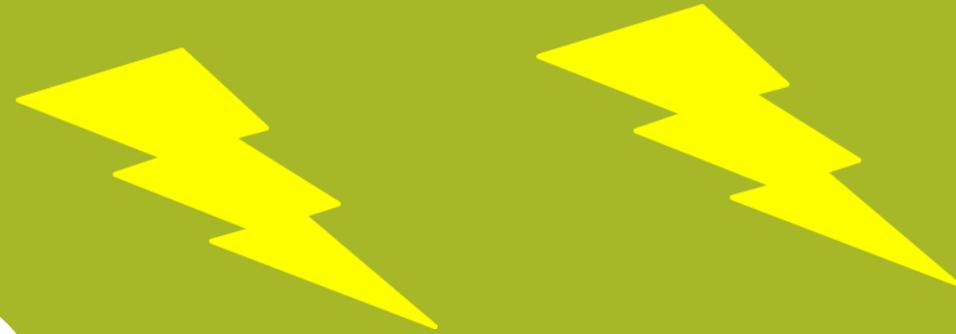


# UNA SANA ALIMENTAZIONE

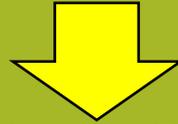


5^D 2020

L'UOMO TRAE ENERGIA  
DAL CIBO.



Per programmare una corretta alimentazione



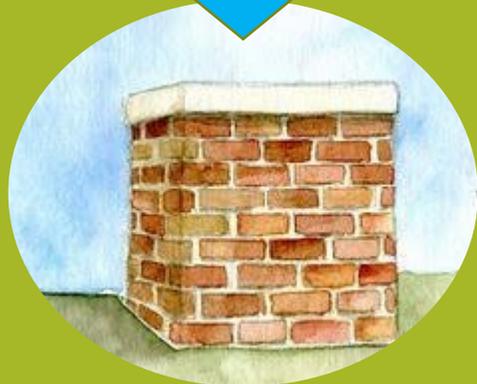
*PIRAMIDE ALIMENTARE*



CARBOIDRATI



PROTEINE



VITAMINE  
SALI MINERALI



GRASSI



# PIRAMIDE ALIMENTARE



SOLO IN PICCOLE  
QUANTITÀ -

OCCASIONALMENTE

1 PORZIONE A SETTIMANA  
PER GRUPPO

3 PORZIONI A  
SETTIMANA  
PER GRUPPO

2 PORZIONI  
AL GIORNO

3 PORZIONI  
AL GIORNO

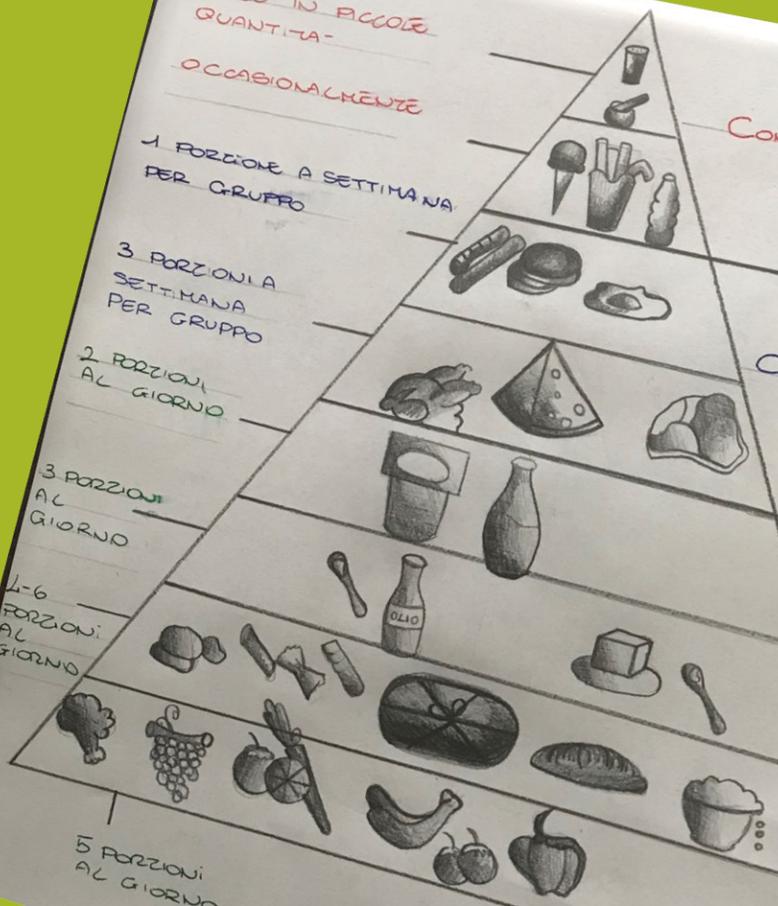
4-6  
PORZIONI  
AL GIORNO

5 PORZIONI  
AL GIORNO

CONSUMO MENSILE

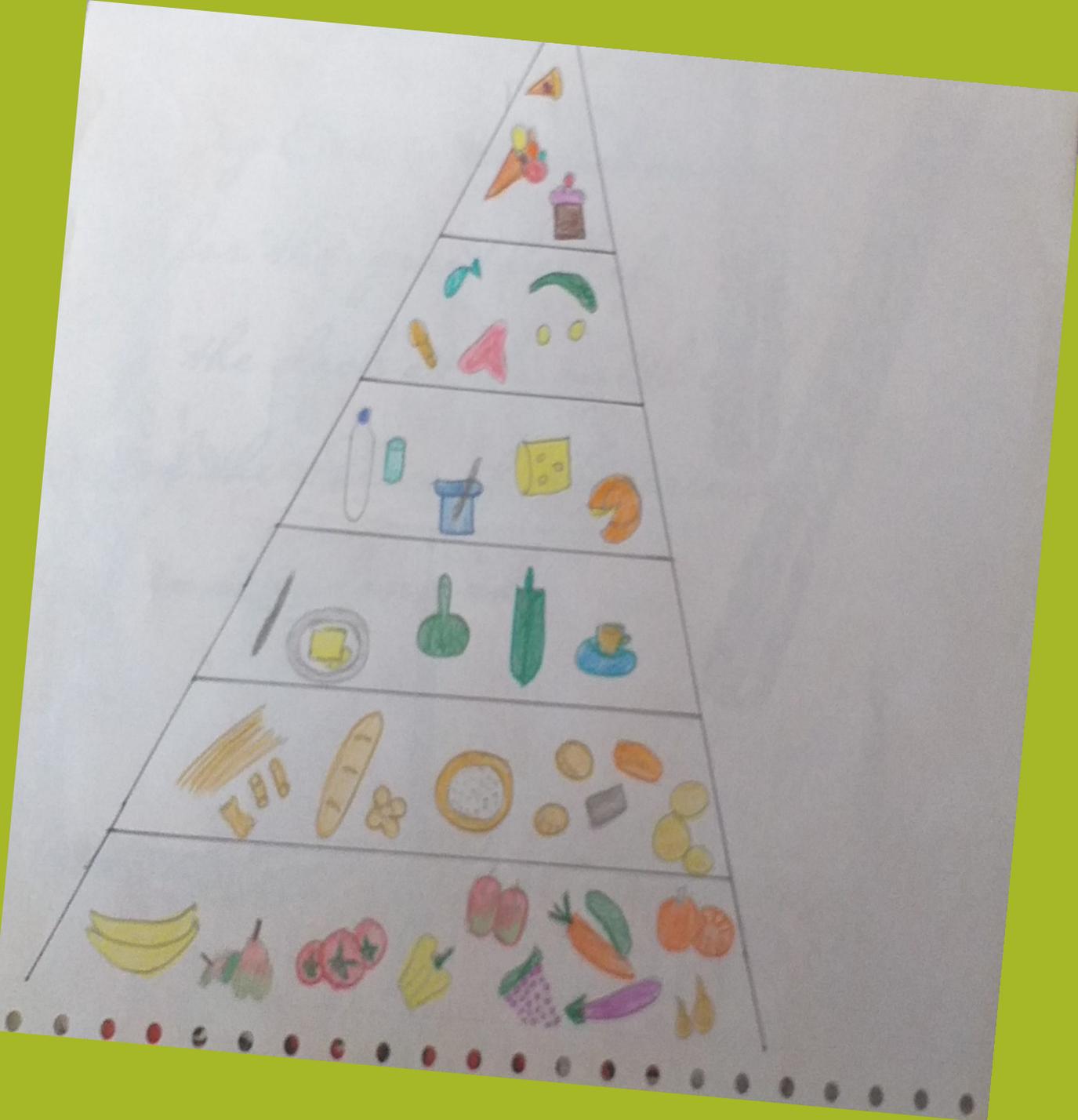
CONSUMO SETTIMANALE

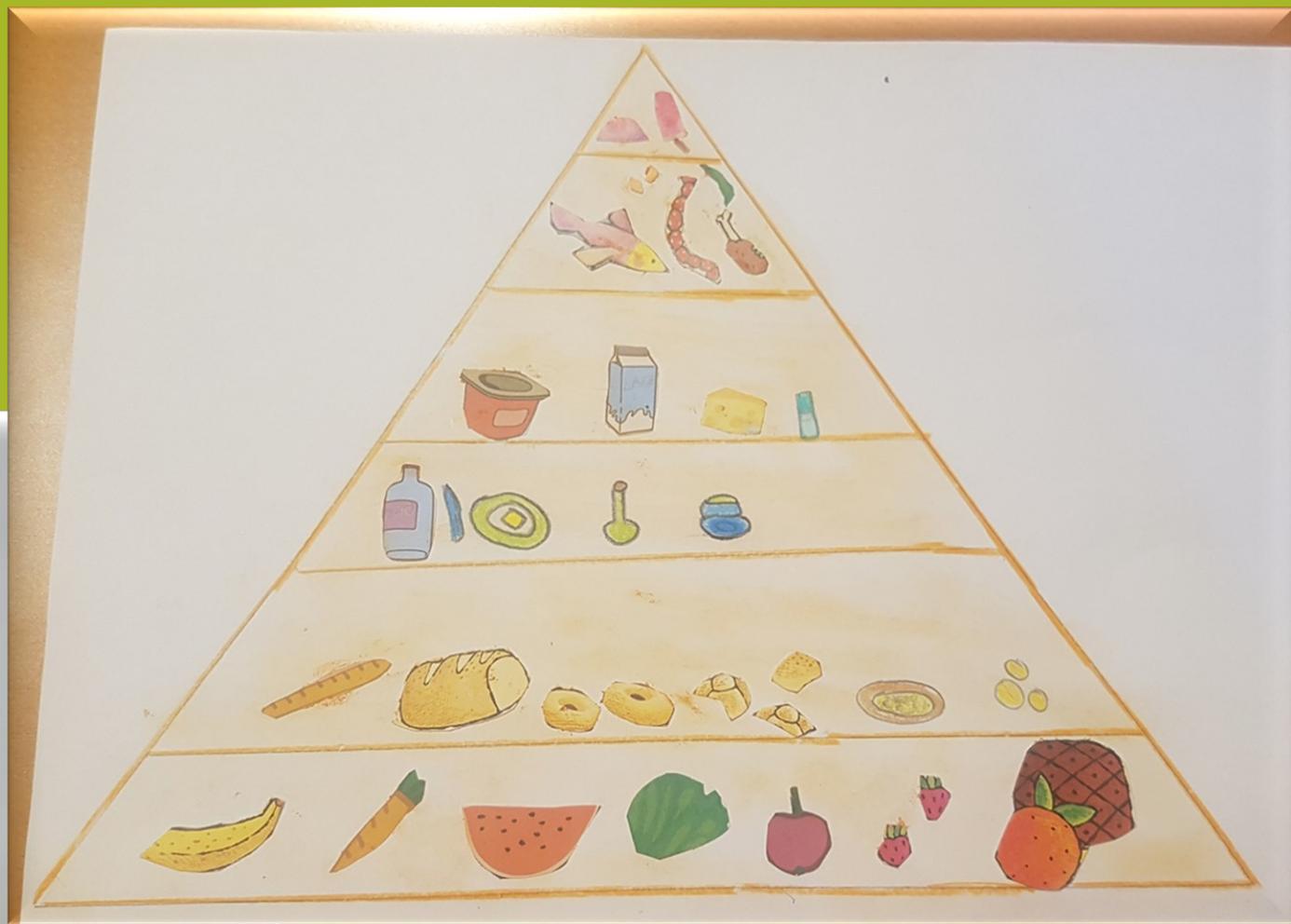
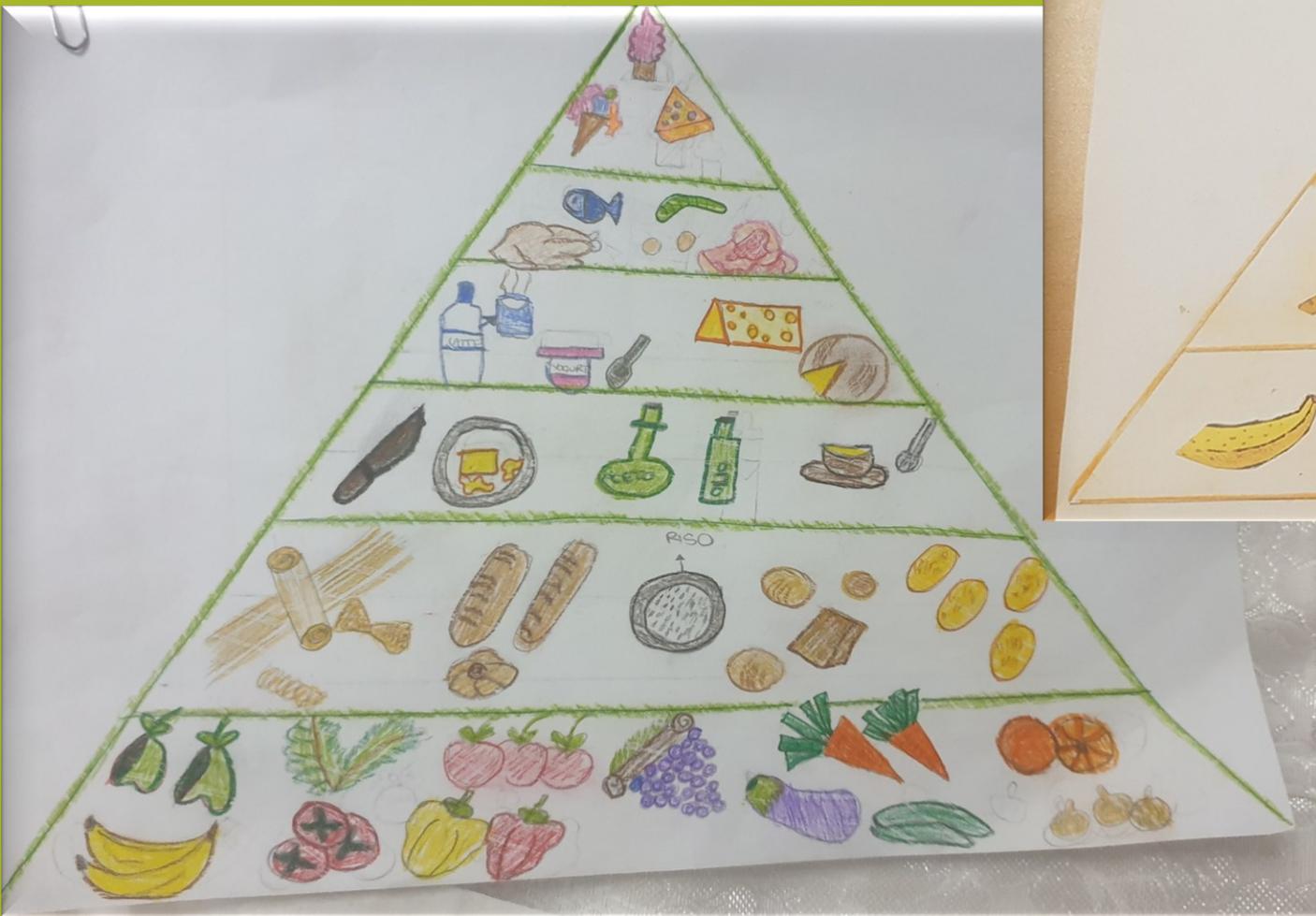
CONSUMO  
GIORNALIERO





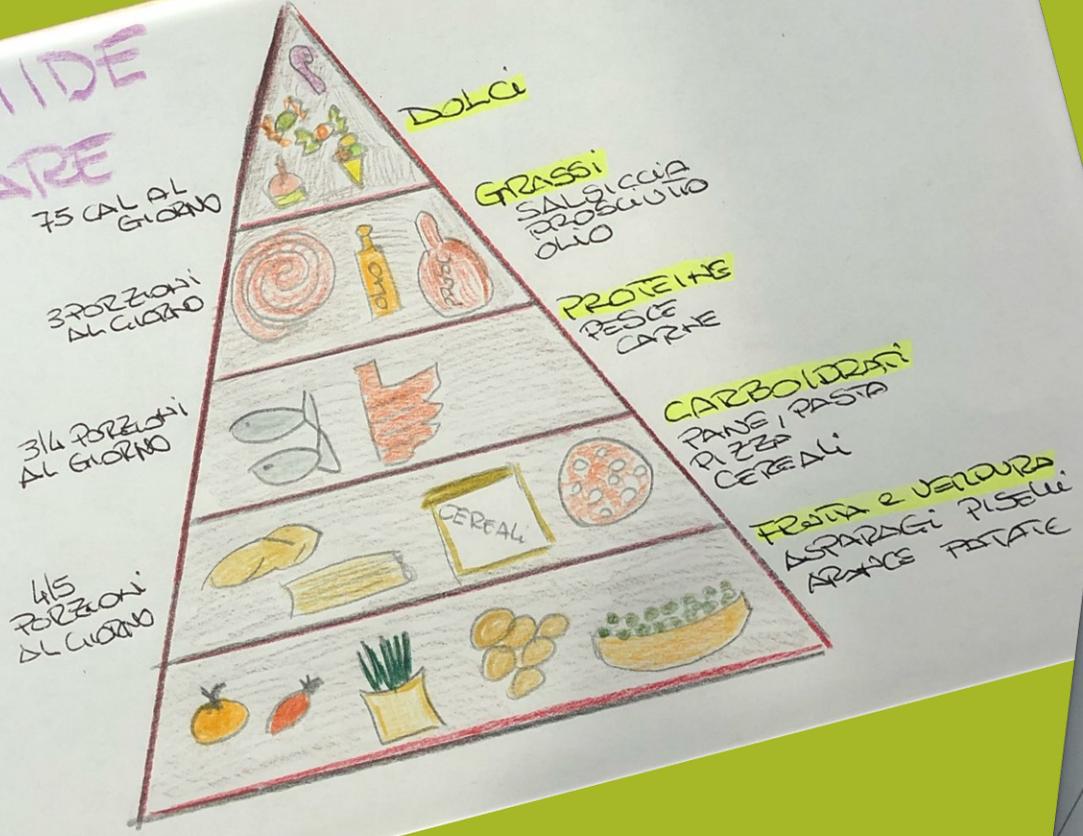


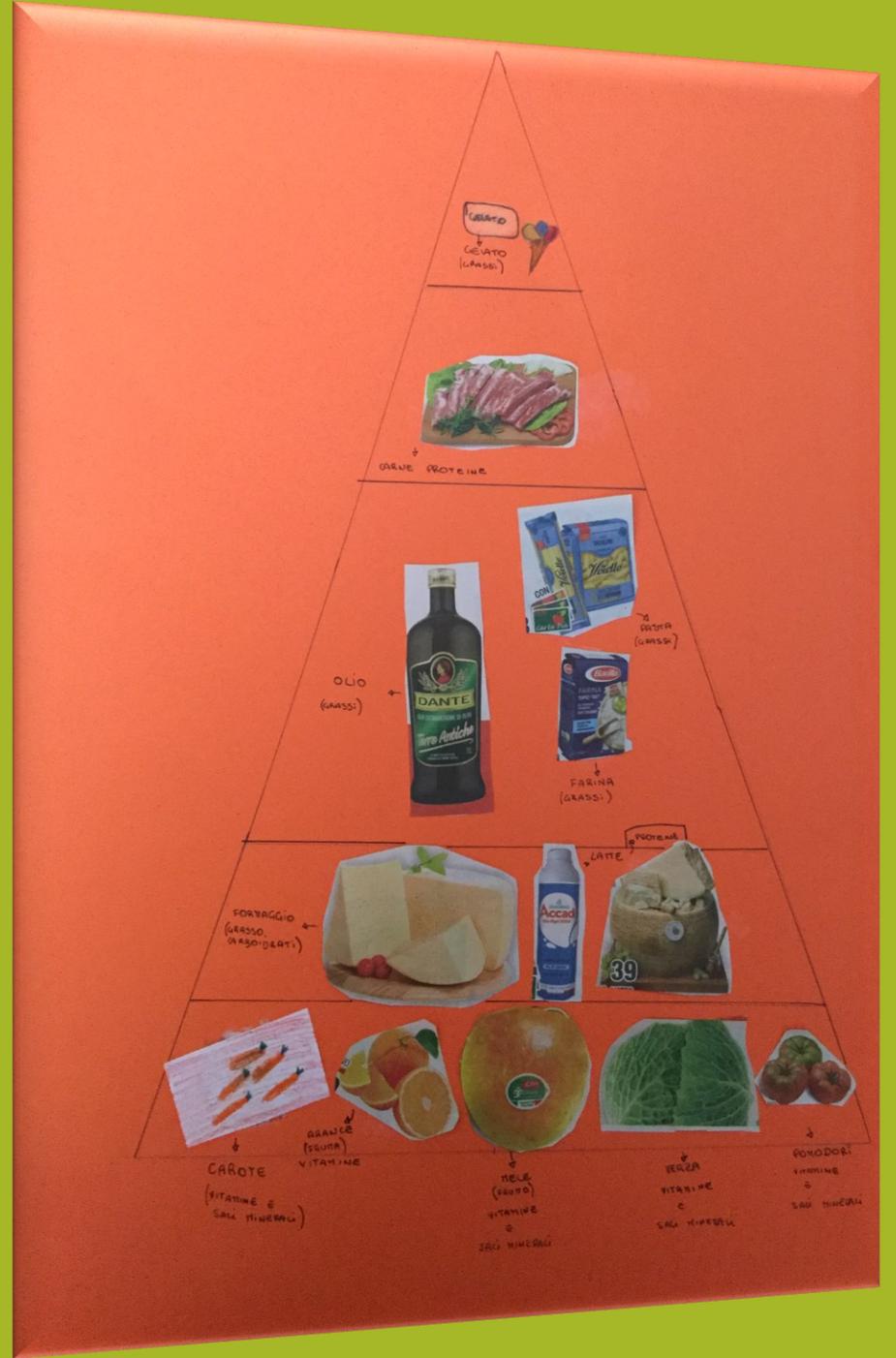


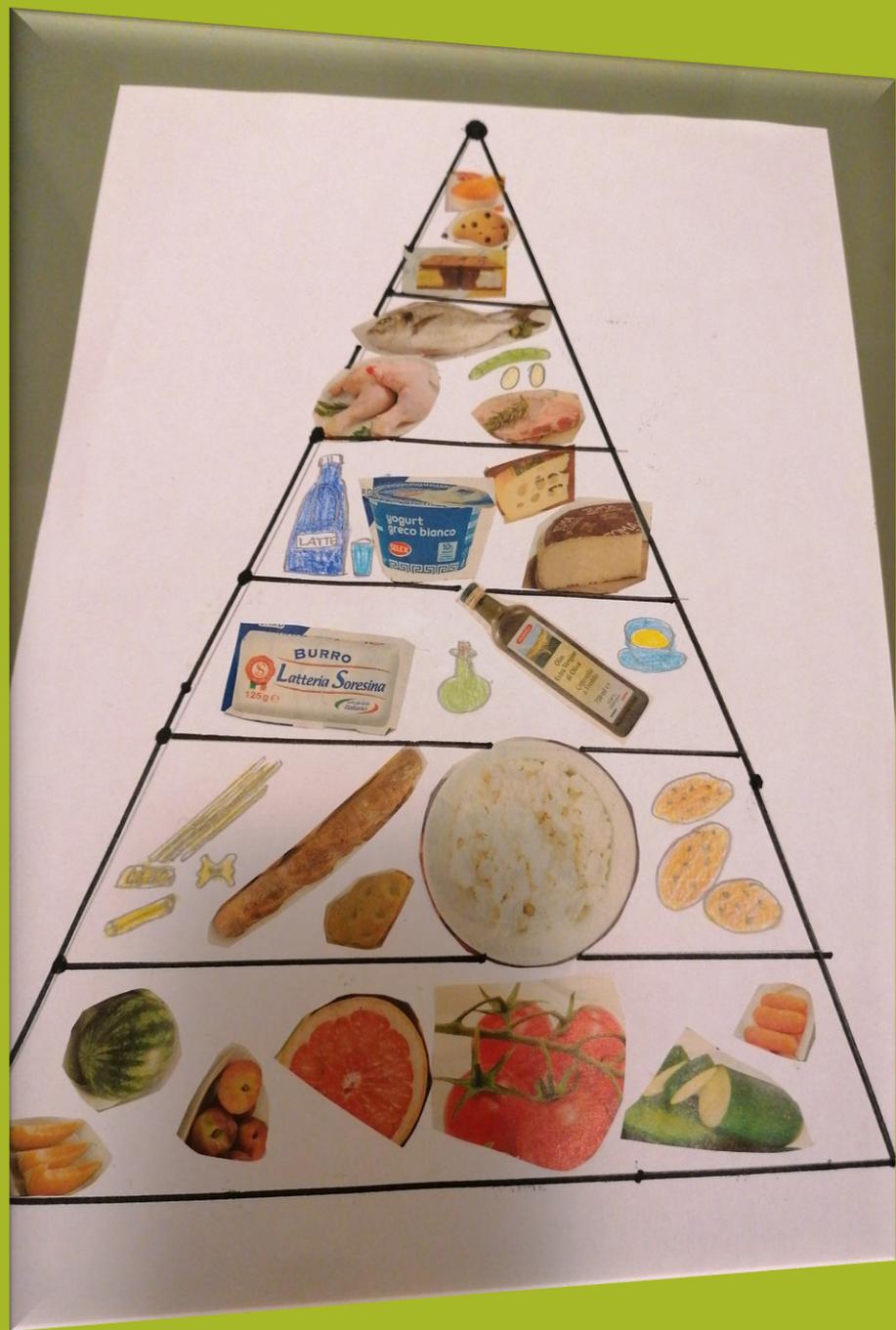


GIADA  
REALTUD  
SD

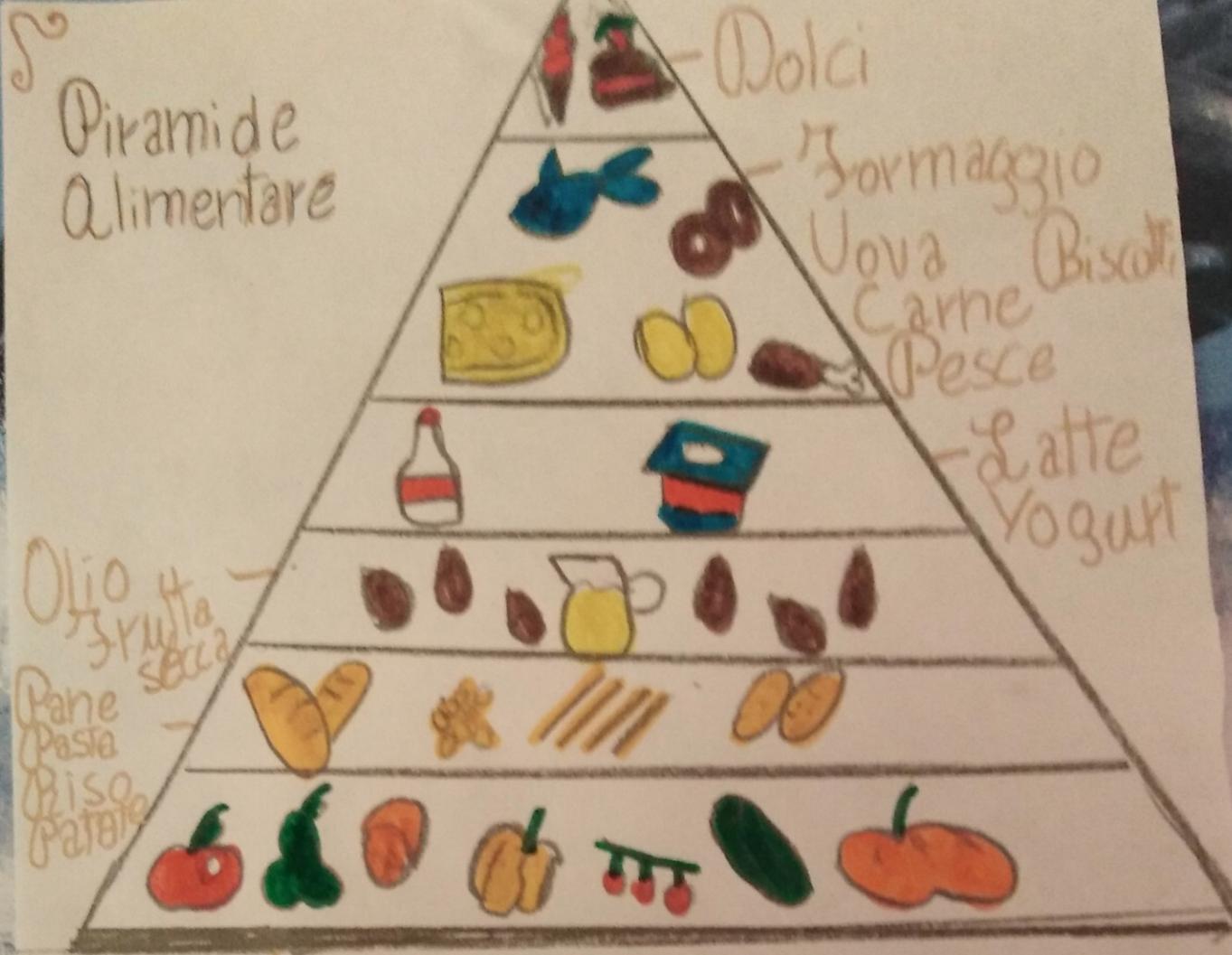
# LA PIRAMIDE ALIMENTARE

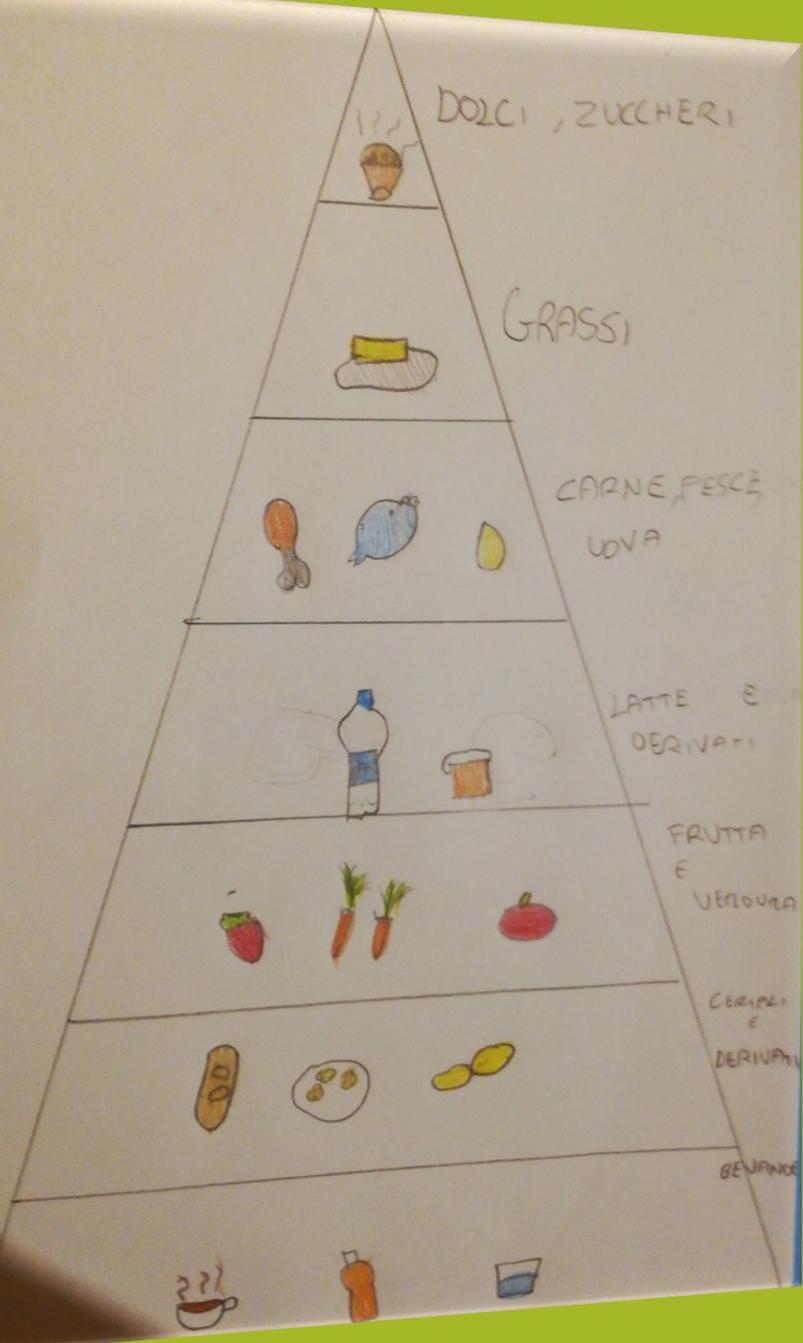




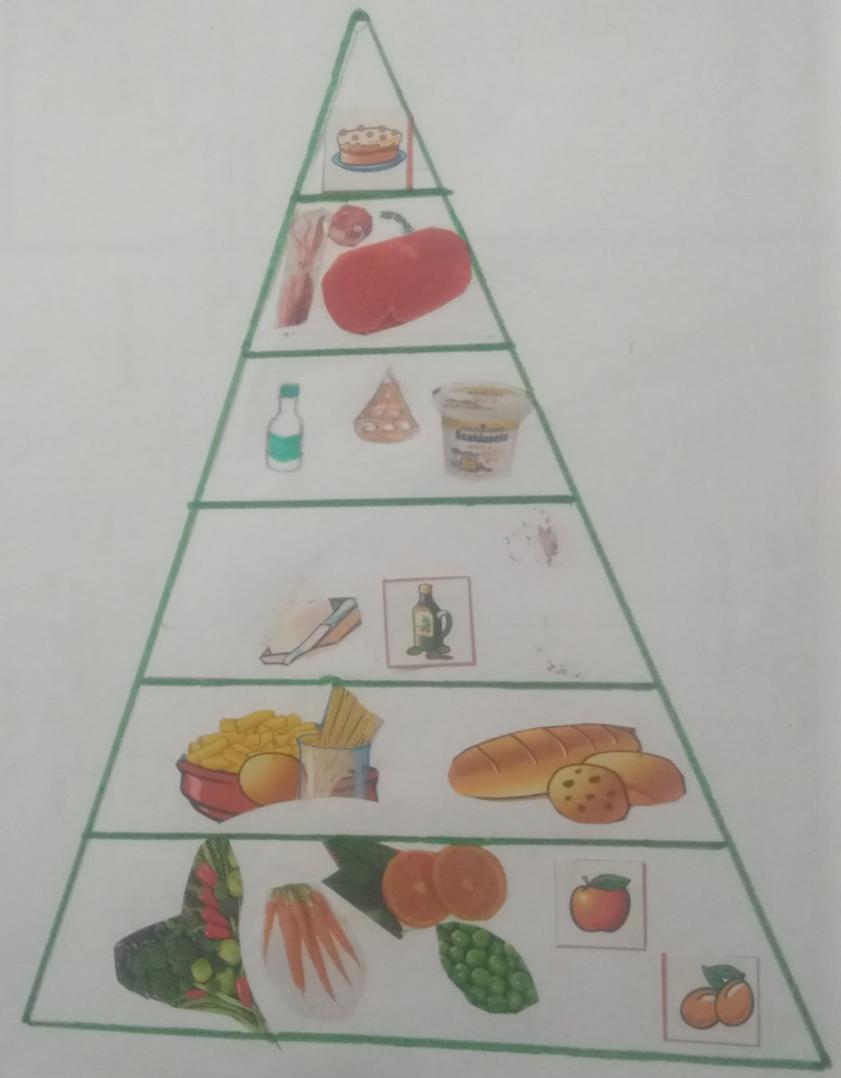


# Piramide Alimentare





# PIRAMIDE DEGLI ALIMENTI



BRAVI RAGAZZI!



ALLORA FACCIAMO  
ATTENZIONE A COSA



MANGIAMO PER AVERE UN  
CORPO PIÙ SANO!