

ZADANIE 2

Talerz „Anty-Zombie”





Arkusz misji:

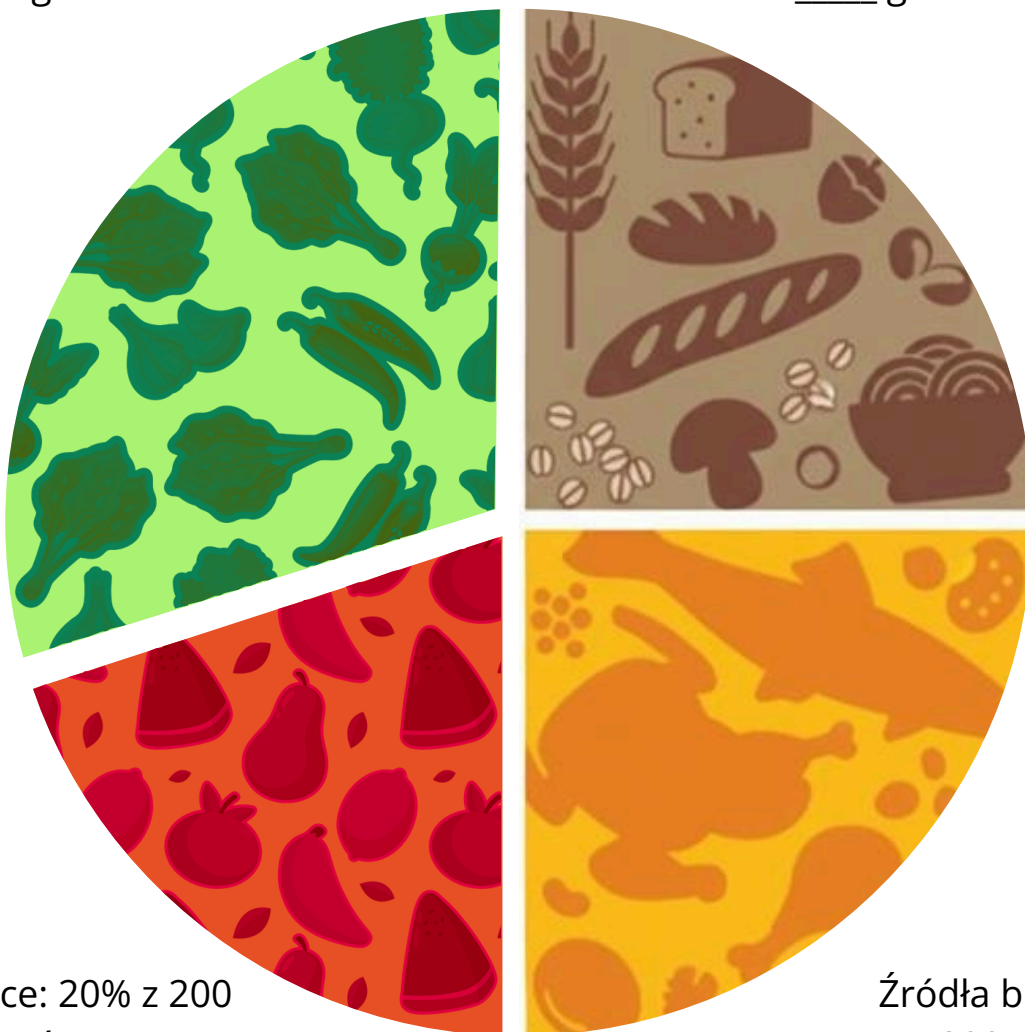
Talerz Anty-Zombie

KROK PIERWSZY: TAJEMNICZY TALERZ

To zdrowy talerz! Ale jest niekompletny...
Użyjmy głowy, żeby ustalić, ile produktów z
każdej kategorii potrzebujemy, by zjeść dobry
posiłek!

Warzywa: ____% z
200 gramów = ____
gramów

Produkty pełnoziarniste:
____% z 200 gramów =
____ gramów



Owoce: 20% z 200
gramów = ____
gramów

Źródła białka: ____%
z 200 gramów =
____ gramów

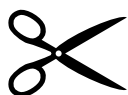
Arkusz misji:

Talerz Anty-Zombie

KROK DRUGI: NAPEŁNIANIE TALERZA „ANTY-ZOMBIE”

Napełnijmy talerz pysznymi rzeczami, żeby mieć mniej więcej 200 gramów pysznego jedzenia i mnóstwo energii!!

ENIGMATHICQ



Grupa żywności 1: Produkty pełnoziarniste



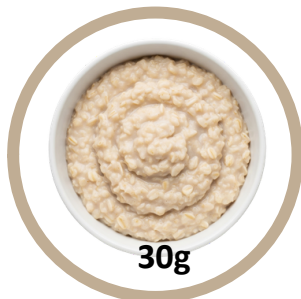
15g



25g



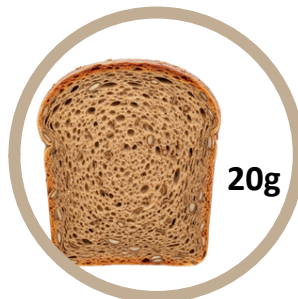
25g



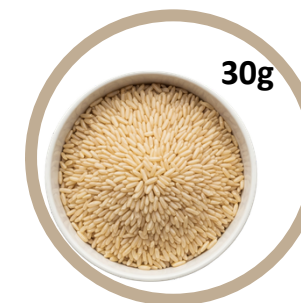
30g



30g



20g



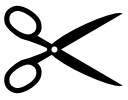
30g



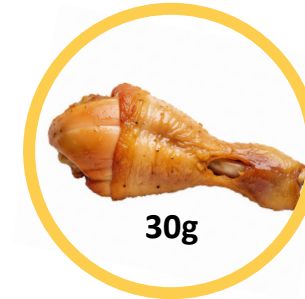
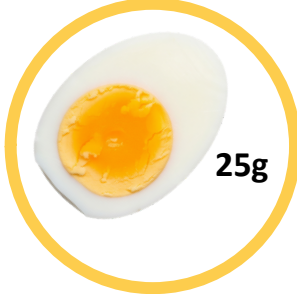
25g



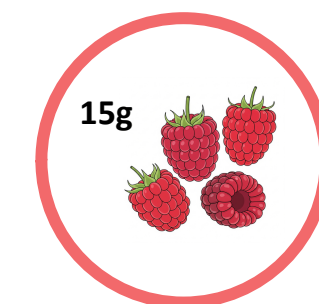
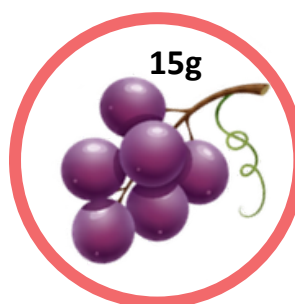
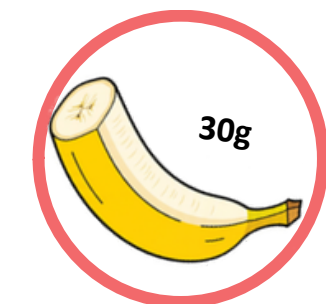
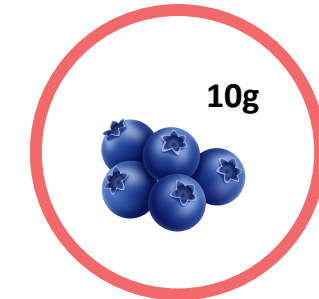
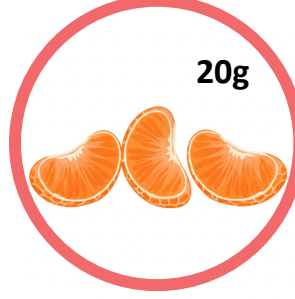
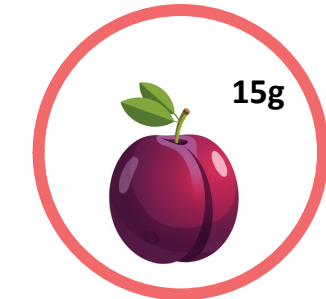
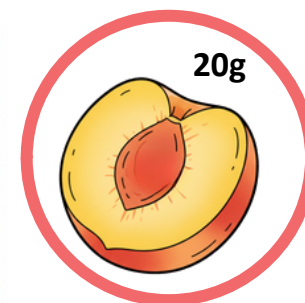
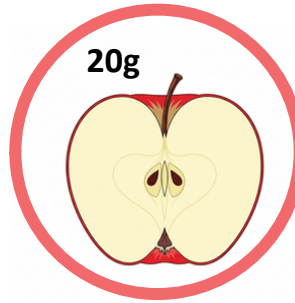
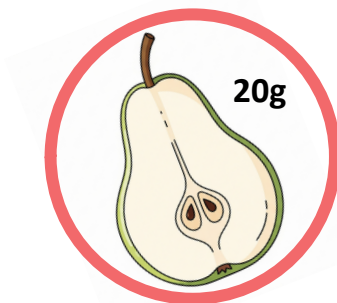
20g

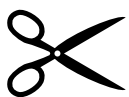


Grupa żywności 2: Źródło białka

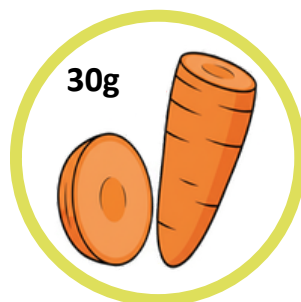
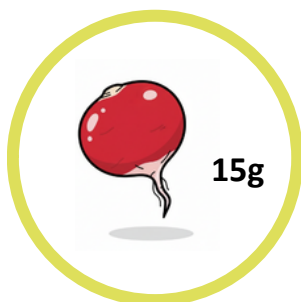
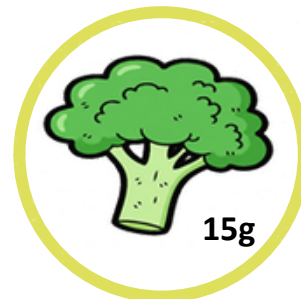
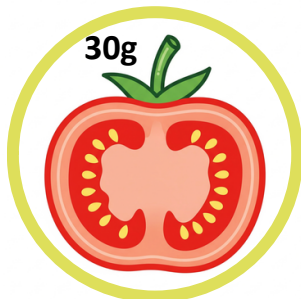


Grupa żywności 3: Owoce





Grupa żywności 4: Warzywa



Grupa żywności nr 5: Smakoliki

