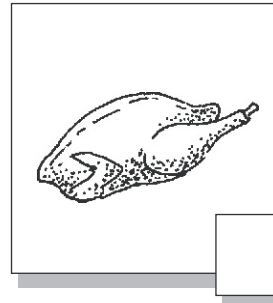
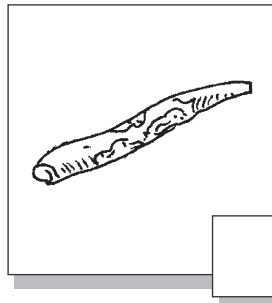
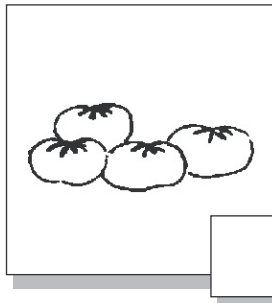
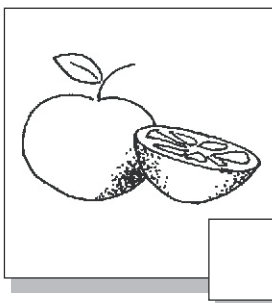
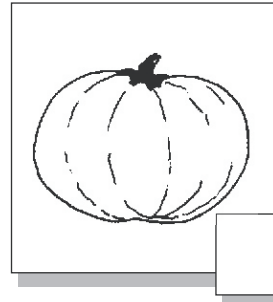
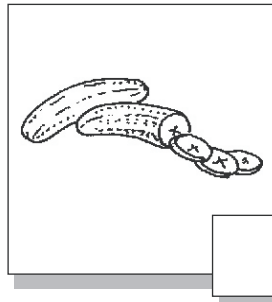
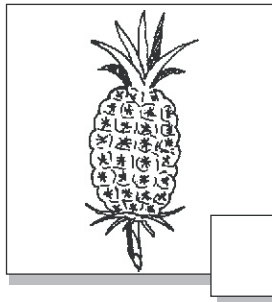
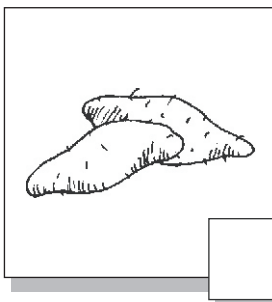
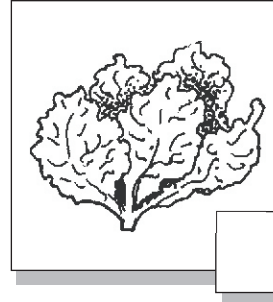
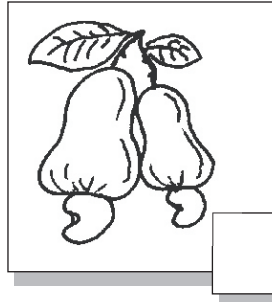
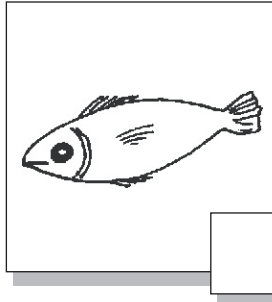
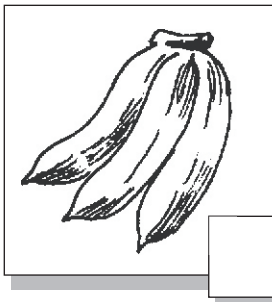
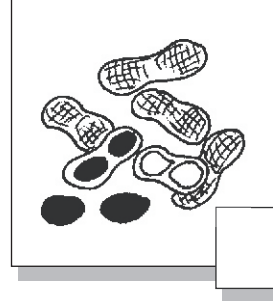
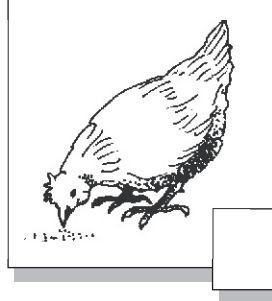
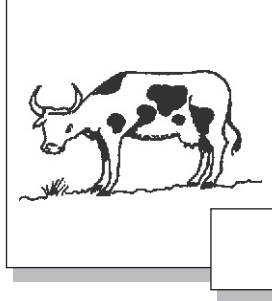
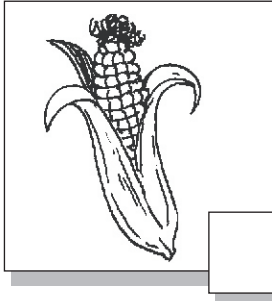
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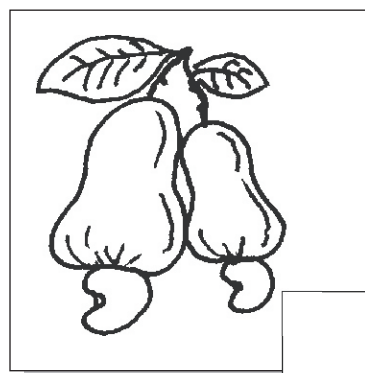
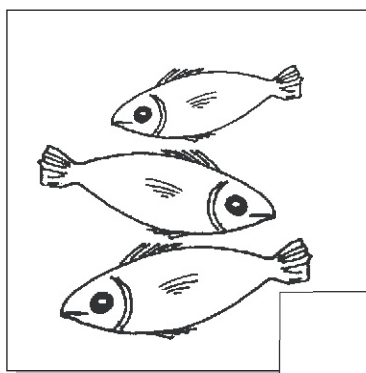
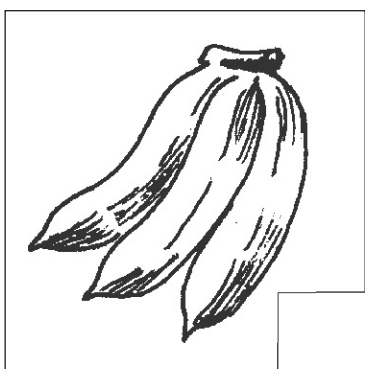
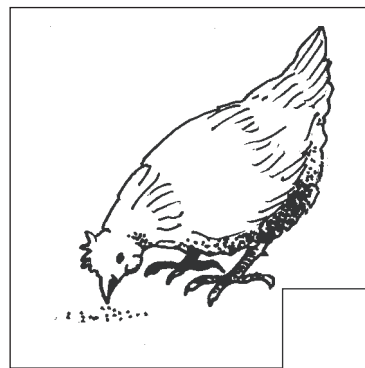
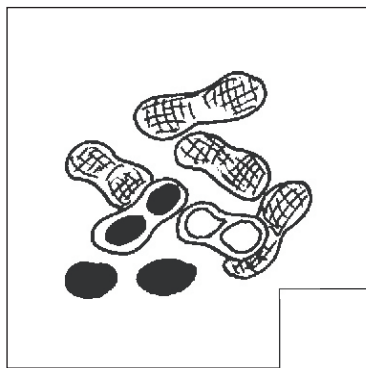
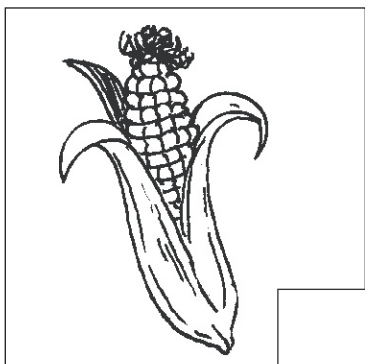


O que Comemos?

1 - Indica com X os alimentos que comes regularmente



2 - Indica quantos alimentos há em cada quadrado



3 - Desenha 3 alimentos que comeste ontem



A large, empty rounded rectangle with a thin border, intended for the student to draw three foods they ate yesterday.



O que gosto de comer!

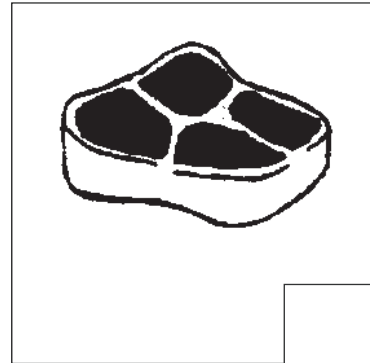
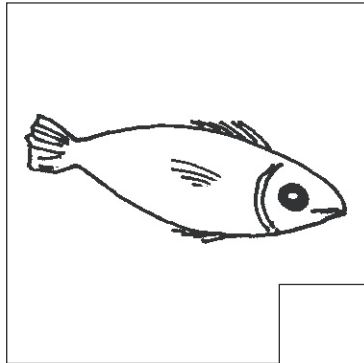
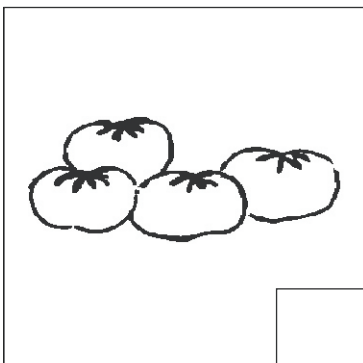
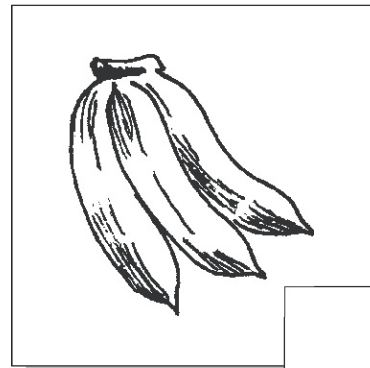
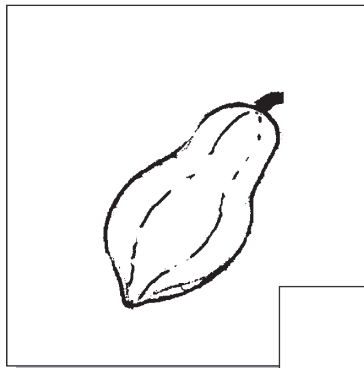
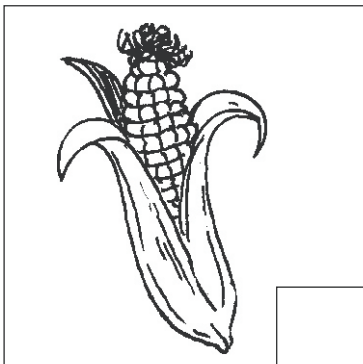
1 - Quantas vezes por semana comes este alimento?

Nunca

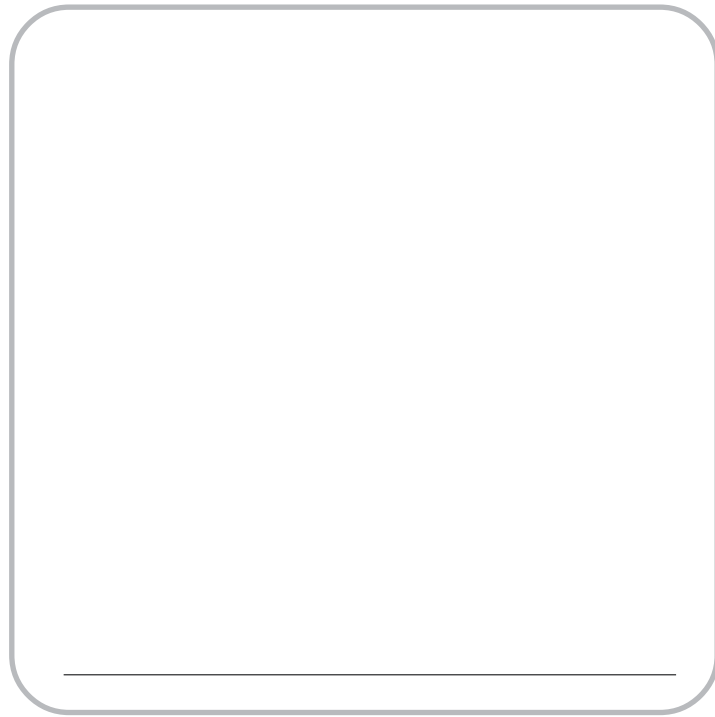
As vezes

Sempre

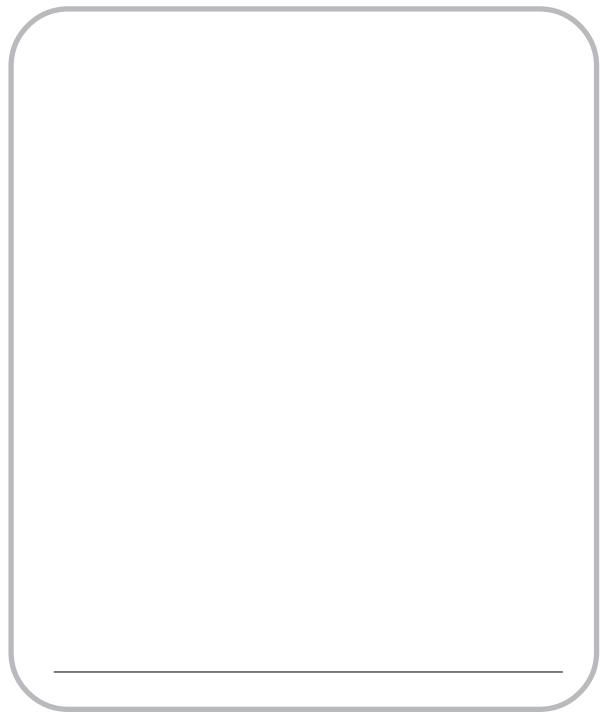
Coloca a forma certa junto ao desenho do alimento



2 - Desenha o que tu mais gostas de comer

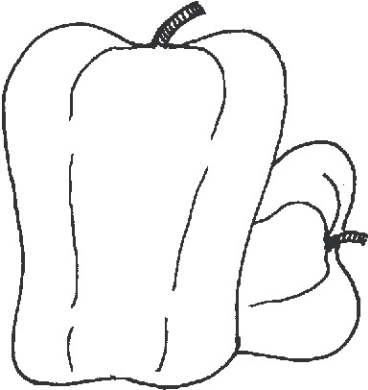
A large, empty rounded square box with a thin grey border. At the bottom of the box, there is a horizontal line extending across most of its width, serving as a guide for drawing.

3 - Desenha o que 2 pessoas da tua família gostam de comer

A rounded square box with a thin grey border. At the bottom of the box, there is a horizontal line extending across most of its width, serving as a guide for drawing.A rounded square box with a thin grey border. At the bottom of the box, there is a horizontal line extending across most of its width, serving as a guide for drawing.

IV Vamos provar outros alimentos

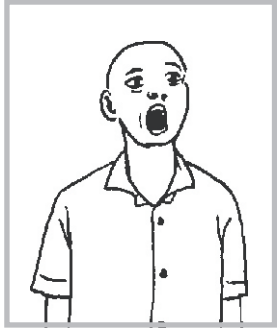
dobrar

	<p>ESCOLA _____</p> <p>_____</p>  <p>Caderneta dos Alimentos</p>

Cortar ←

dobrar

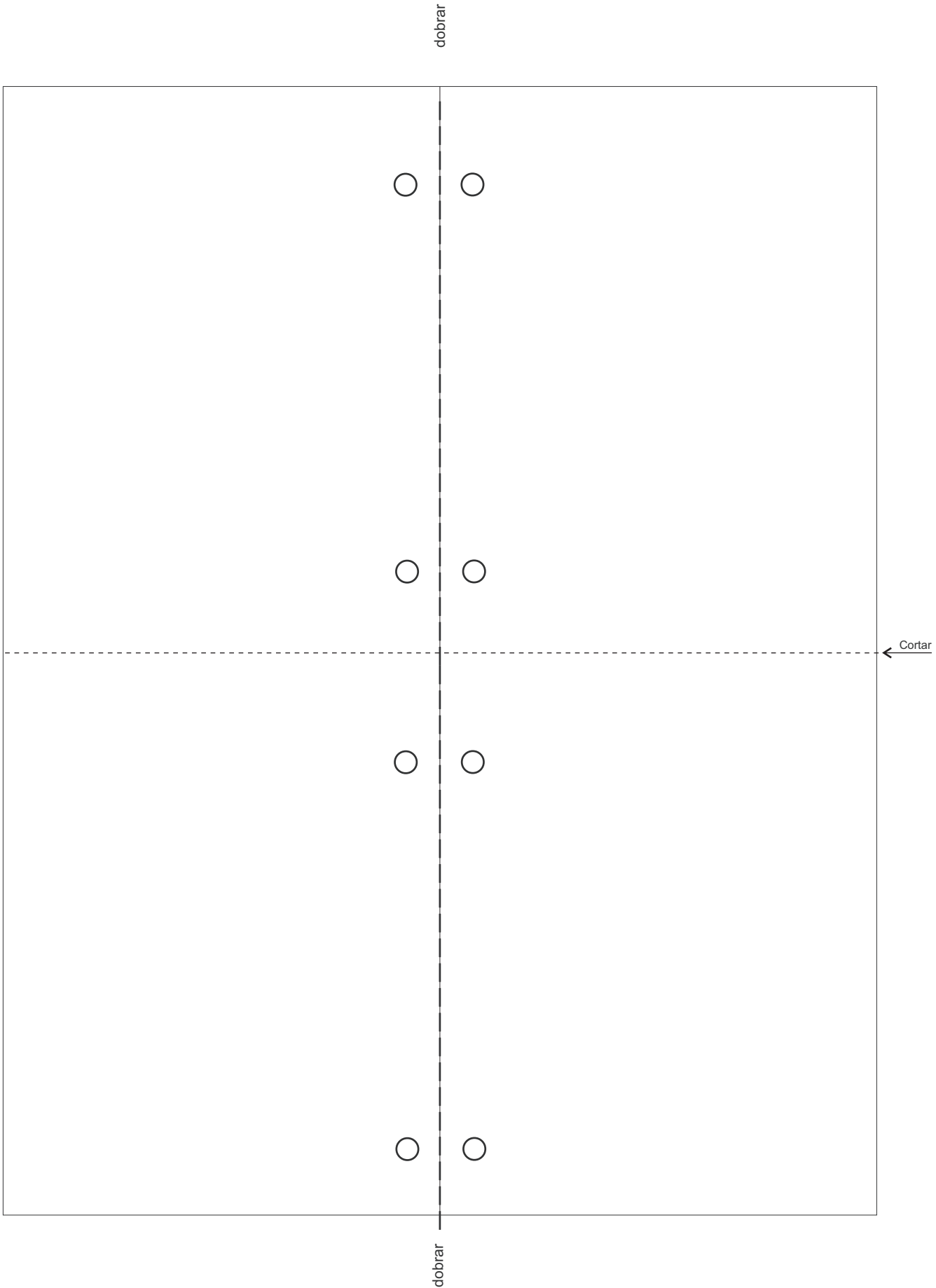
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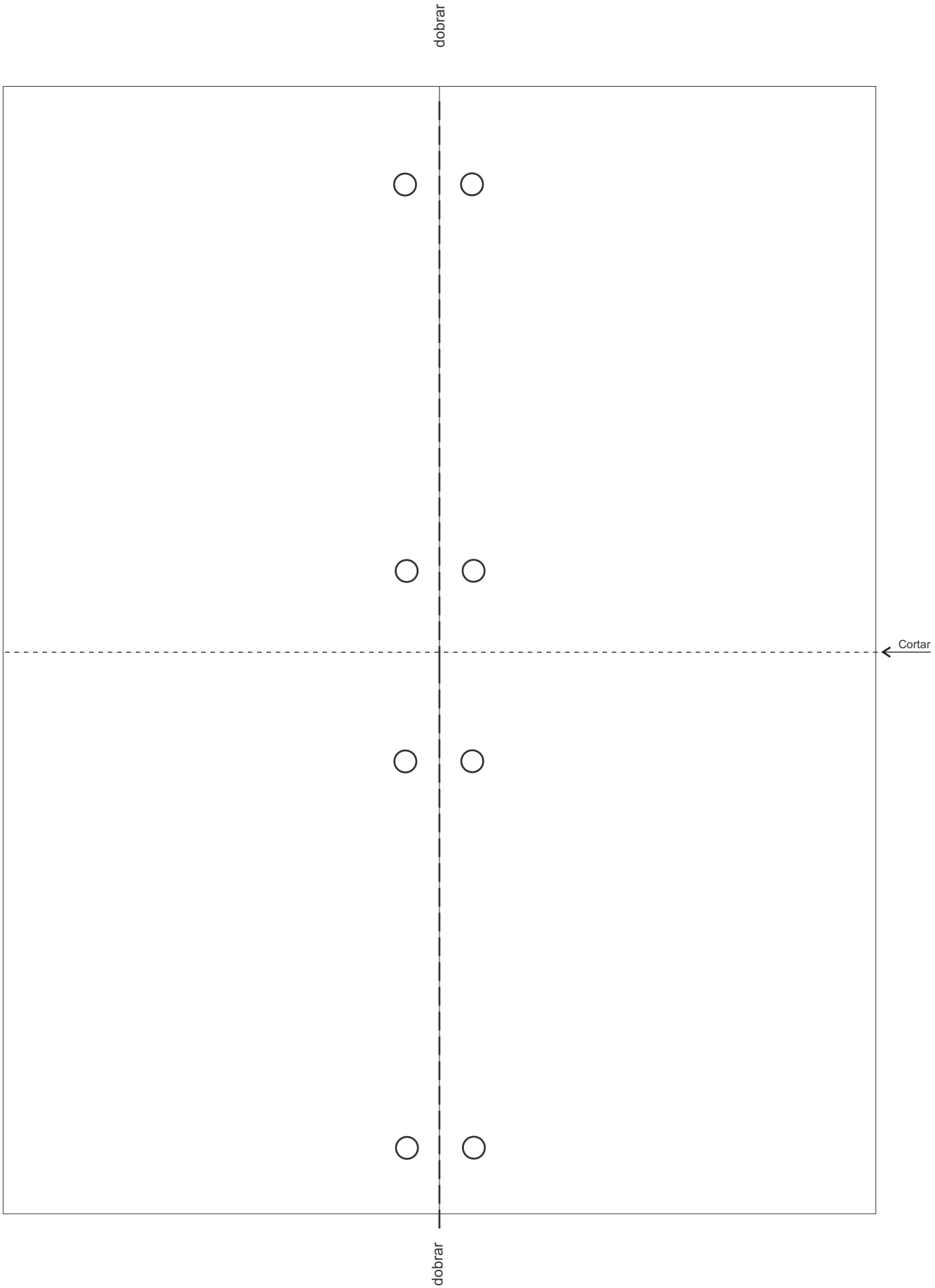


Nome _____
Classe _____

Cortar ←

dobrar

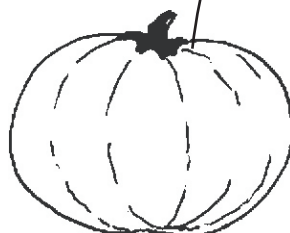
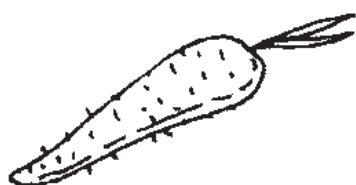




V

Alimentos cor de laranja

1 - É fruto ou vegetal? Liga o alimento com uma linha ao grupo a que pertence

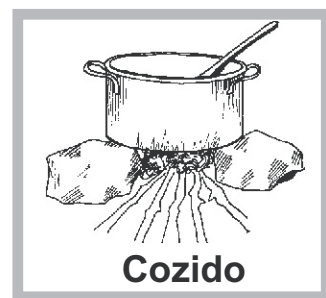
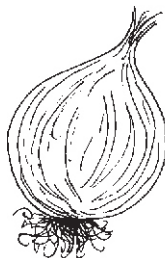
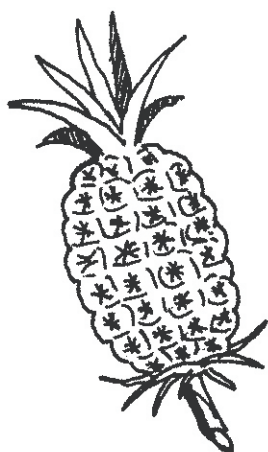


Vegetais

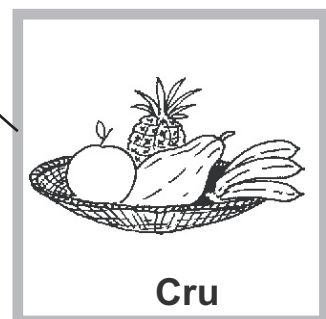
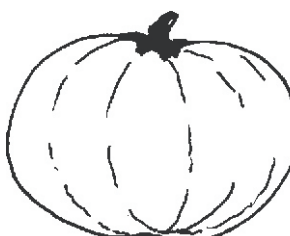
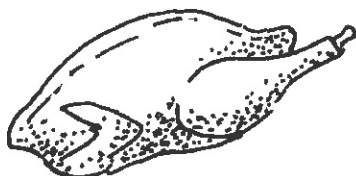


Frutas

2 - O alimento come-se cru ou cozido? Liga com uma linha, cada alimento à situação certa.

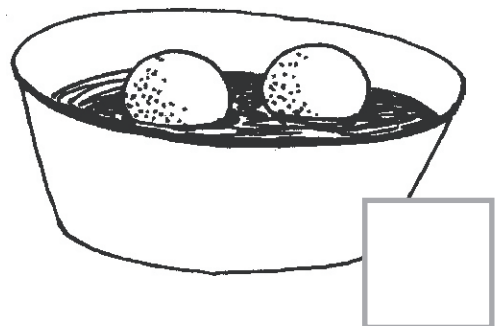
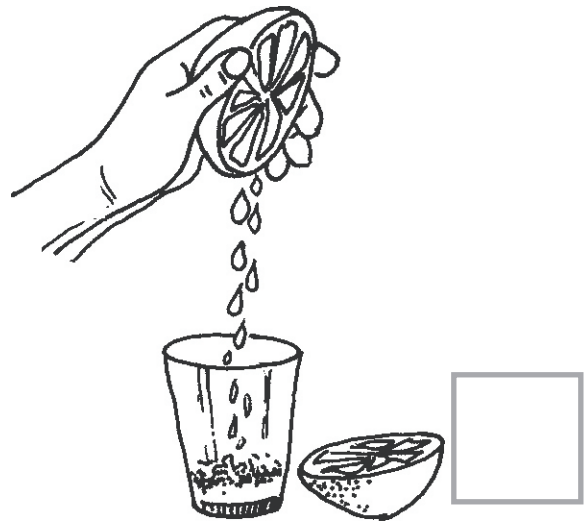
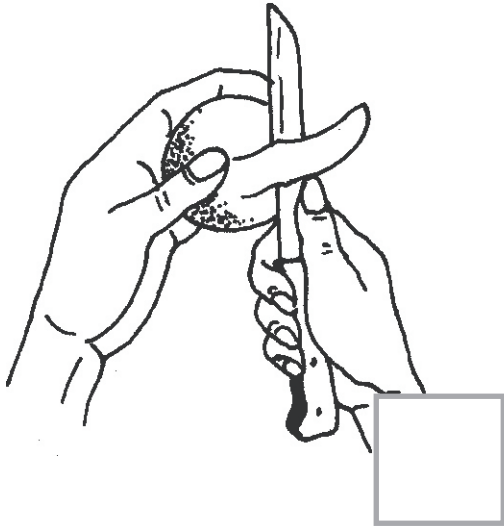


Cozido



Cru

3 - Indica com números a ordem correcta para fazer sumo de laranja. Há um desenho a mais.

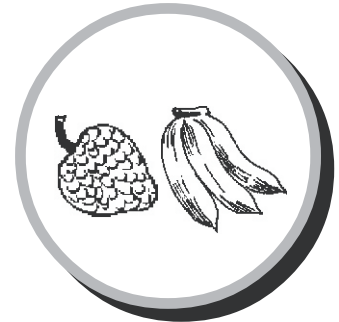
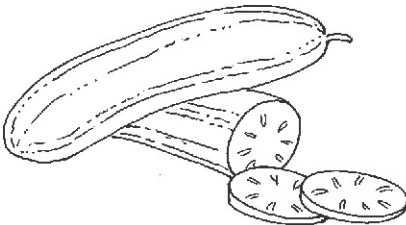
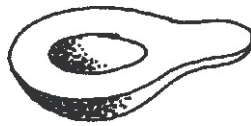


VII Alimentos verdes

1 - É fruto ou vegetal? Liga o alimento com uma linha ao grupo a que pertence.

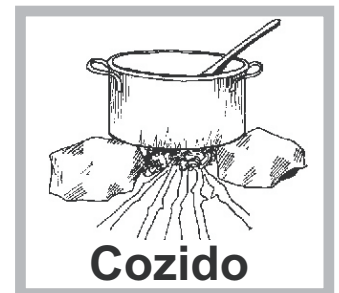
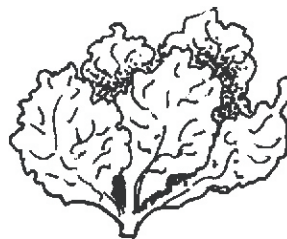
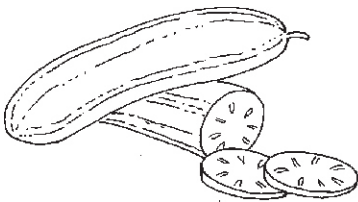


Vegetais

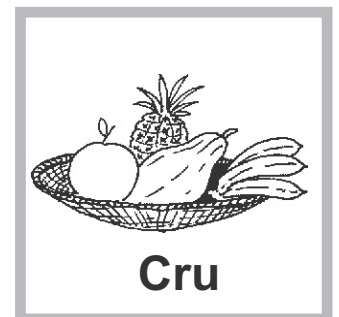


Frutas

2 - O alimento come-se cru ou cozido? Liga com uma linha, cada alimento á situação certa.

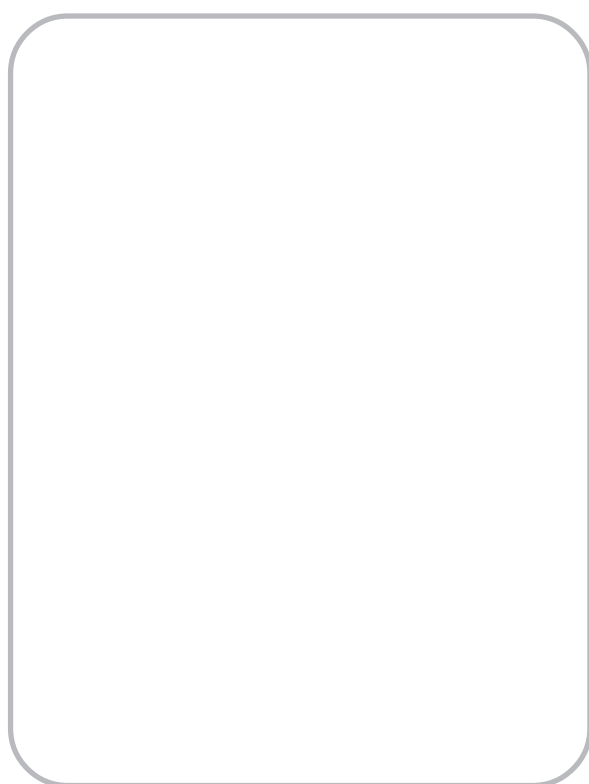
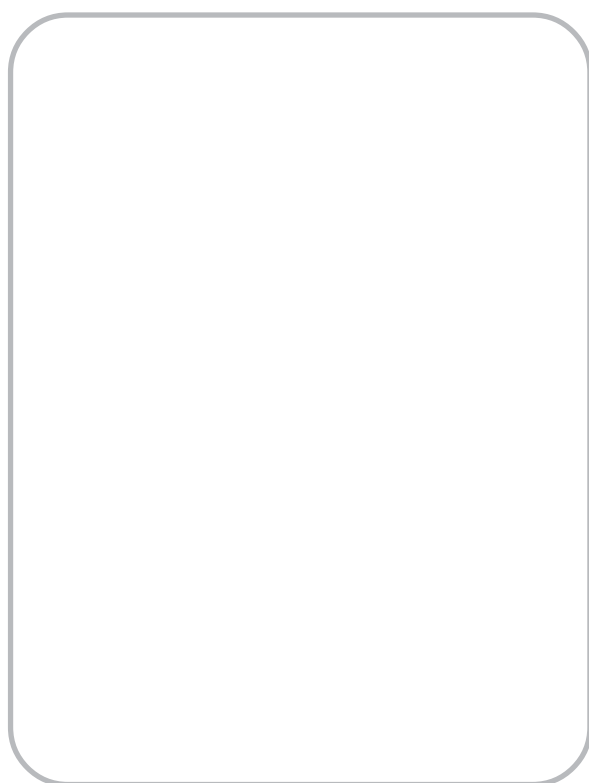


Cozido



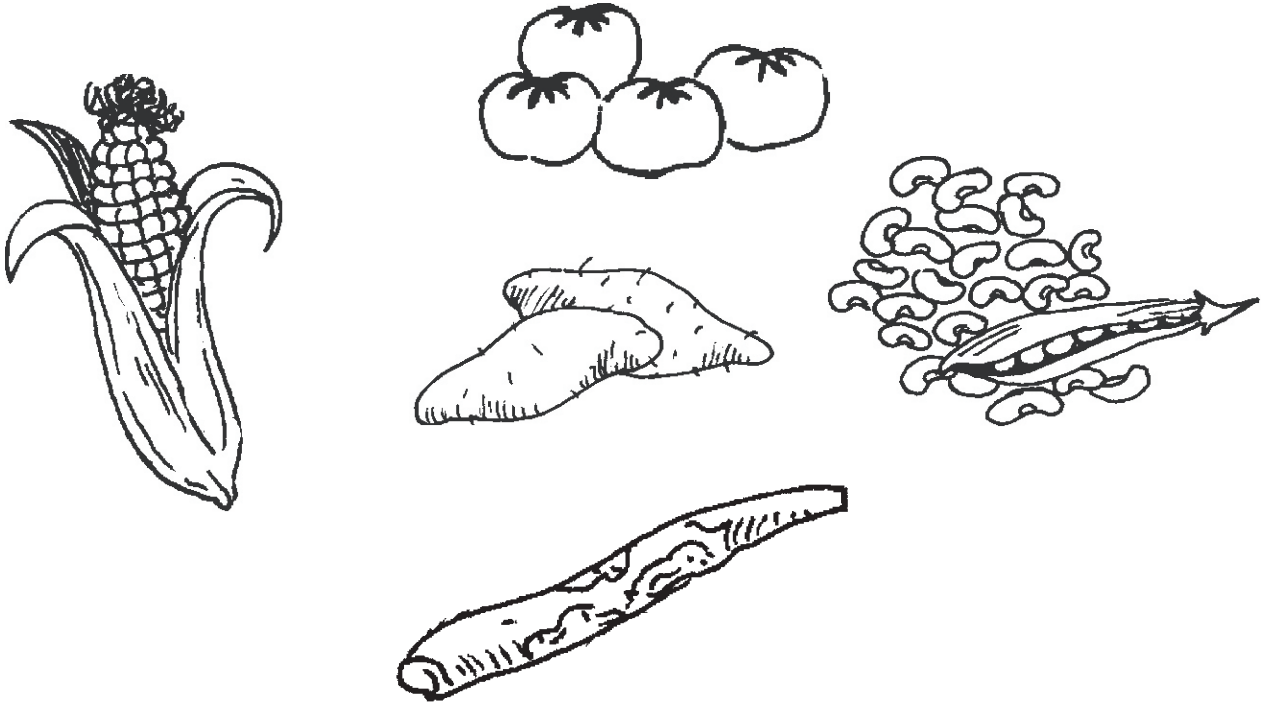
Cru

3 - Desenha 4 alimentos verdes que comes em casa

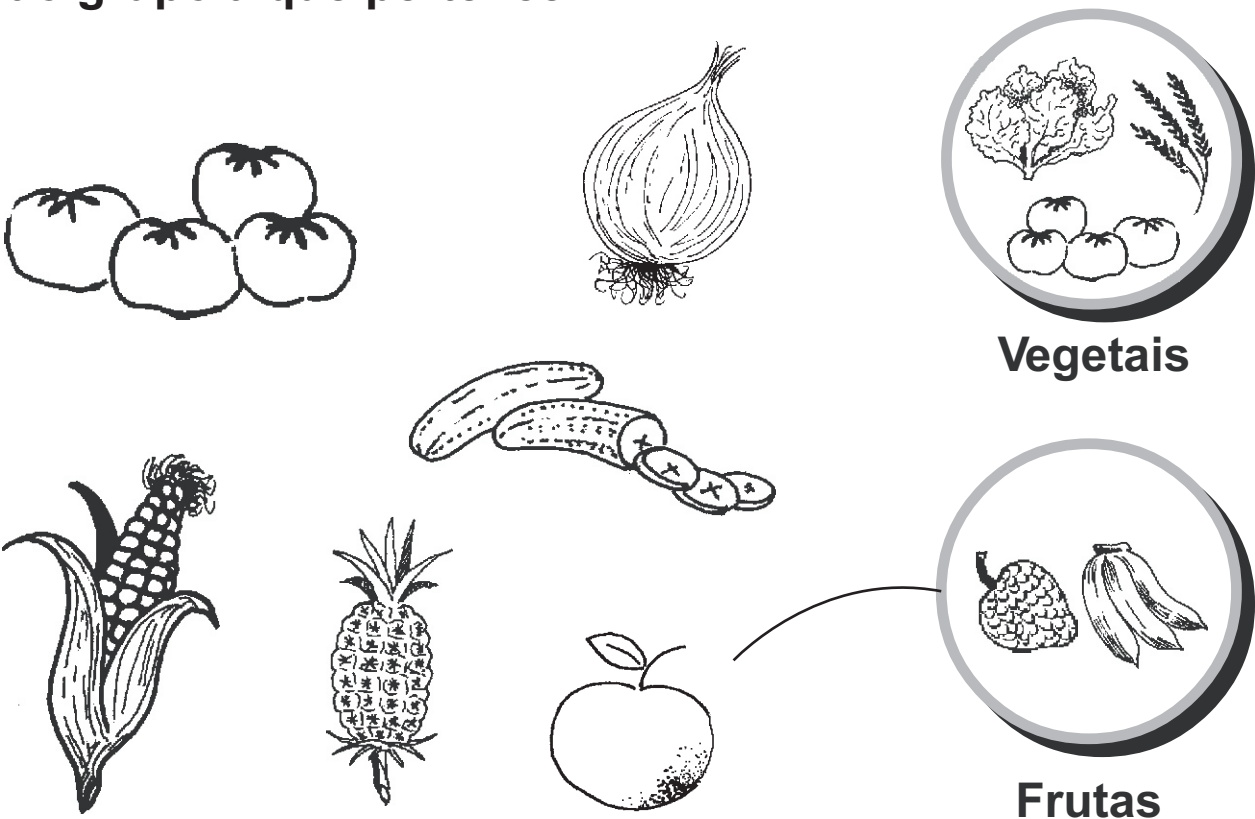


VIII Alimentos de outras cores

1 - Pinta os alimentos de castanho, vermelho e branco

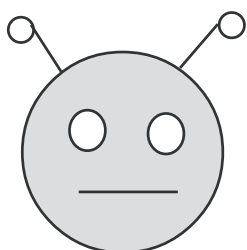
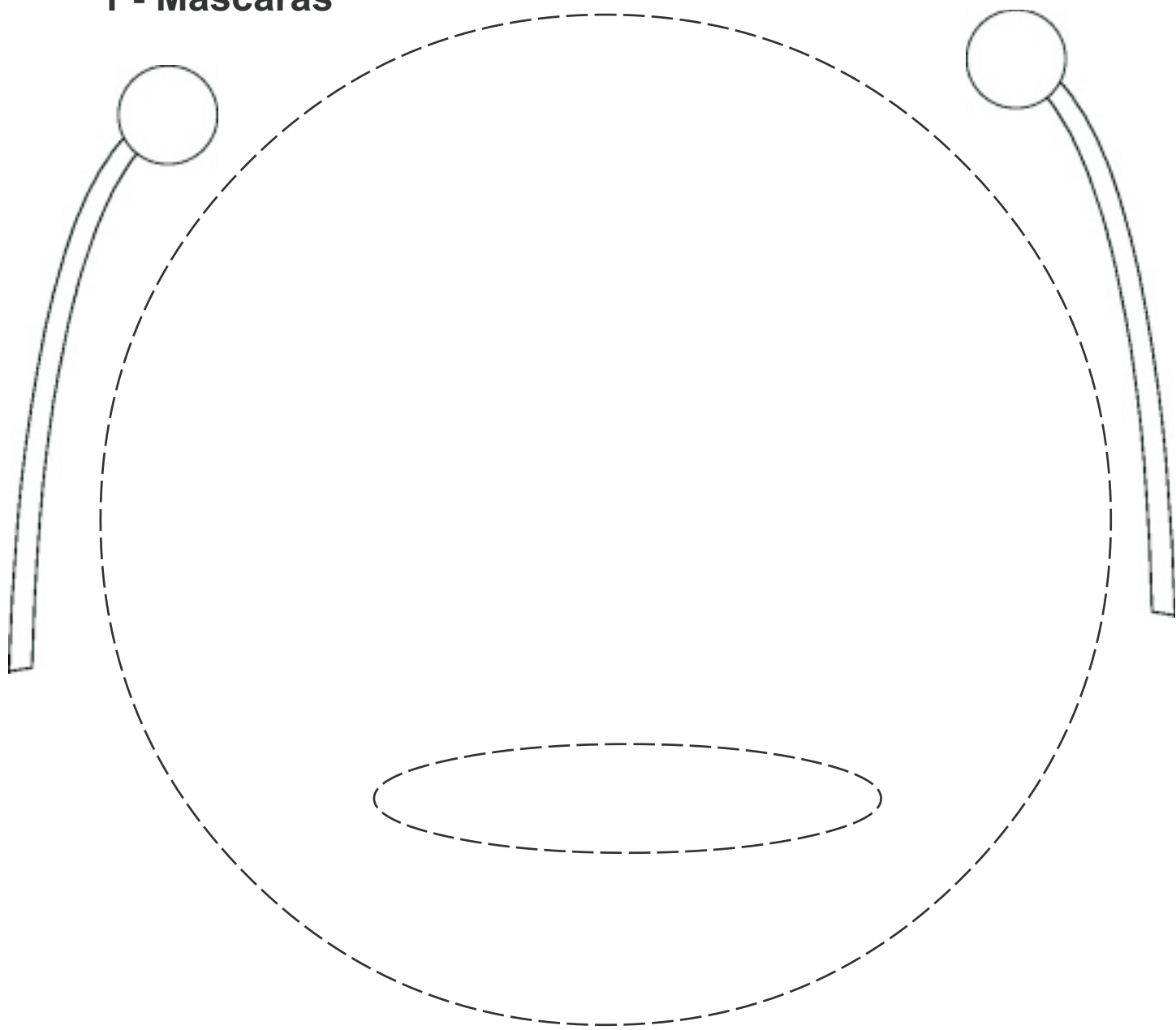


2 - É fruto ou vegetal? Liga o alimento com uma linha ao grupo a que pertence

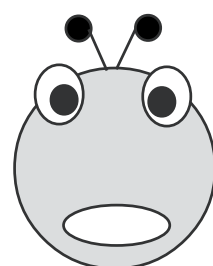
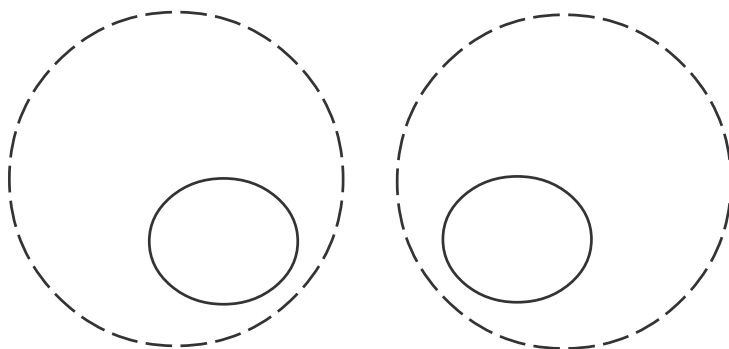


IX Animais com asas

1 - Máscaras

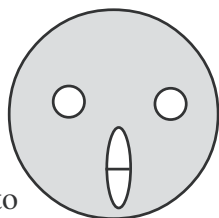
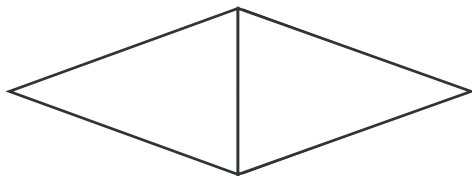
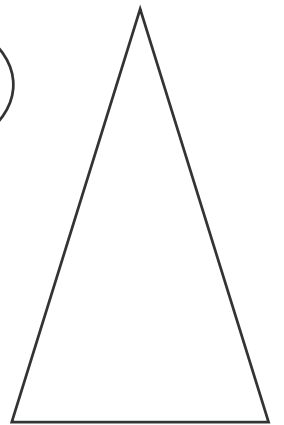
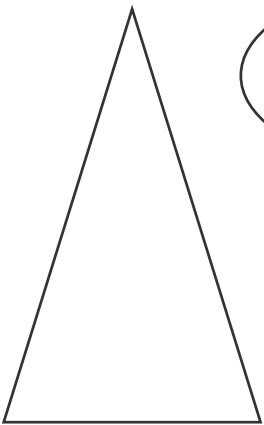
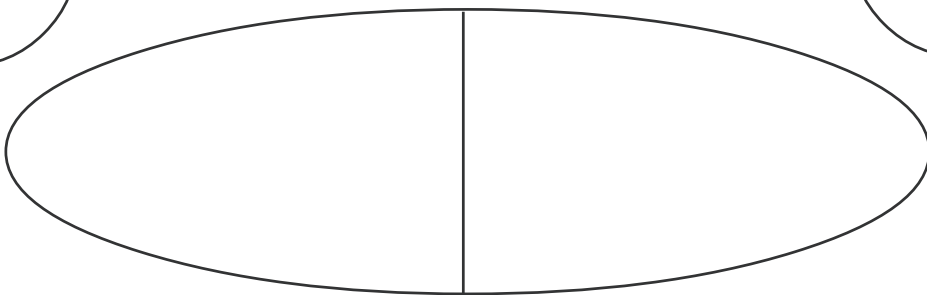
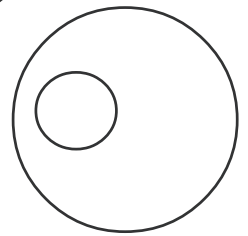
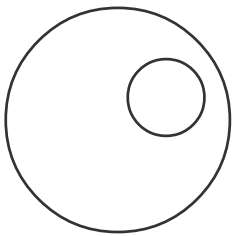
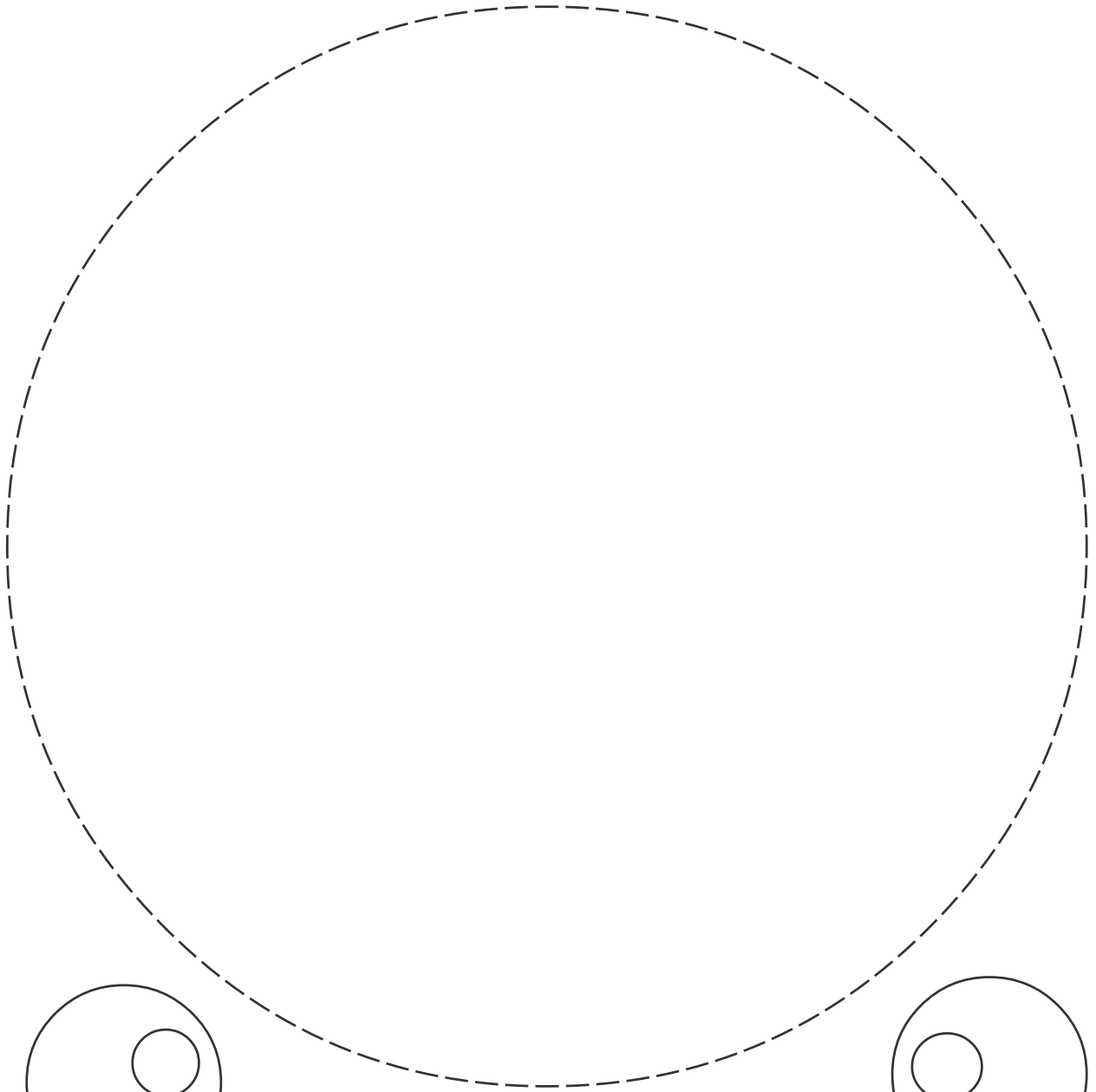


Abelha

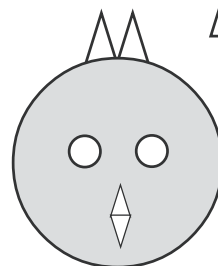


Gafanhoto

(Em branco)



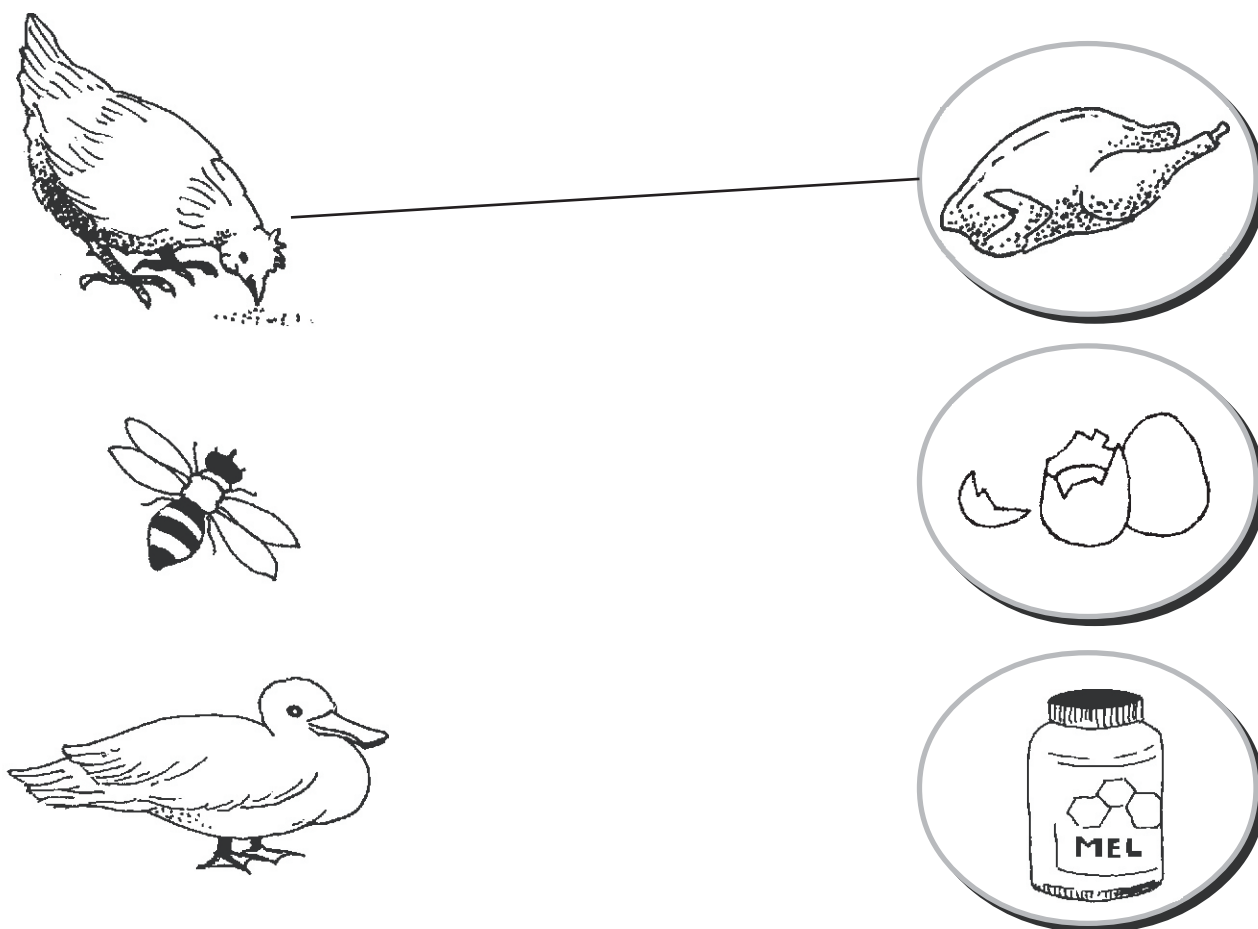
Pato



Pinto

(Em branco)

2 - Liga o animal ao alimento que ele nos dá



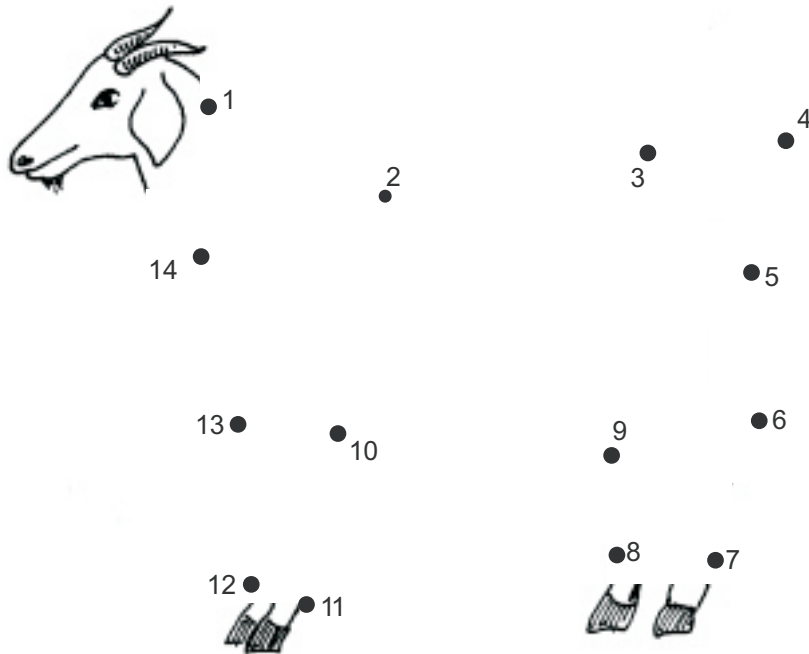
3 - Faz um à volta dos alimentos que vêm de animais com asas



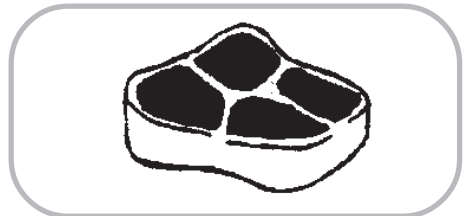
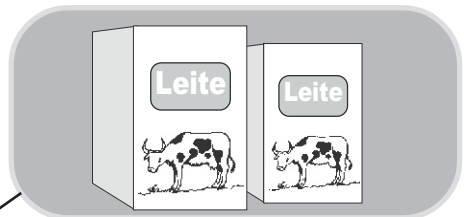
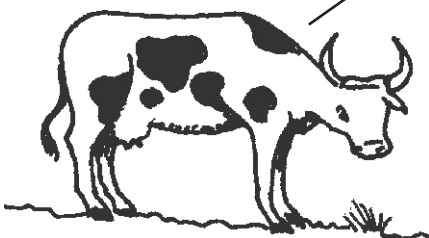
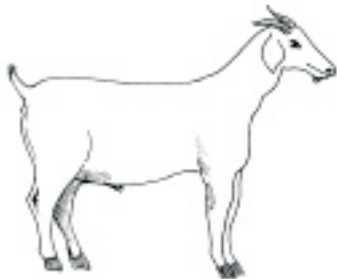
X

Animais de 4 patas

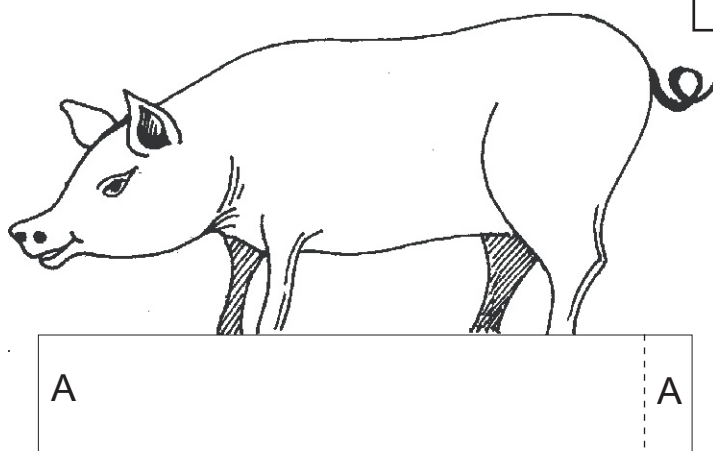
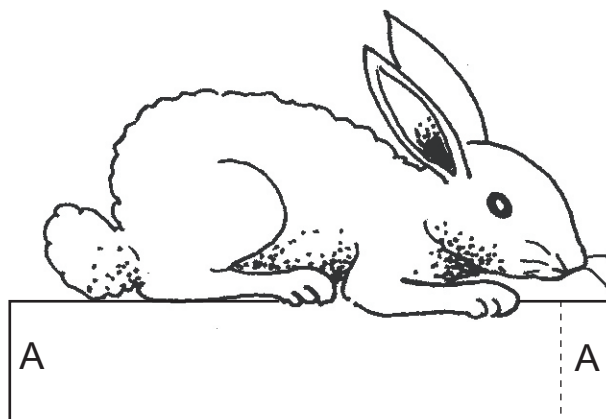
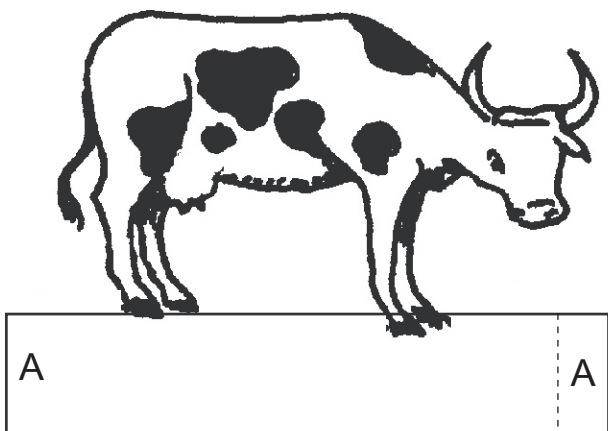
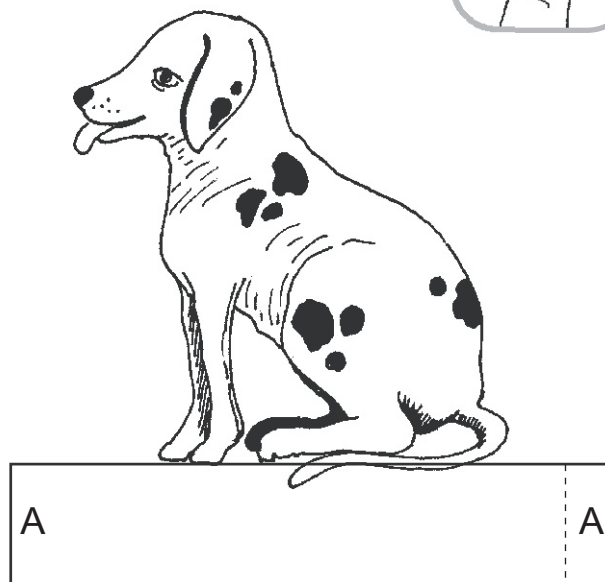
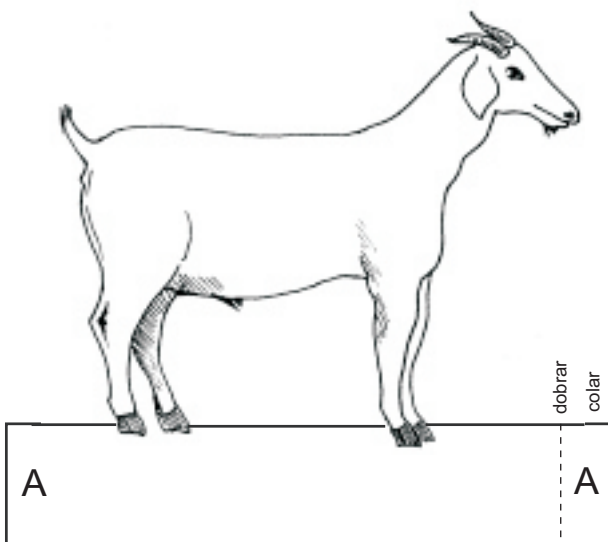
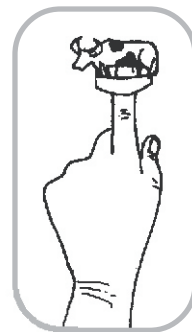
1 - Liga os números para completar o desenho



2 - Liga o animal com aquilo que ele nos dá



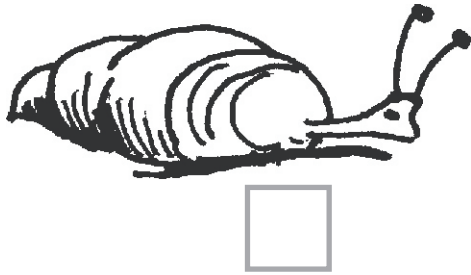
3 - Recorta para fazeres os fantoches de dedos



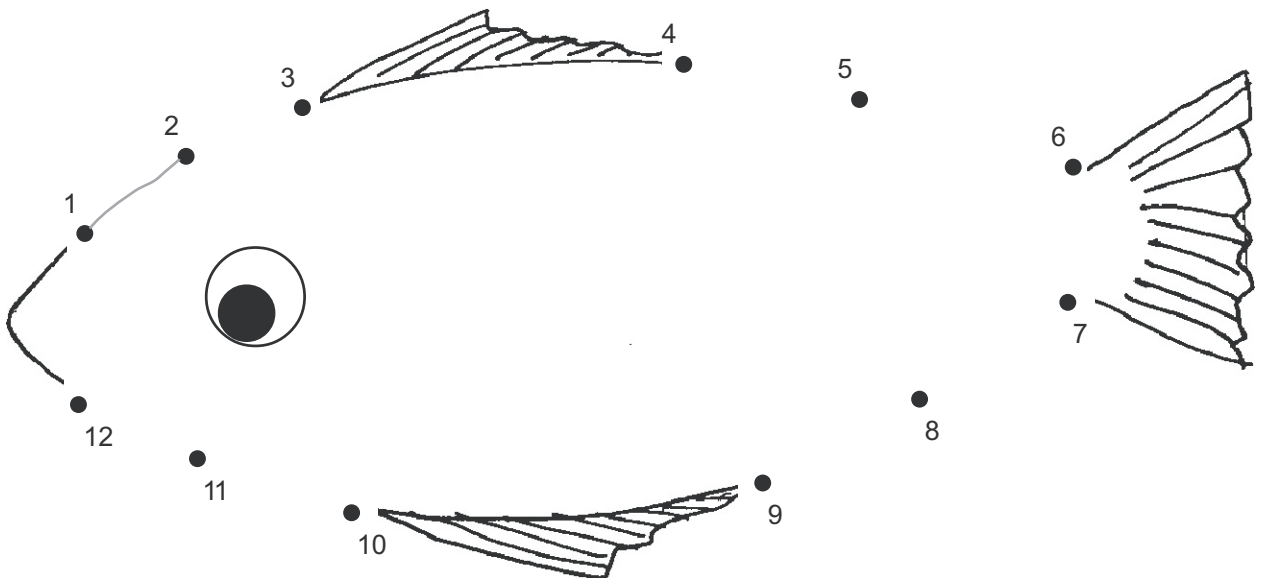
(Em branco)

XI Animais que vem da água

1 - Indica qual o animal que já comeste

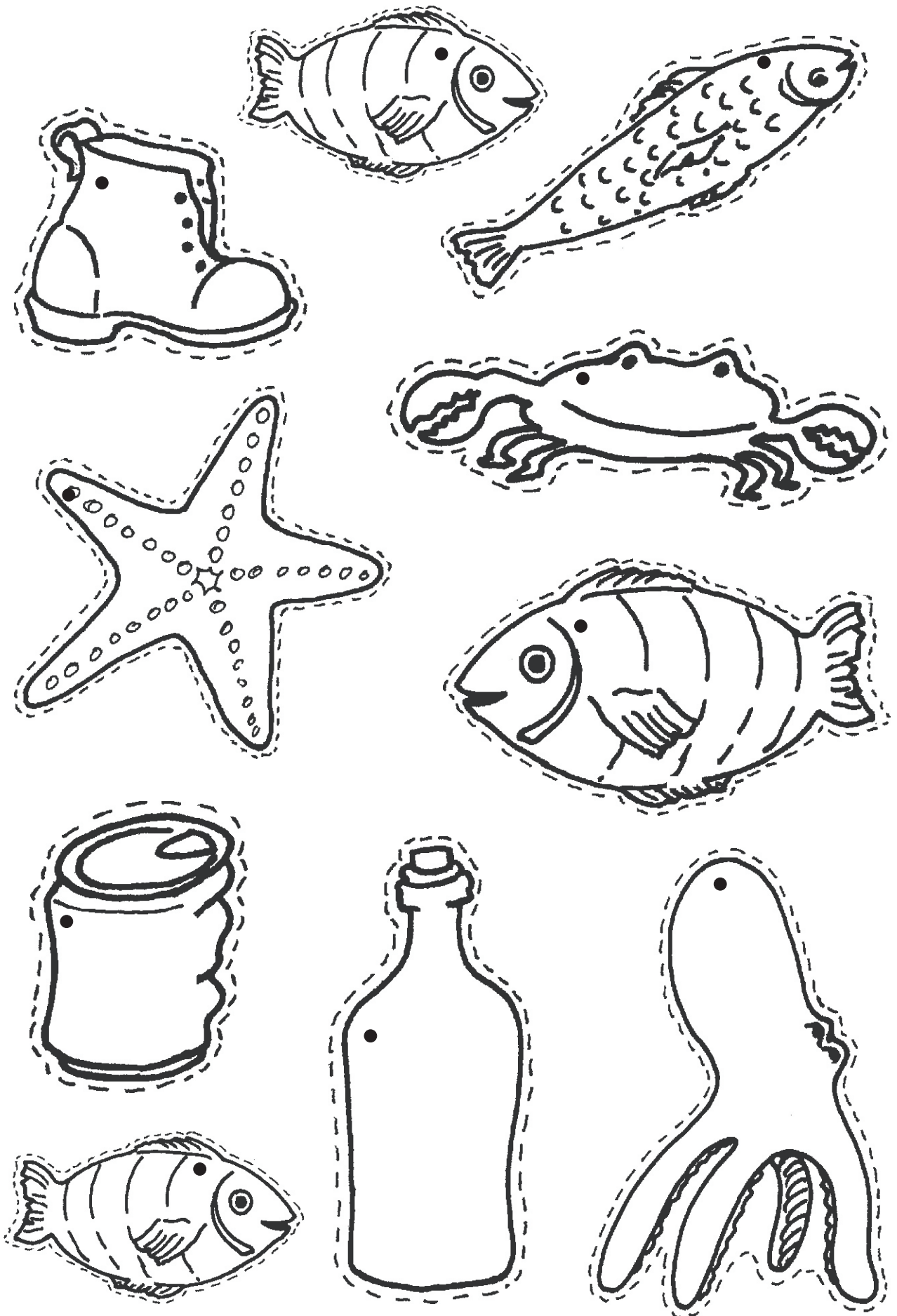


2 - Liga os números para completar o desenho



(Em branco)

3 - Recorta as figuras para o jogo da pesca



7

9

0

6

1

10

0

5

0

8

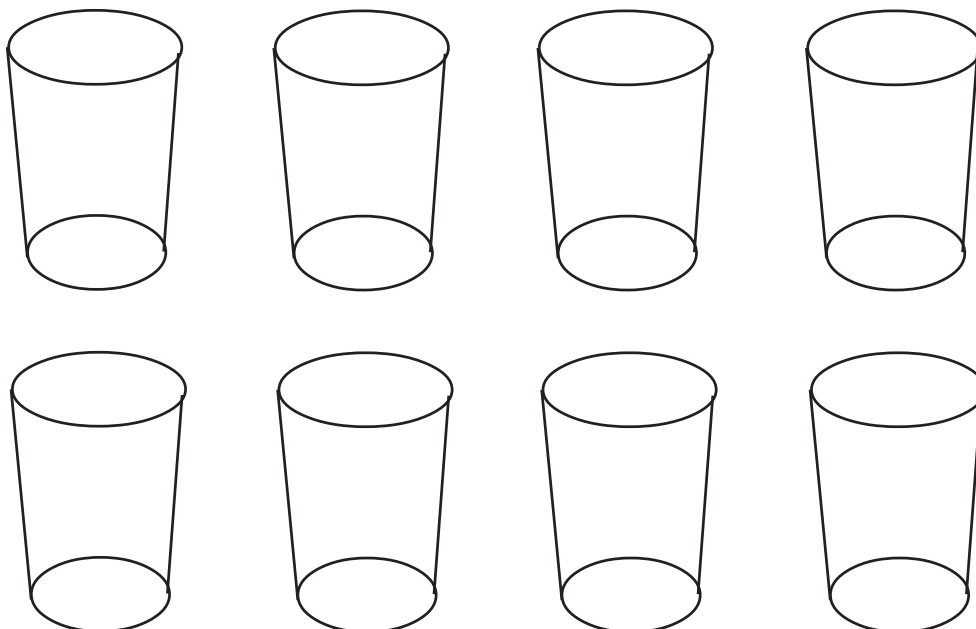
30

XII A água e a vida

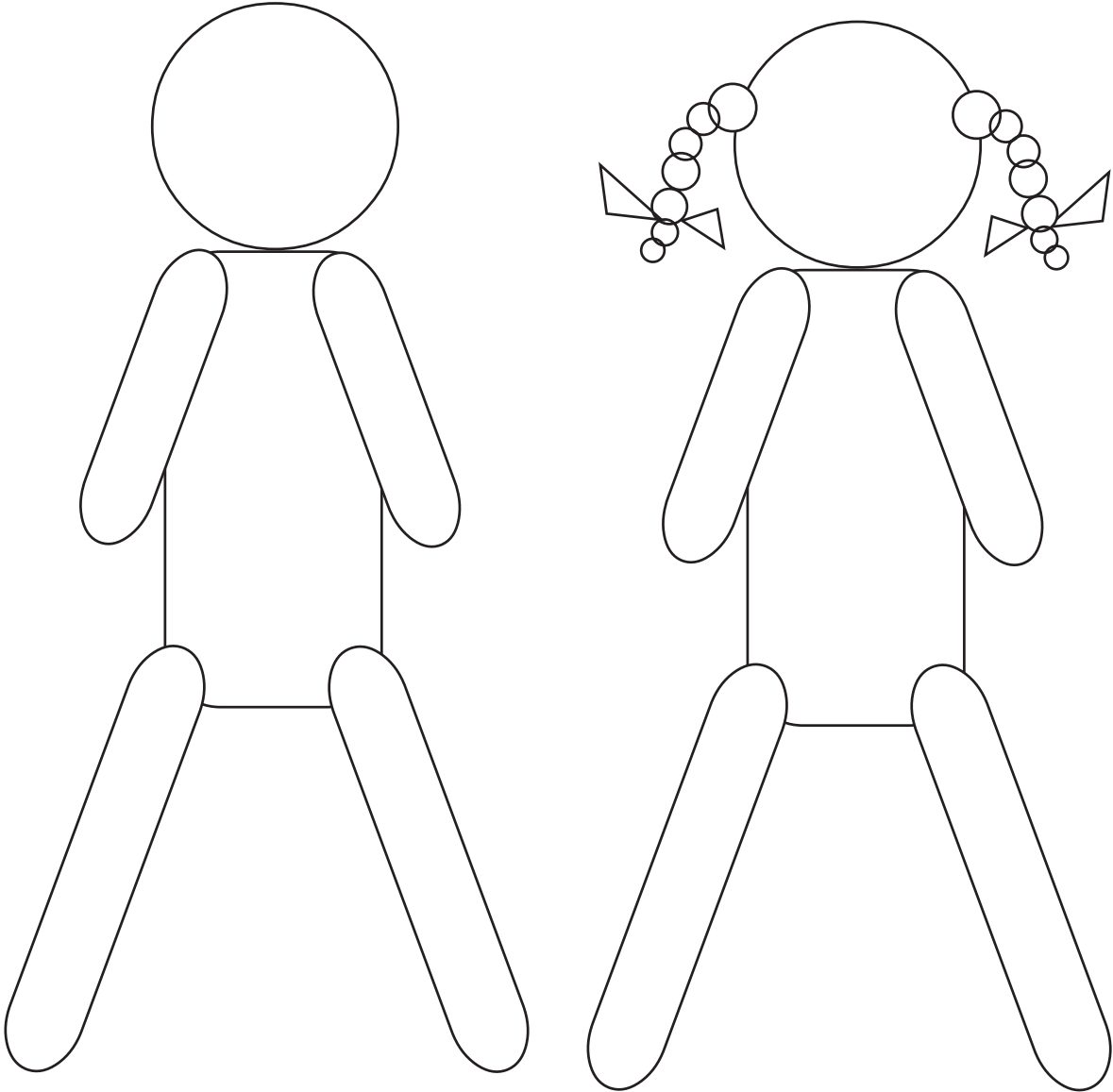
1 - Indica com X a planta que não tem água.



2 - Pinta quantos copos de água devemos beber por dia.

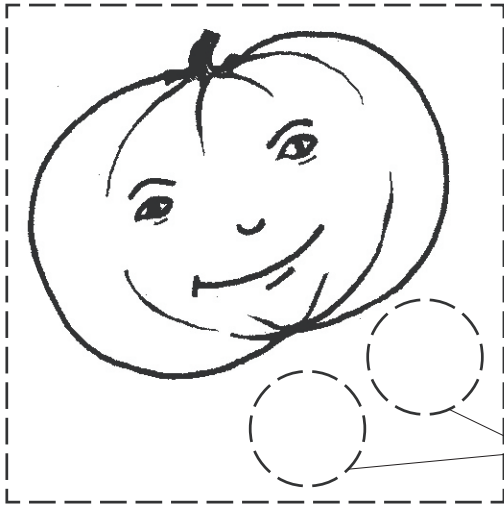


3 - Pinta o menino e a menina, felizes e saudáveis porque bebem água suficiente todos os dias

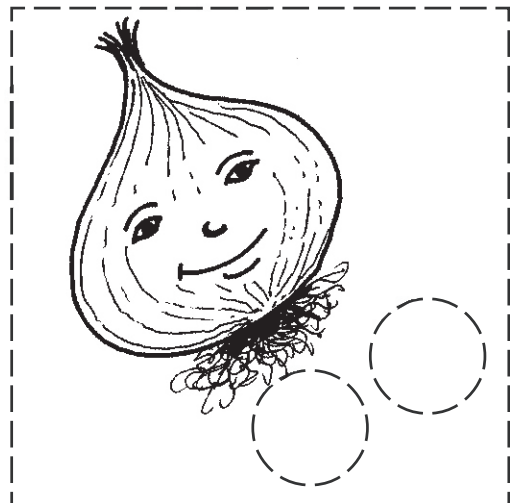
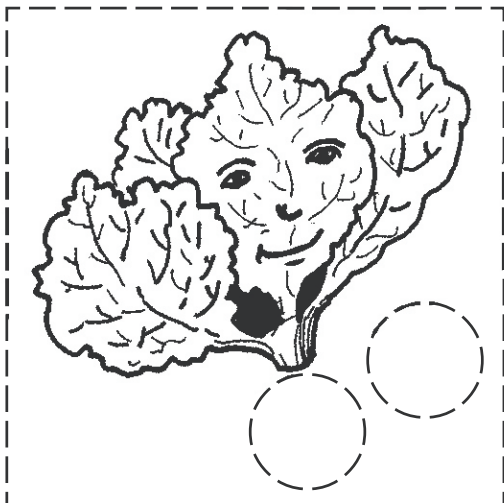
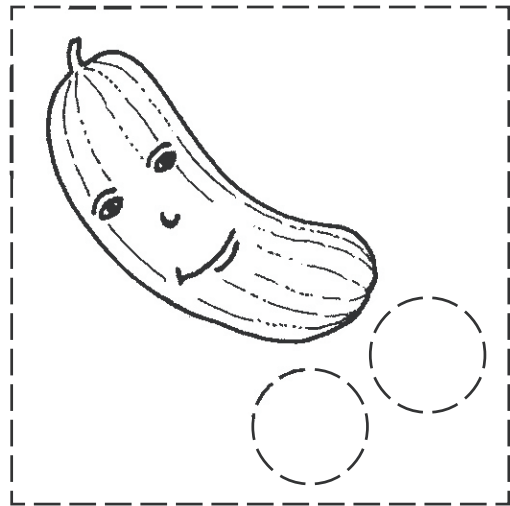
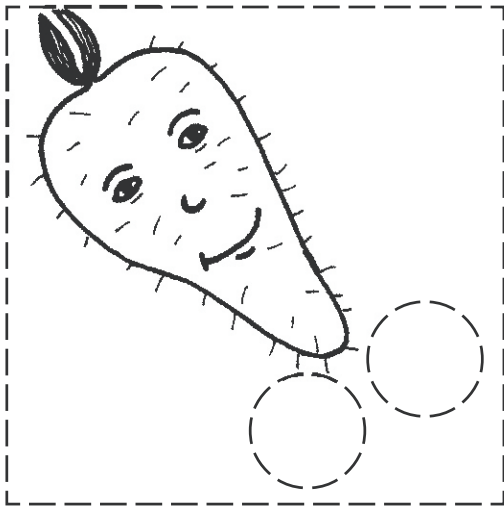
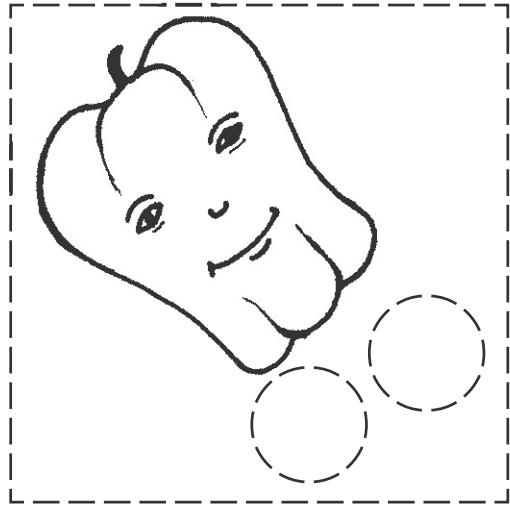


XIII A água e os alimentos

1 - Recorta os cartões e conta a história aos teus amigos



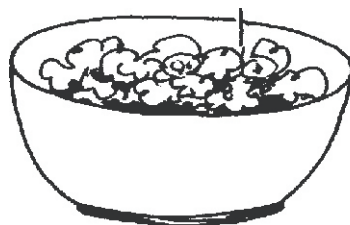
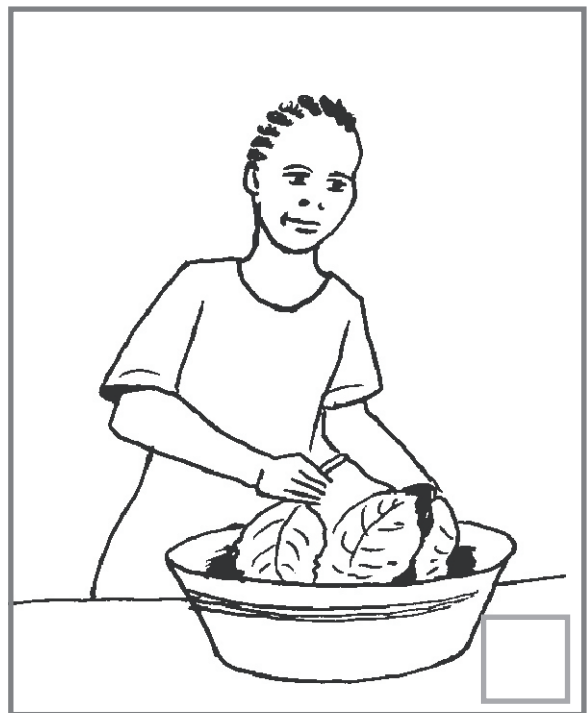
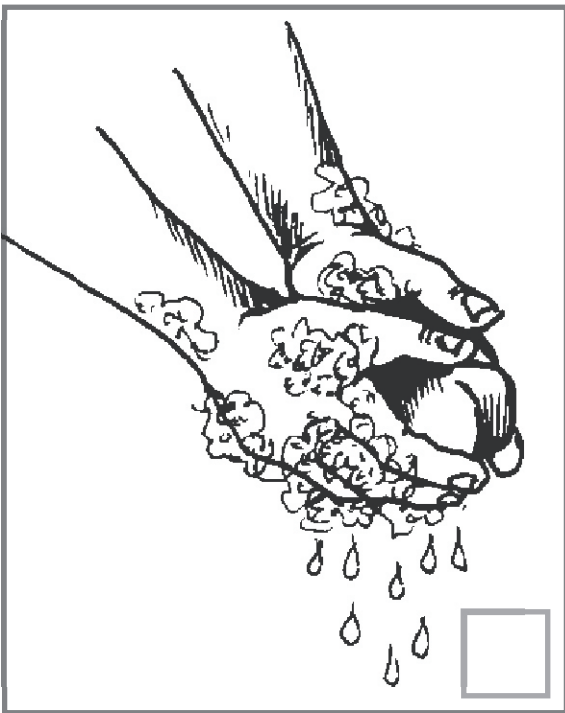
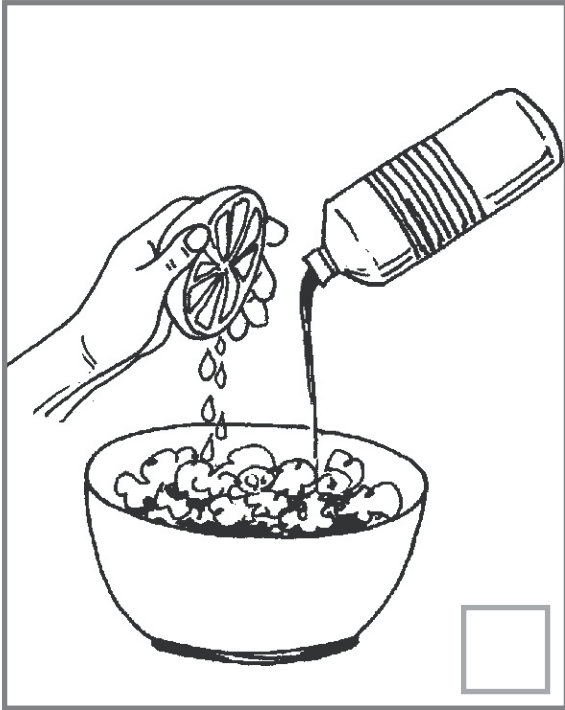
Cortar



(Em branco)

2 - Como se faz uma salada?

Indica com números a ordem correcta para fazer a salada.



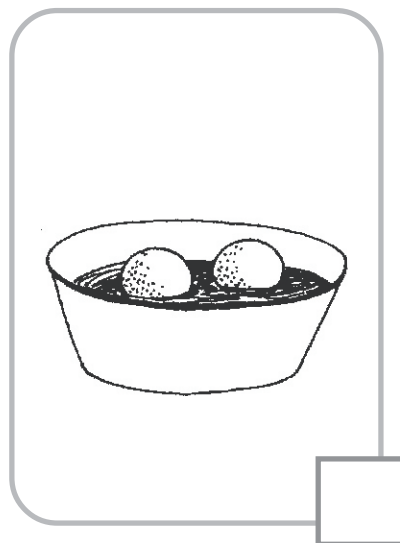
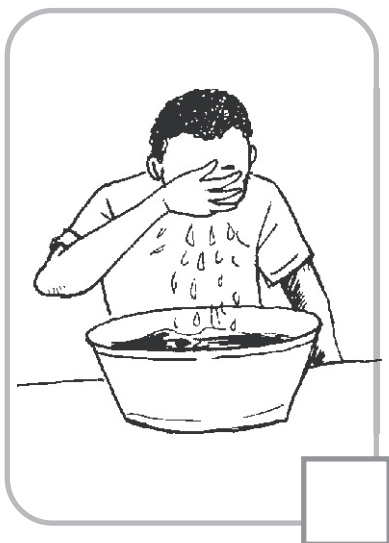
XIV A água e o nosso corpo

1 - Indica com X a resposta certa em cada fila.

O que devemos fazer antes de comer?



O que devemos fazer antes de comer fruta?



O que devemos fazer depois de usar a casa de banho?



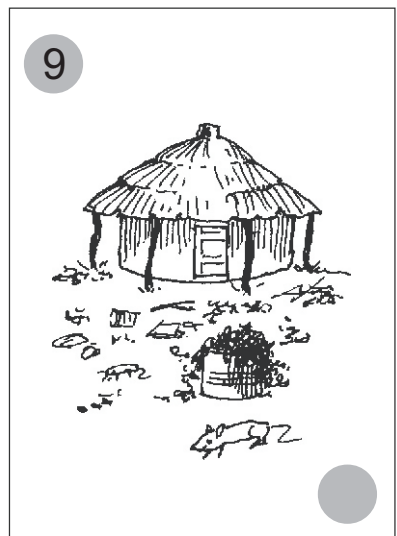
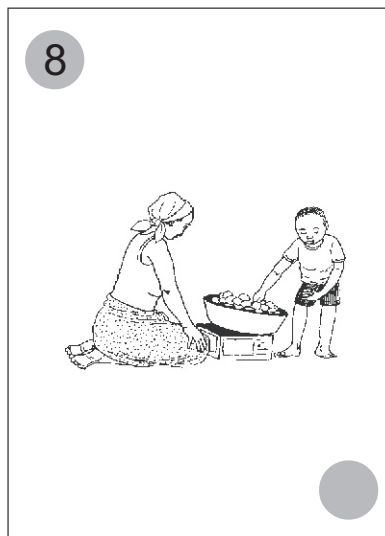
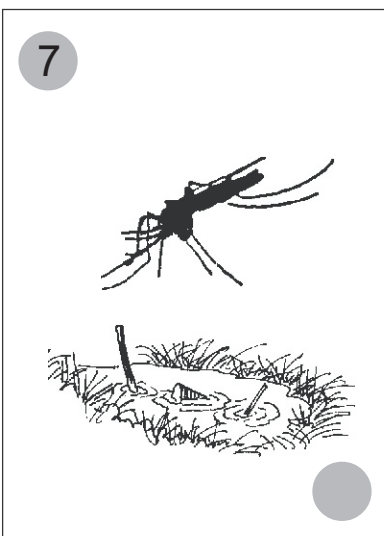
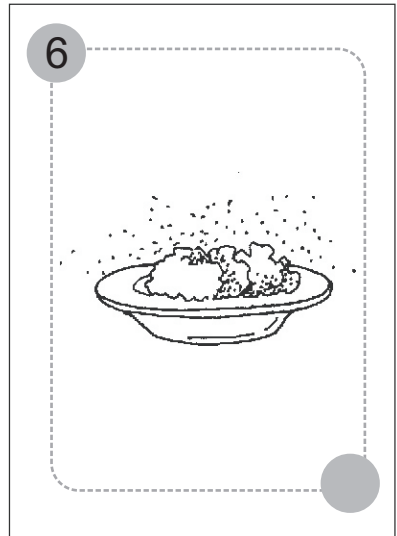
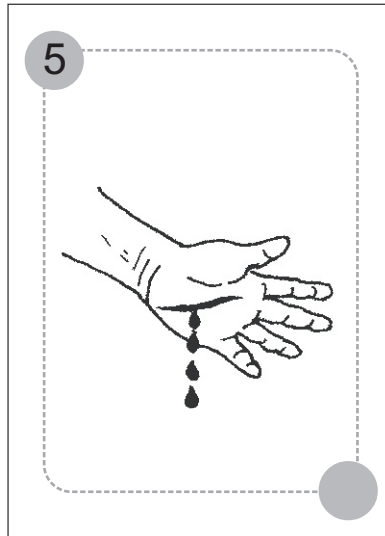
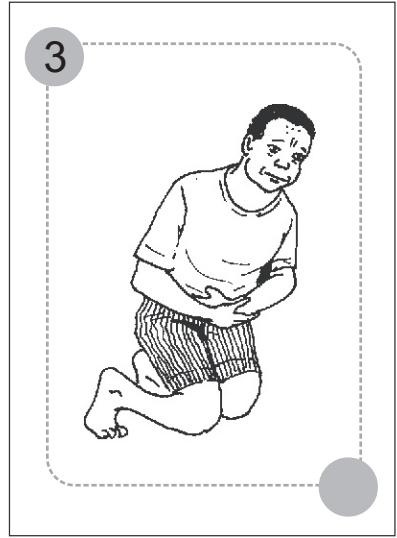
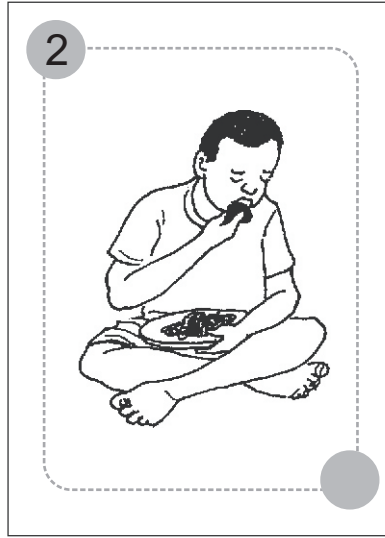
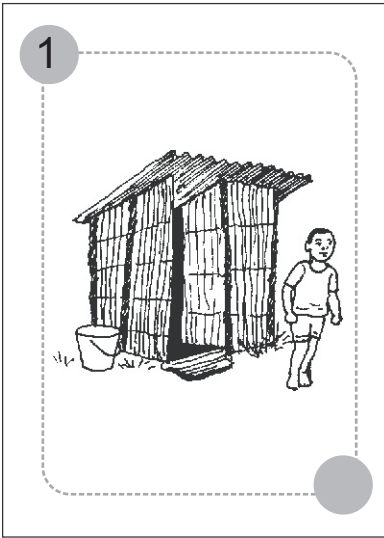
Quando devemos lavar os dentes?



2 - O que se faz primeiro? Liga 1 desenho da esquerda com 1 desenho da direita.



3 - A história que não devia ter acontecido

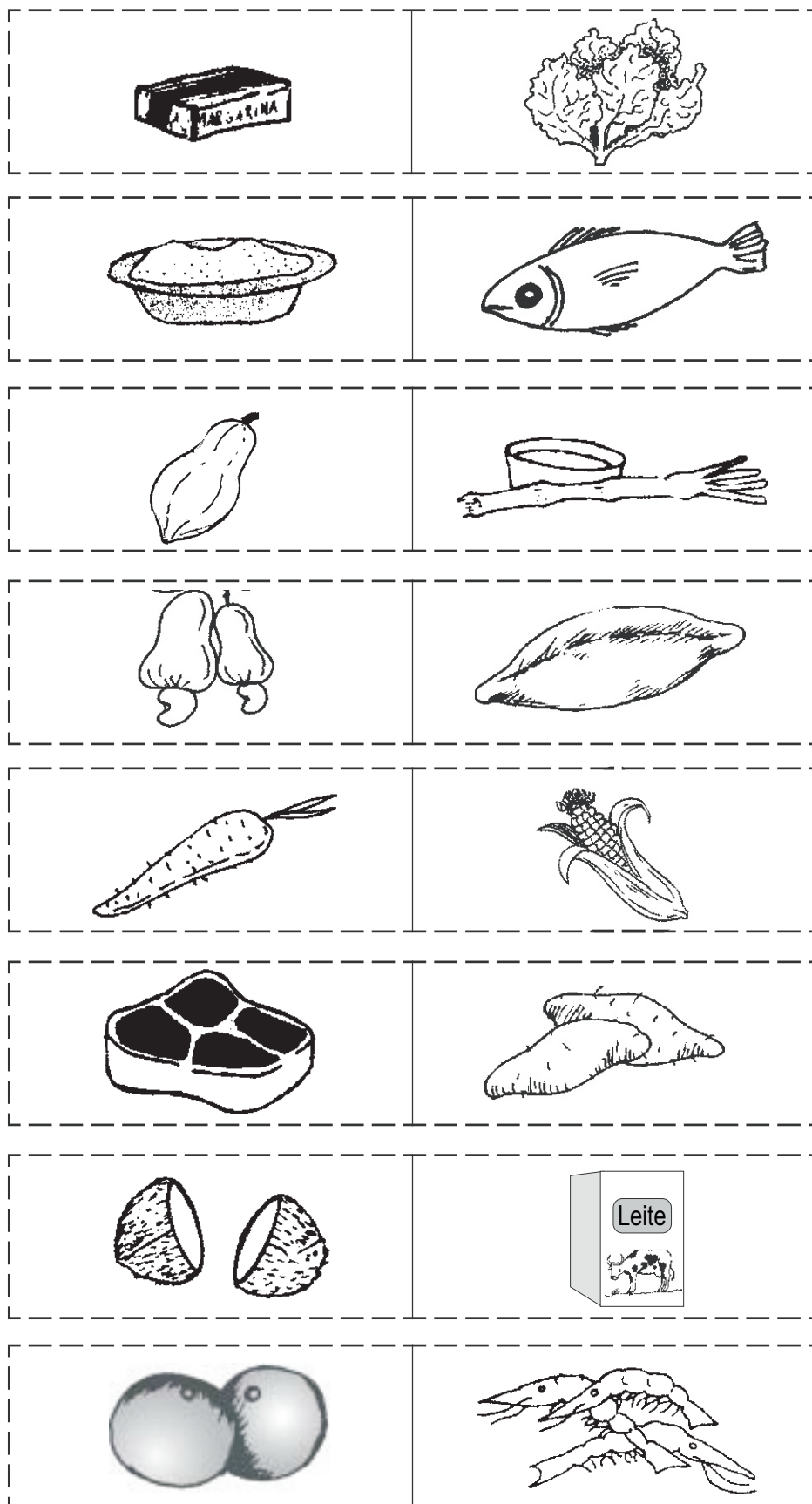


(Em branco)

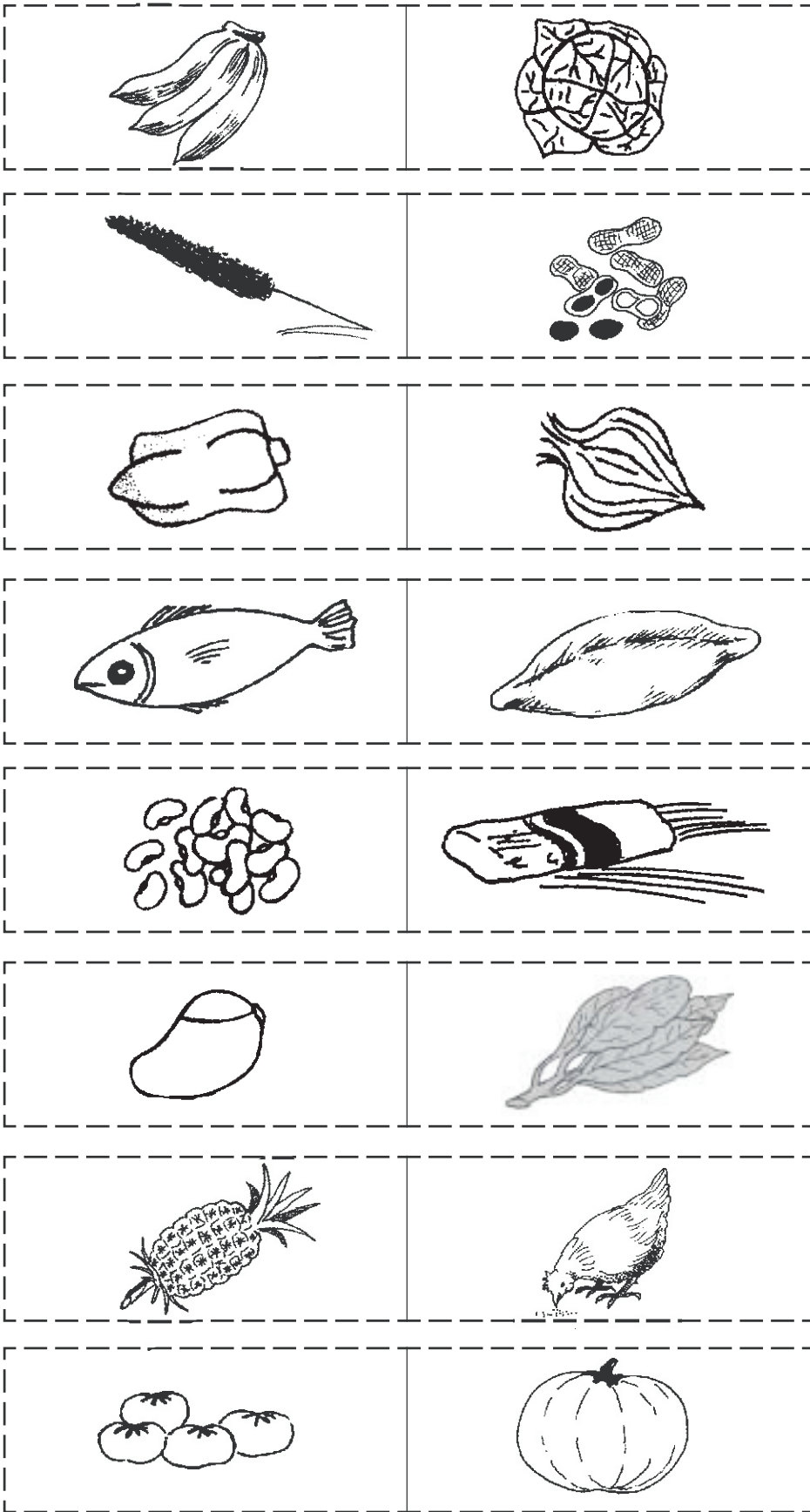
XV

O que comemos antes de ir à escola?

1 - Recorta e joga com os teus amigos



(Em branco)

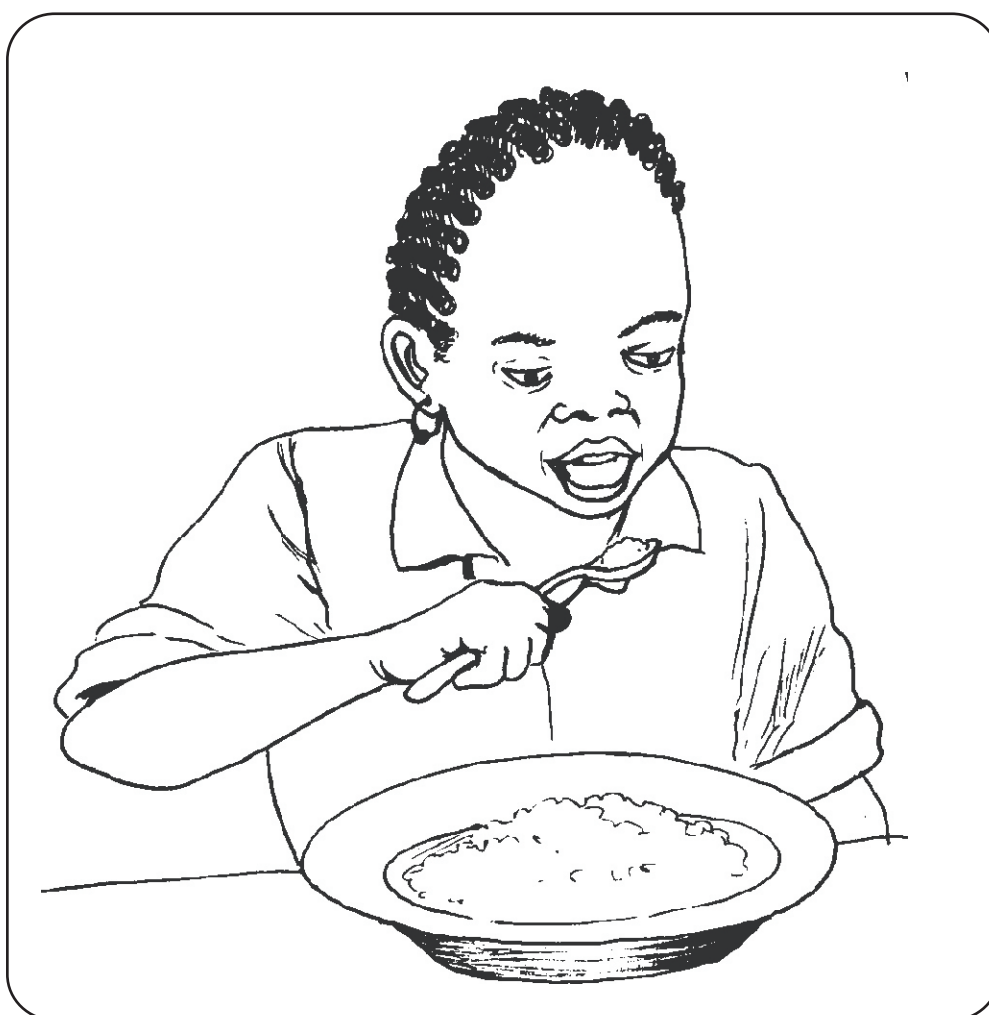


(Em branco)

Instruções para o jogo de dominó do manual do professor

Depois de recortar os dominós do livro coloque-os sobre a mesa com a face virada para baixo. Põe-se um dominó no centro da mesa virado para cima. Cada aluno (3-4 podem jogar de cada vez) escolhe 3 dos outros dominós e verifica se coincide alguma face (por exemplo alface com alface, abacate com abacate) com o que está no centro. Os jogadores vão à vez ver se podem colocar um no centro e se não podem, terão de tirar um dominó do monte. Ganha o jogador que acabar as suas peças primeiro.

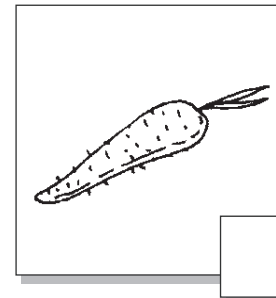
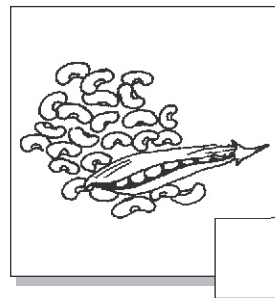
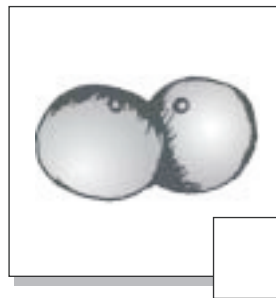
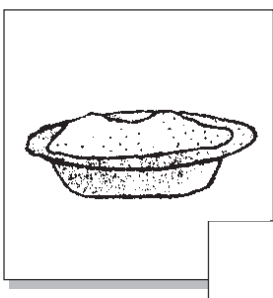
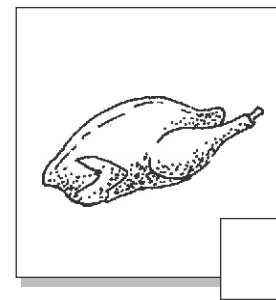
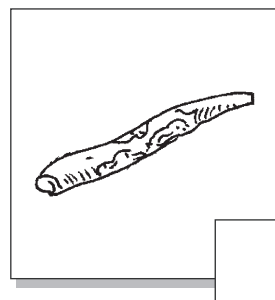
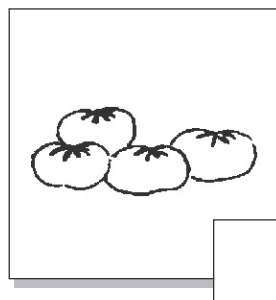
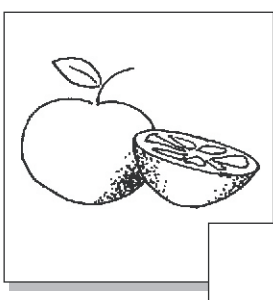
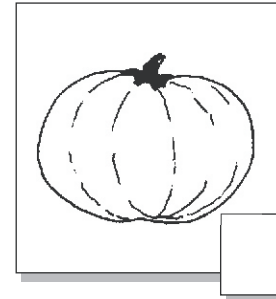
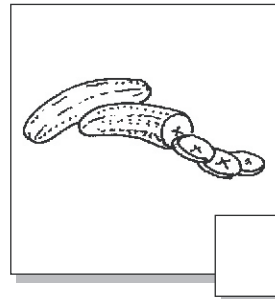
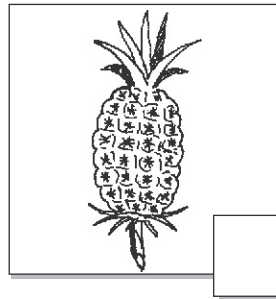
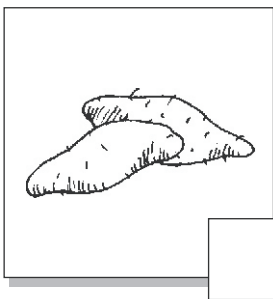
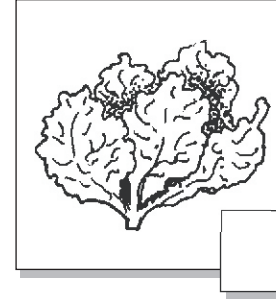
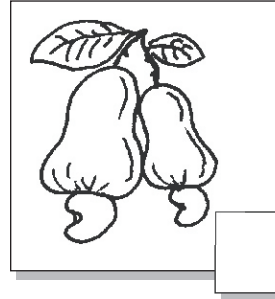
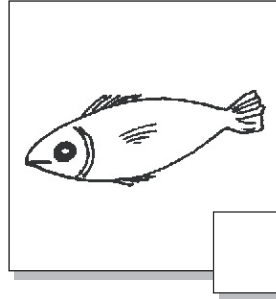
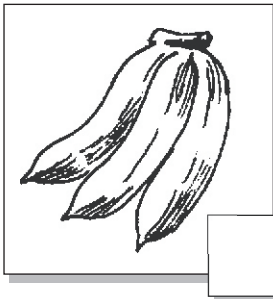
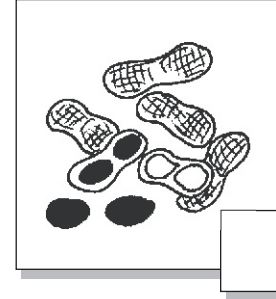
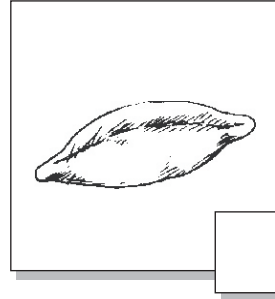
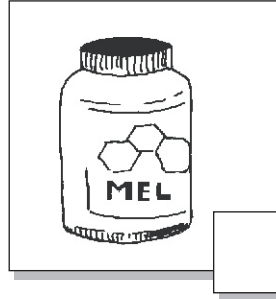
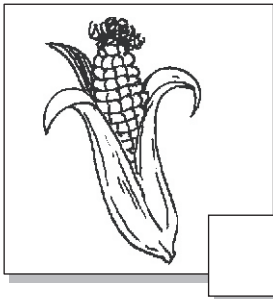
2 - Pinta o desenho e responde à pergunta.



O que está a menina a comer?

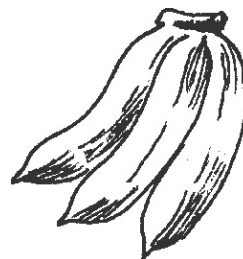
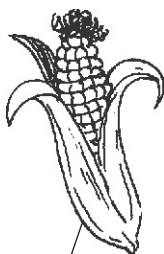
XVI O que comemos na escola

1 - Indica com X os alimentos que trazes para comer na escola



2 - Liga o alimento à 1ª letra do seu nome.

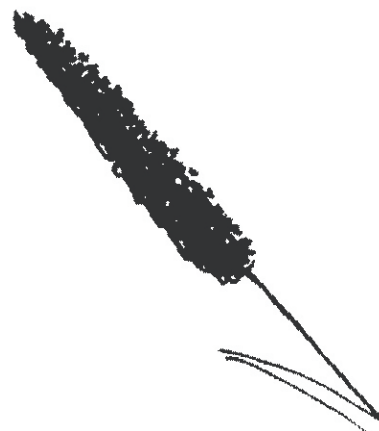
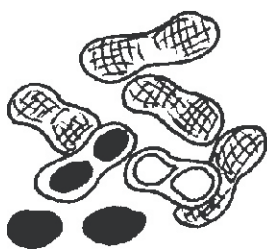
Aa



Bb

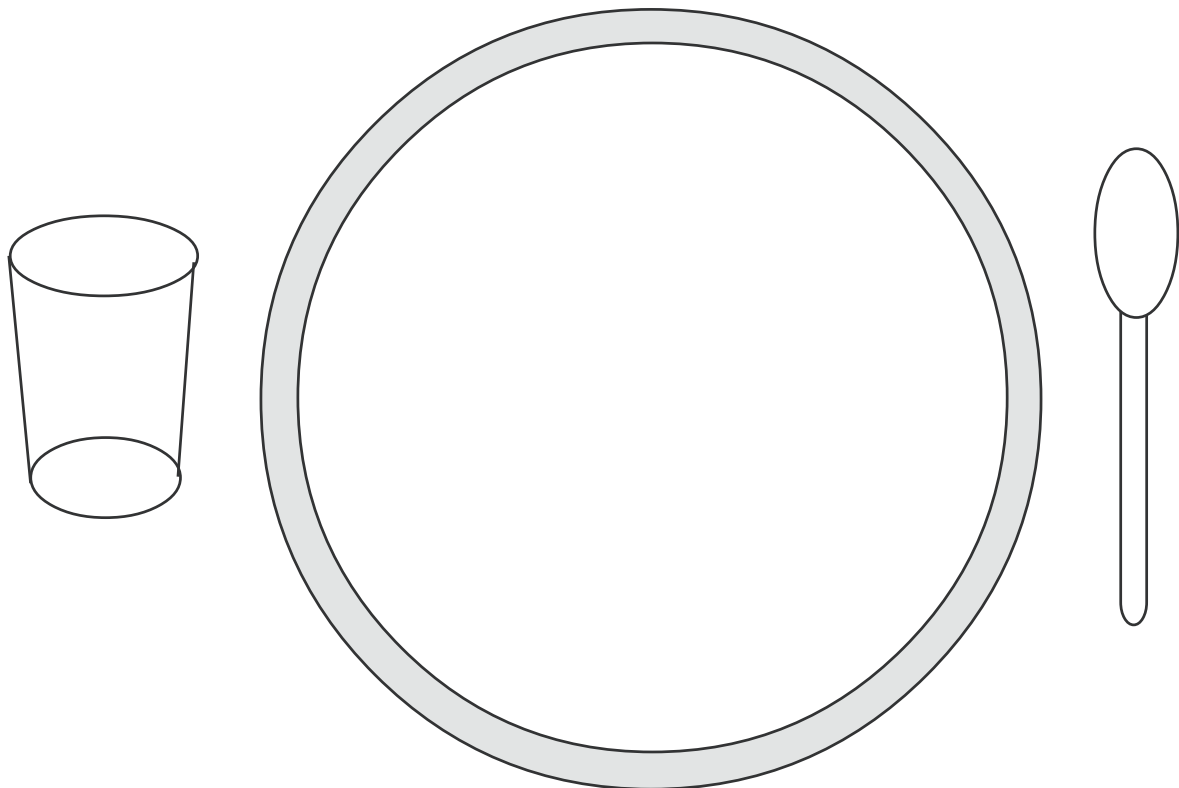
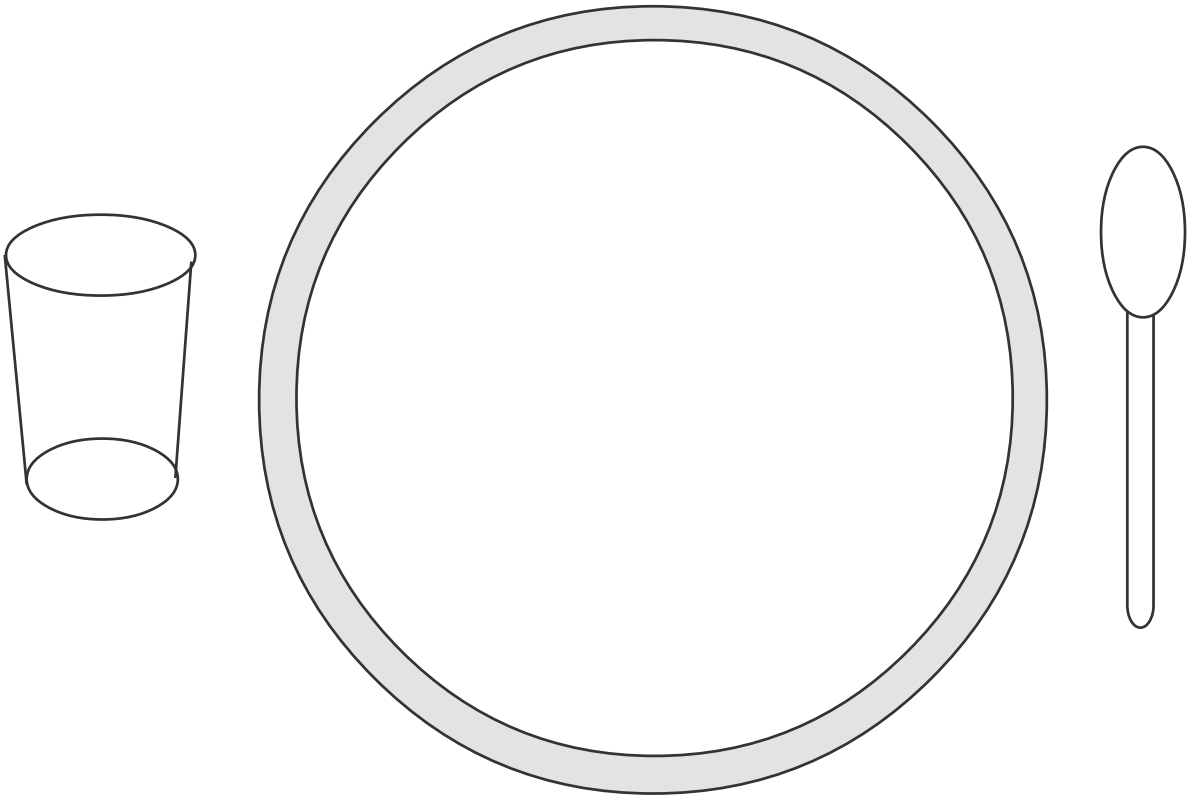


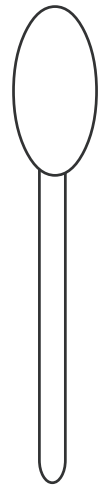
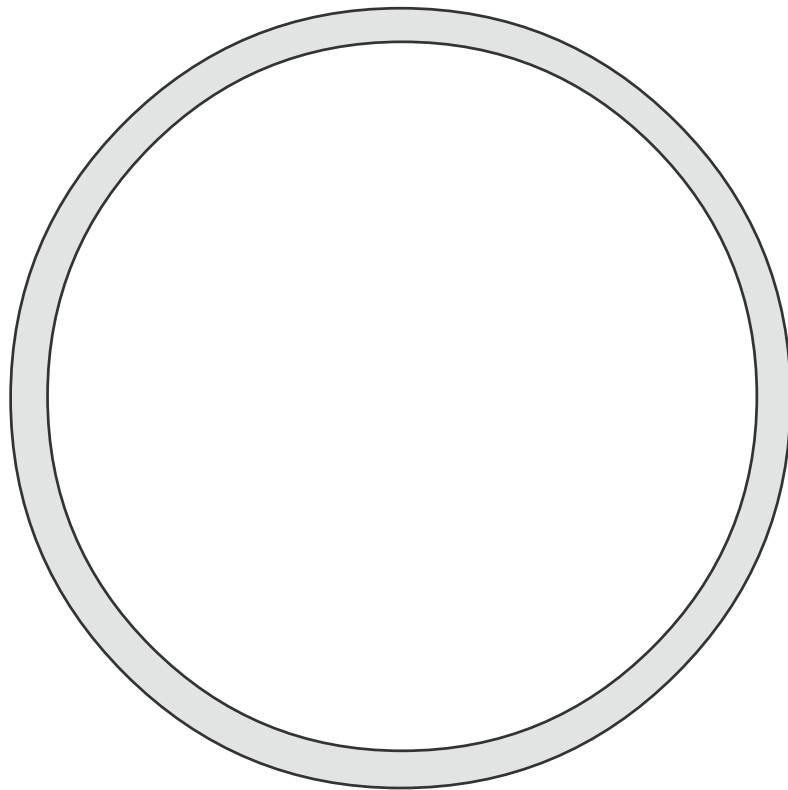
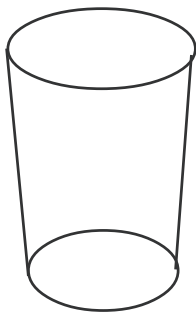
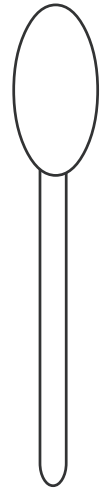
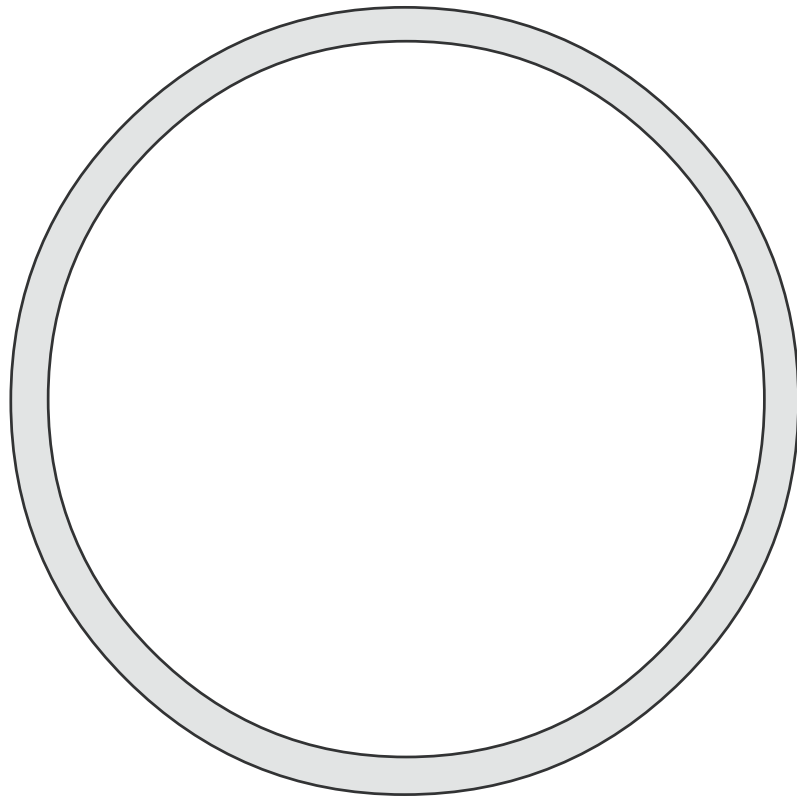
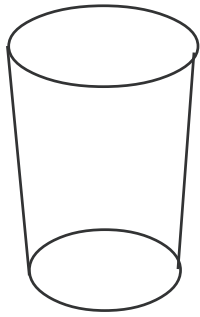
Mm



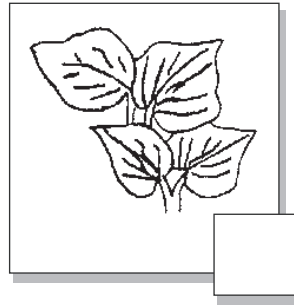
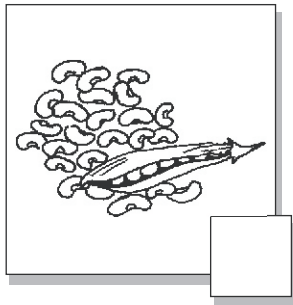
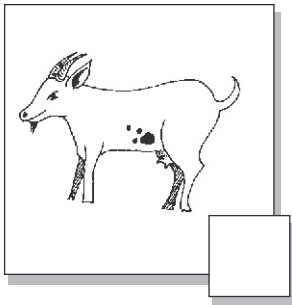
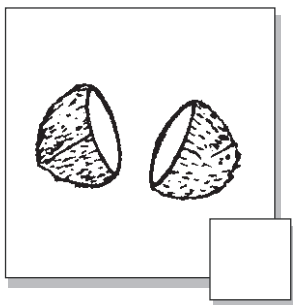
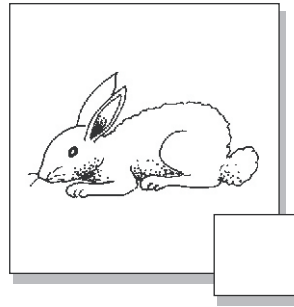
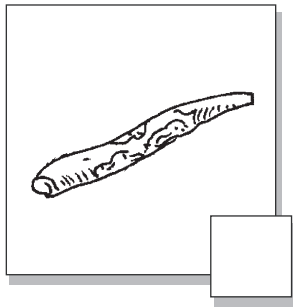
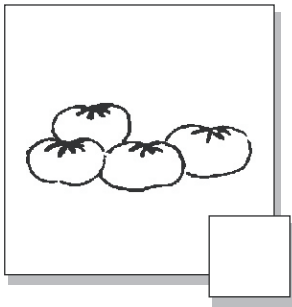
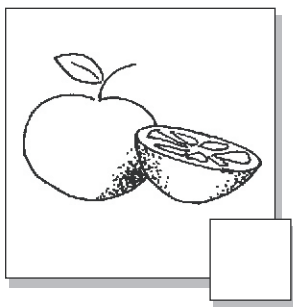
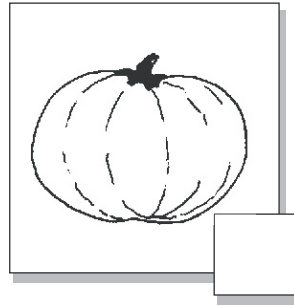
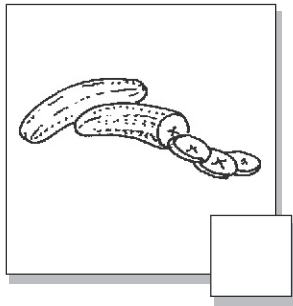
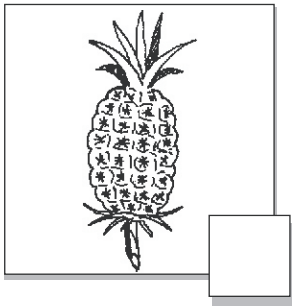
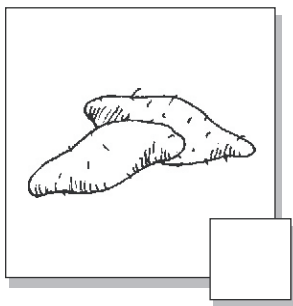
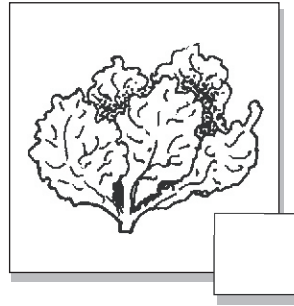
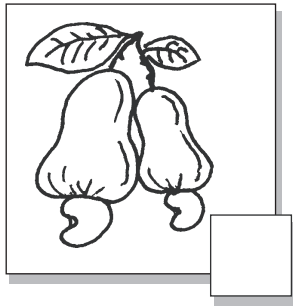
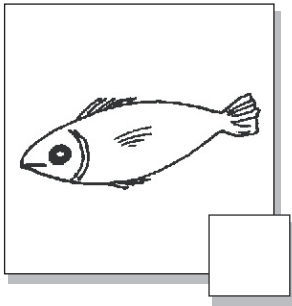
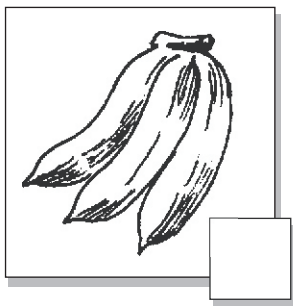
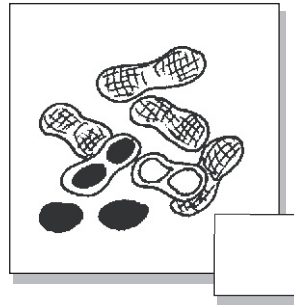
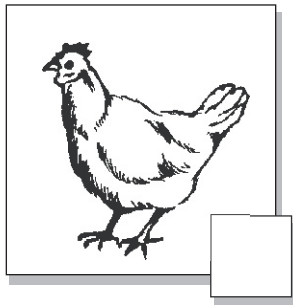
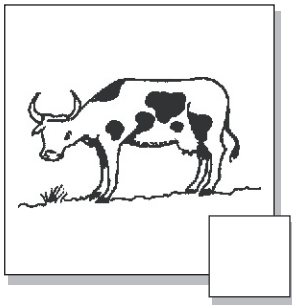
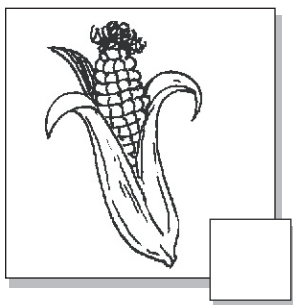
XVII O que comemos depois da escola

1 - Recorta os alimentos da página 51 e cola nos pratos para completar as refeições.

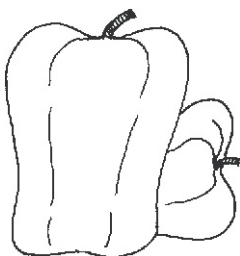
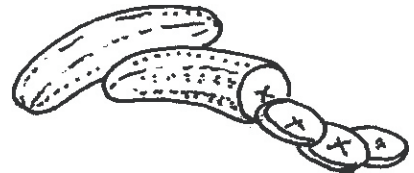
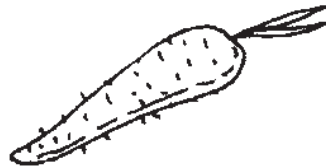
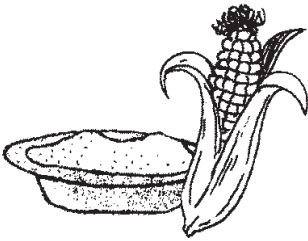
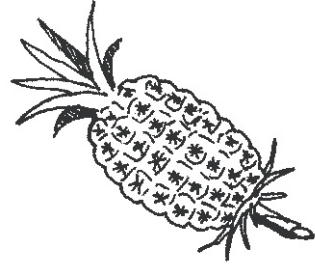
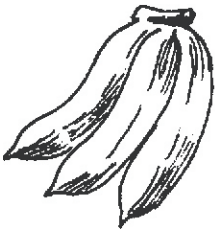
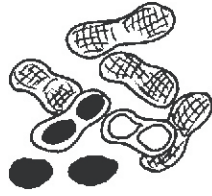
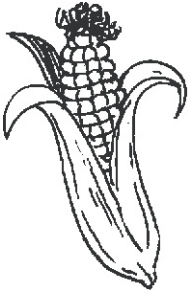




2 - Indica com X os alimentos que gostas de comer mais.

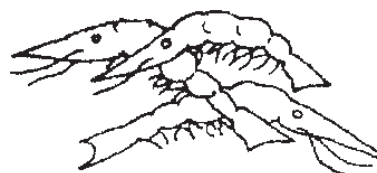
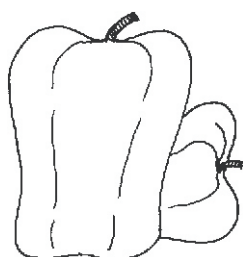
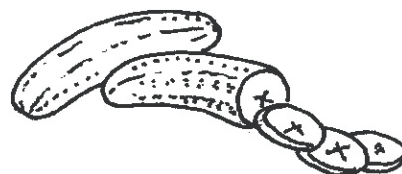
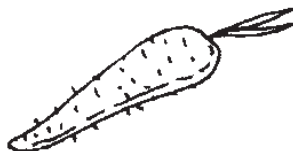
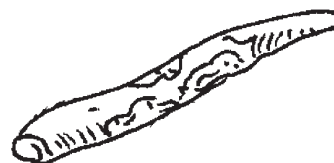
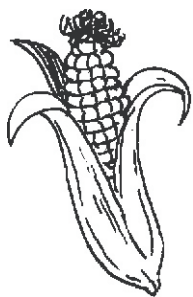


Recorta os alimentos



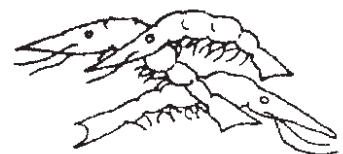
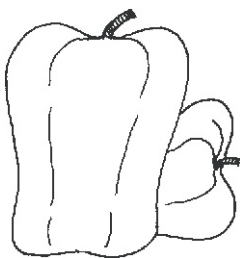
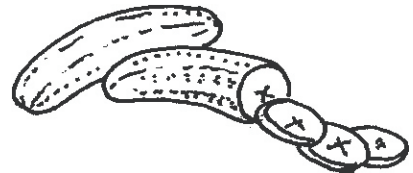
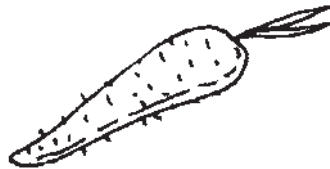
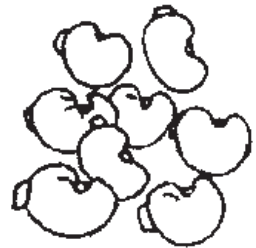
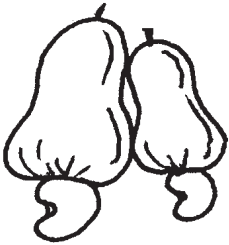
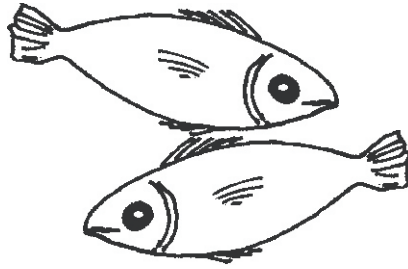
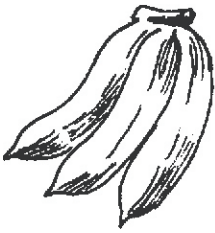
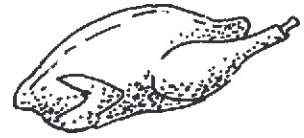
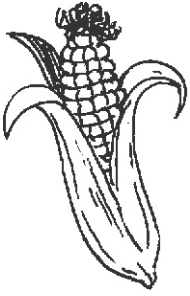
(Em branco)

Recorta os alimentos



(Em branco)

Recorta os alimentos



(Em branco)