

NIVEAU 1

ENIGMATHICQ

ACTIVITÉ 2

L'assiette anti-zombies





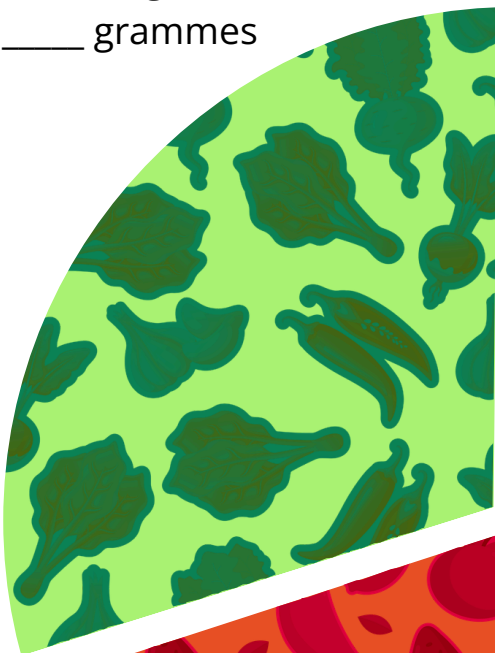
Feuille de mission :

L'assiette anti-zombies

PREMIÈRE ÉTAPE : L'ASSIETTE MYSTÈRE

Voici une assiette équilibrée ! Mais elle n'est pas complète... Détermine la quantité de chaque groupe d'aliments dont nous avons besoin pour un bon repas !

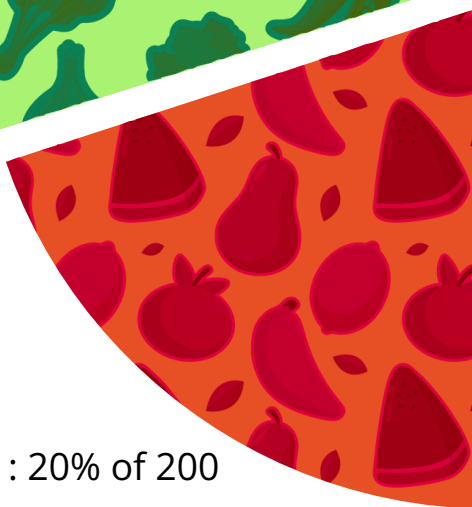
Légumes colorés :
____% of 200 grammes
= ____ grammes



Céréales complètes : ____%
of 200 grammes = ____
grammes



Fruits : 20% of 200
grammes = ____
grammes



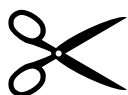
Sources de protéines :
____% of 200 grammes
= ____ grammes



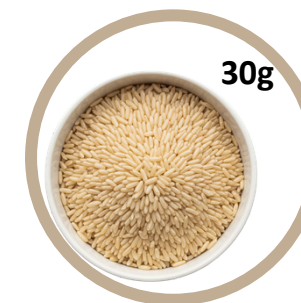
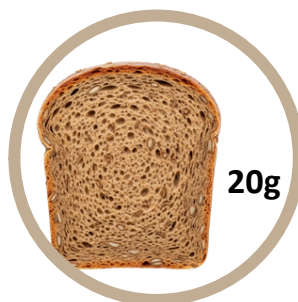
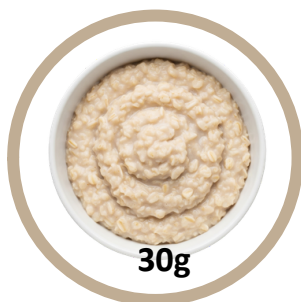
Feuille de mission : L'assiette anti-zombies

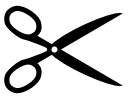
DEUXIÈME ÉTAPE : REMPLIR L'ASSIETTE ANTI-ZOMBIES

Remplis l'assiette de bonnes choses pour avoir environ 200 grammes de plats délicieux et faire le plein d'énergie !!

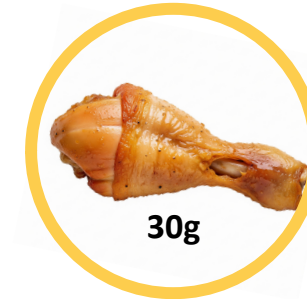
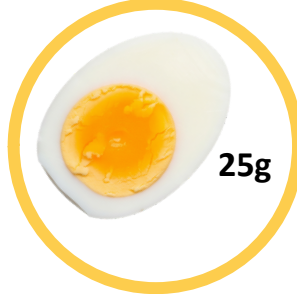


Groupe d'aliments 1 : Céréales complètes

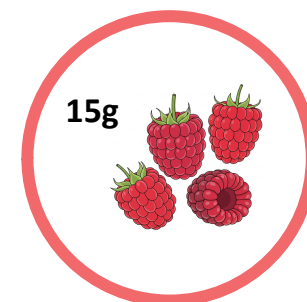
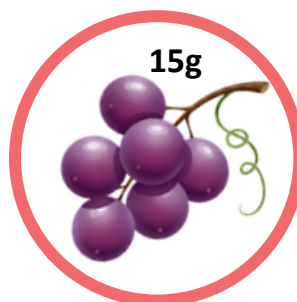
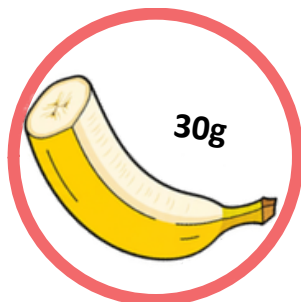
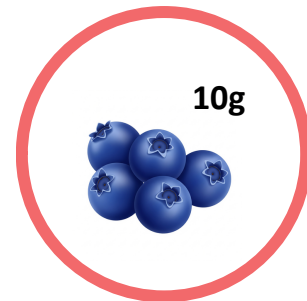
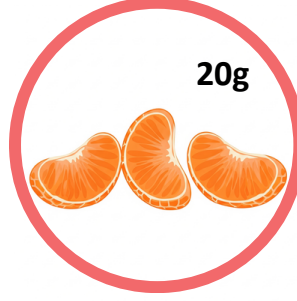
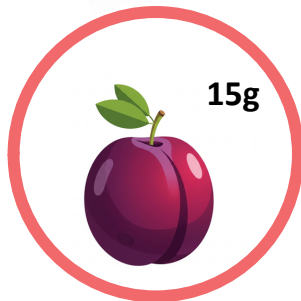
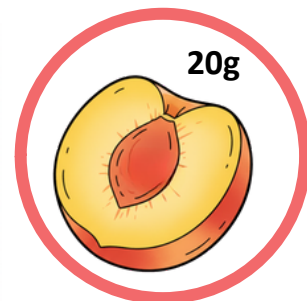
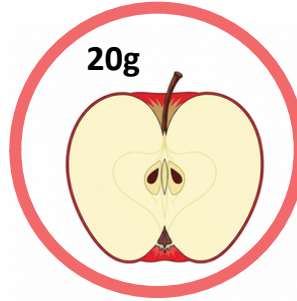
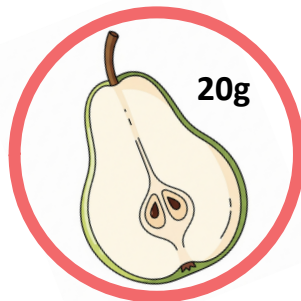


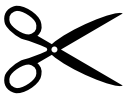


**Groupe d'aliments 2 :
Sources de protéine**

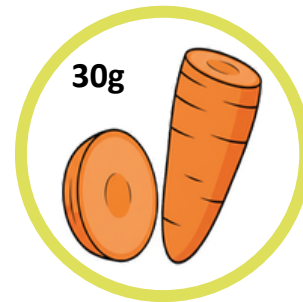
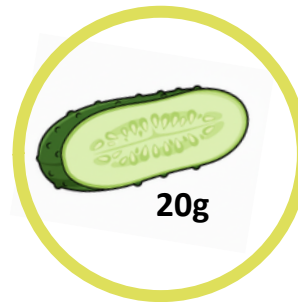
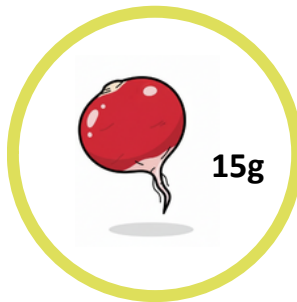
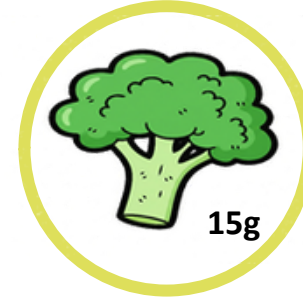
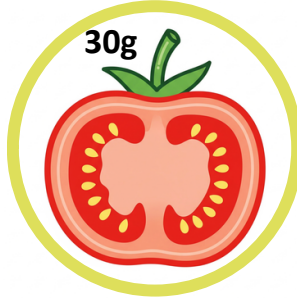


Groupe d'aliments 3 : fruits





Groupe d'aliments 4 : légumes



Groupe d'aliments 5 : friandises

