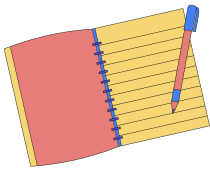


# Los alimentos

Cuaderno de actividades



@heuristicopt.es



www.heuristicopt.es

Rocío Fernández Sevilla

DIFUNDE, PERO CITA Y ENLAZA  
(CREATIVE COMMONS)



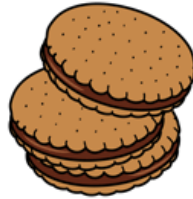
Reconocimiento - NoComercial - SinObraDerivada



# LEER Y RECORTAR VOCABULARIO DESAYUNO



YOGURT



GALLETAS



CEREALES



PAN



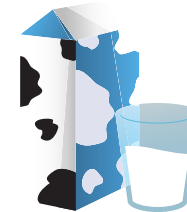
BATIDO



FRUTAS



QUESO



LECHE



ZUMO





# PEGAR VOCABULARIO DESAYUNO



YOGURT



GALLETAS



CEREALES



PAN



BATIDO



FRUTAS



QUESO



LECHE



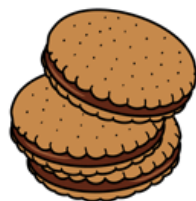
ZUMO



# REPASAR VOCABULARIO



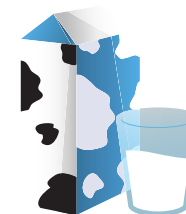
YOGURT



GALLETAS



CEREALES



LECHE



ZUMO



FRUTAS



PAN



BATIDO

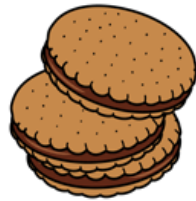


# ESCRIBIR LOS ALIMENTOS



---

---



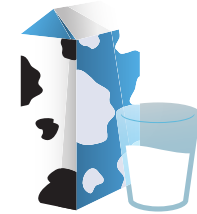
---

---



---

---



---

---



---

---



---

---



---

---

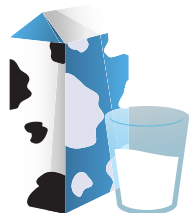
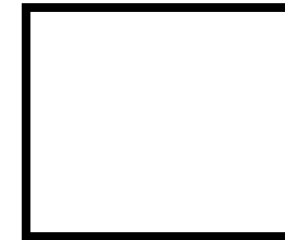
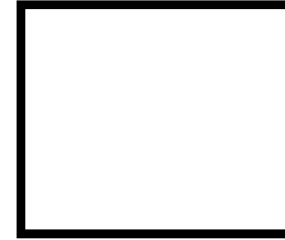
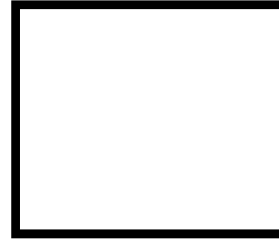


---

---

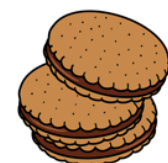
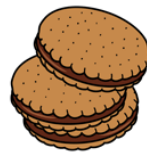
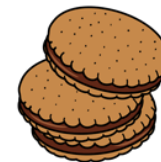


REALIZA LA SERIE

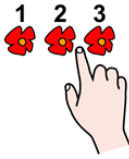




# CORTAR ALIMENTOS

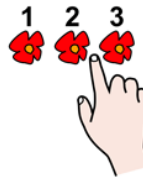




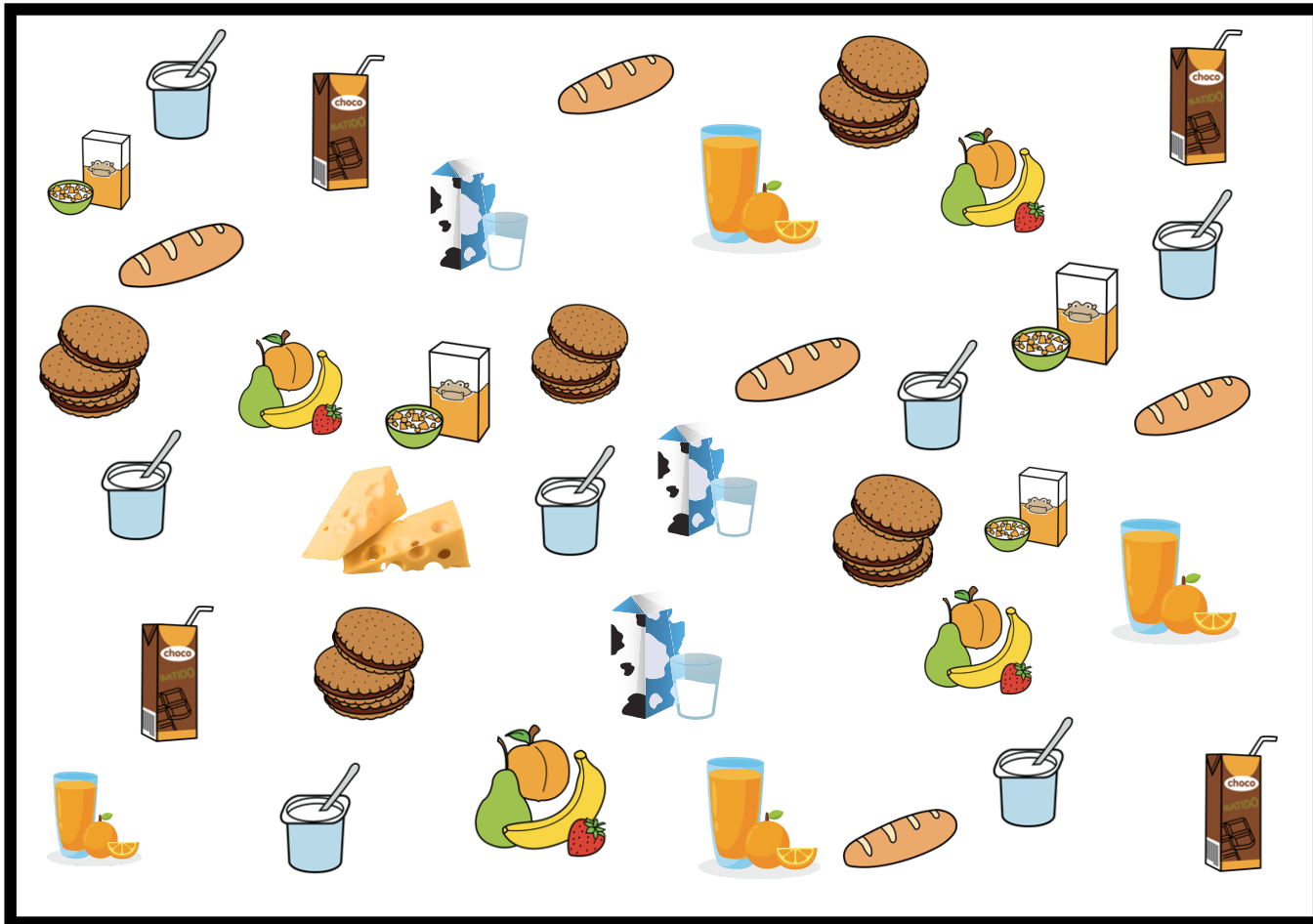


# CONTAR LOS ALIMENTOS





# CONTAR LOS ALIMENTOS



• BATIDO \_\_\_\_\_

• FRUTA \_\_\_\_\_

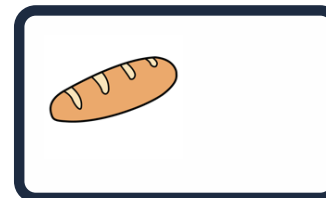
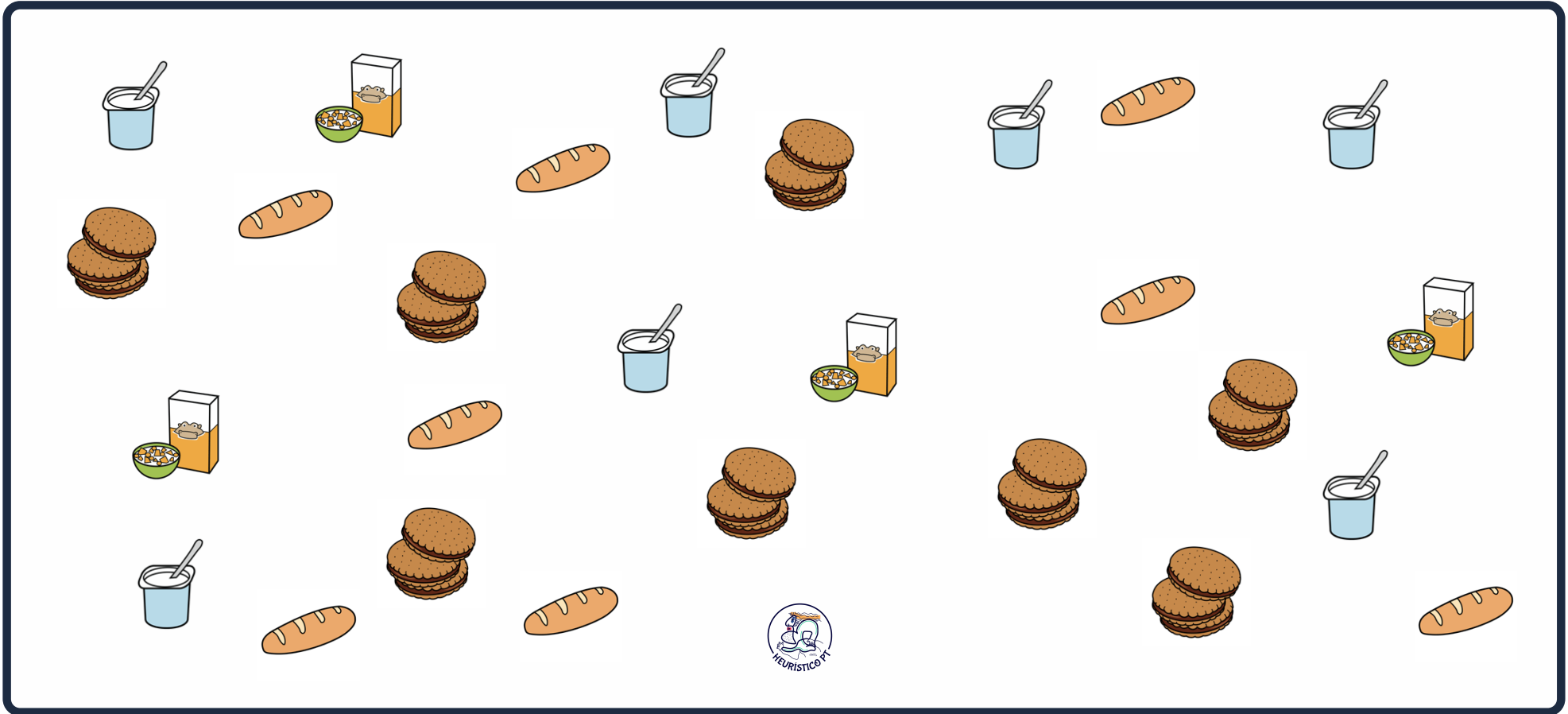
• QUESO \_\_\_\_\_

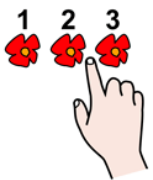
• LECHE \_\_\_\_\_

• ZUMO \_\_\_\_\_

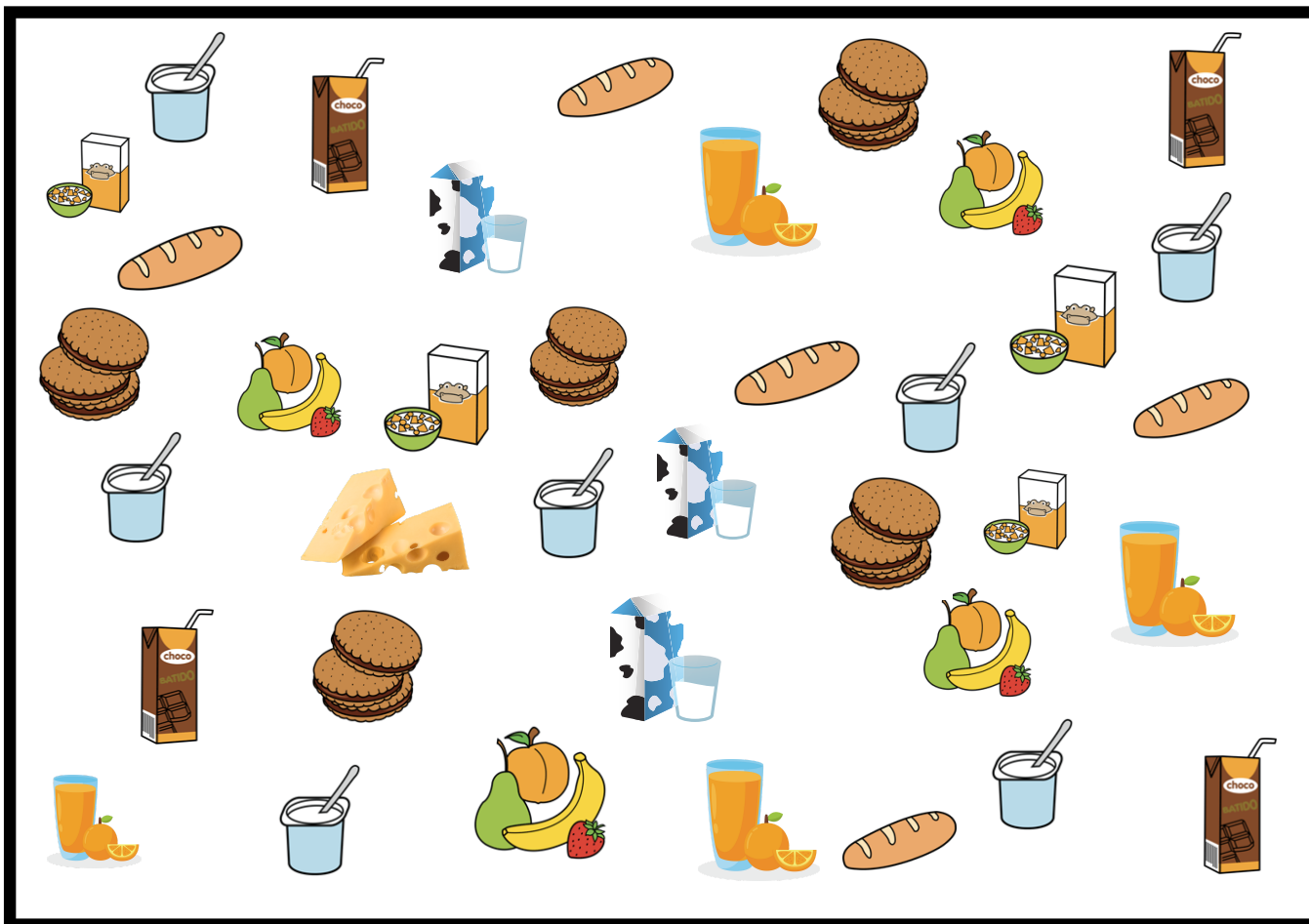


CUENTA LOS ALIMENTOS





# CONTAR LOS ALIMENTOS



- YOGURT \_\_\_\_\_
- GALLETAS \_\_\_\_\_
- CEREALES \_\_\_\_\_
- PAN \_\_\_\_\_



¿QUÉ TE GUSTA DESAYUNAR?



YOGURT



GALLETAS



CEREALES



PAN



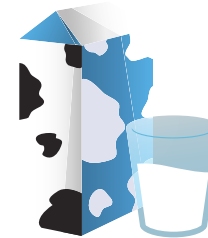
BATIDO



FRUTAS



QUESO



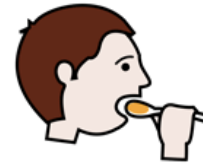
LECHE



ZUMO



Y  QUÉ TE GUSTA DESAYUNAR



ME GUSTA DESAYUNAR

→ \_\_\_\_\_

→ \_\_\_\_\_

→ \_\_\_\_\_

→ \_\_\_\_\_



LEER Y RECORTAR VOCABULARIO ALMUERZO



MACARRONES



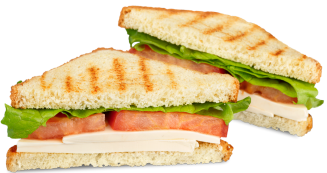
CARNE



PESCADO



HUEVOS



SANDWICH



ARROZ



QUESO



SOPA



ZUMO



PEGAR VOCABULARIO DEL ALMUERZO



MACARRONES



CARNE



PESCADO



HUEVOS



SANDWICH



ARROZ



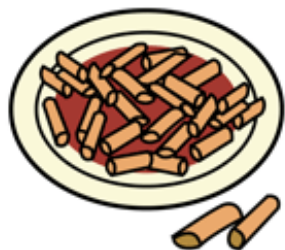
QUESO



SOPA



# VOCABULARIO ALIMENTOS



MACARRONES



CARNE



PESCADO



HUEVOS



SANDWICH



ARROZ



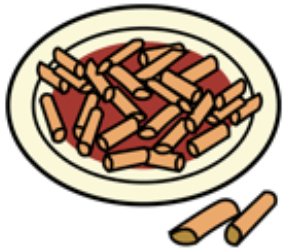
QUESO



SOPA



# VOCABULARIO ALIMENTOS



---

---



---

---



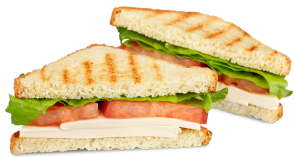
---

---



---

---



---

---



---

---



---

---



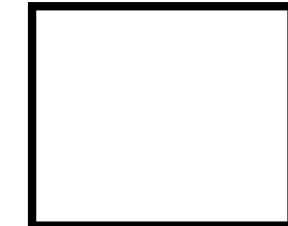
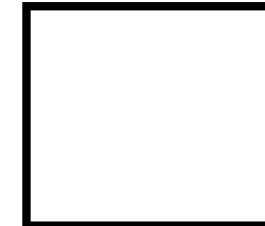
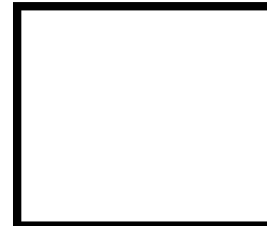
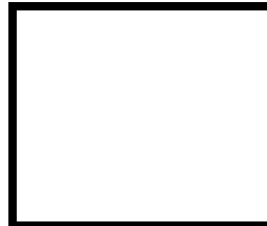
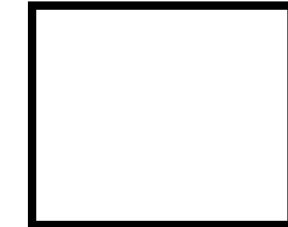
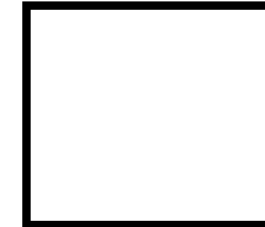
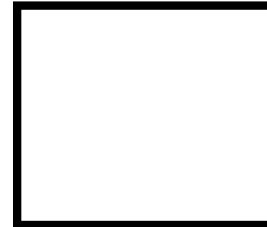
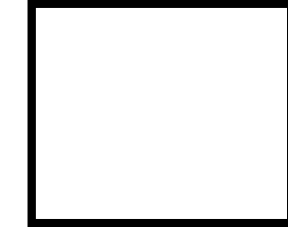
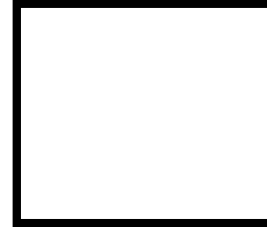
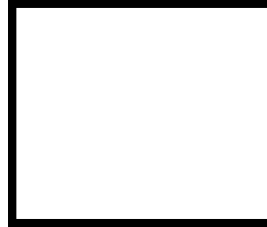
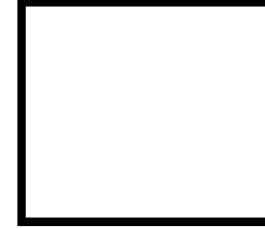
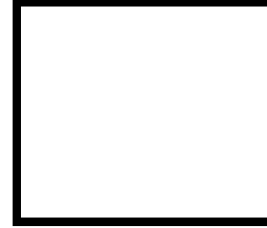
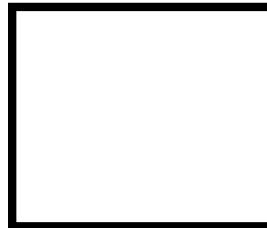
---

---





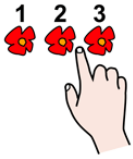
REALIZA LA SERIE



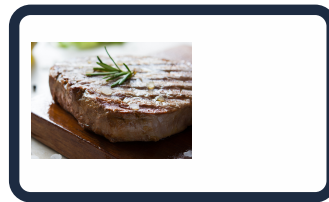
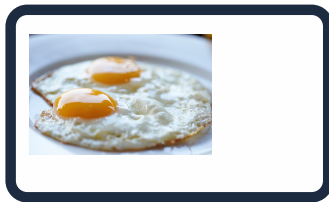
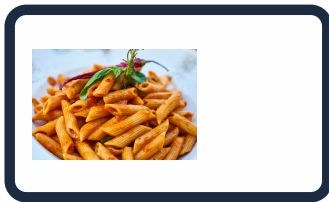
RECORTAR  
ALIMENTOS



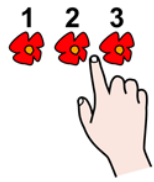
|  |  |   |  |  |  |
|--|--|---|--|--|--|
| <br>     | <br>     | <br>     | <br>     | <br>     | <br>     |
| <br>     | <br>     | <br>     | <br>     | <br>     | <br>     |
| <br>  | <br>  | <br>  | <br>  | <br>  | <br>  |
| <br> | <br> | <br> | <br> | <br> | <br> |



# CONTAR LOS ALIMENTOS







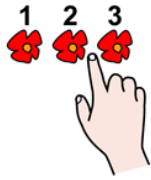
# CONTAR LOS ALIMENTOS



- MACARRONES \_\_\_\_\_
- CARNE \_\_\_\_\_
- PESCADO \_\_\_\_\_
- HUEVOS \_\_\_\_\_







# CONTAR LOS ALIMENTOS



- SANDWICH \_\_\_\_\_
- ARROZ \_\_\_\_\_
- QUESO \_\_\_\_\_
- SOPA \_\_\_\_\_



¿QUÉ TE GUSTA COMER?



MACARRONES



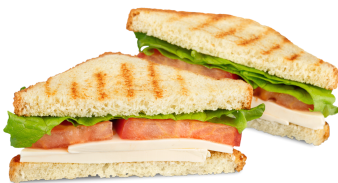
CARNE



PESCADO



HUEVOS



SANDWICH



ARROZ



QUESO



SOPA

 Y  QUÉ TE GUSTA COMER



ME GUSTA COMER

→ \_\_\_\_\_  
\_\_\_\_\_

→ \_\_\_\_\_  
\_\_\_\_\_

→ \_\_\_\_\_  
\_\_\_\_\_

→ \_\_\_\_\_  
\_\_\_\_\_



LEER Y RECORTAR VOCABULARIO DE LA CENA



FRUTA



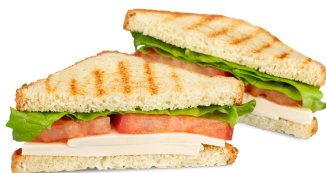
CARNE



PESCADO



HUEVOS



SANDWICH



ARROZ



QUESO



SOPA



# PEGAR VOCABULARIO DE LA CENA



FRUTA



CARNE



PESCADO



HUEVOS



SANDWICH



ARROZ



QUESO



SOPA





# VOCABULARIO ALIMENTOS



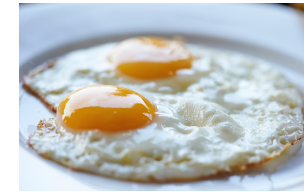
FRUTA



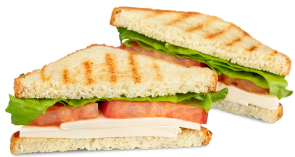
CARNE



PESCADO



HUEVOS



SANDWICH



ARROZ



QUESO



SOPA



# VOCABULARIO ALIMENTOS



---

---



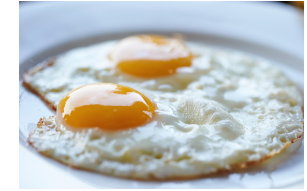
---

---



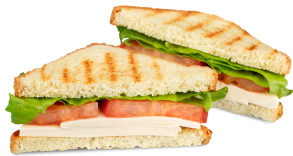
---

---



---

---



---

---



---

---



---

---

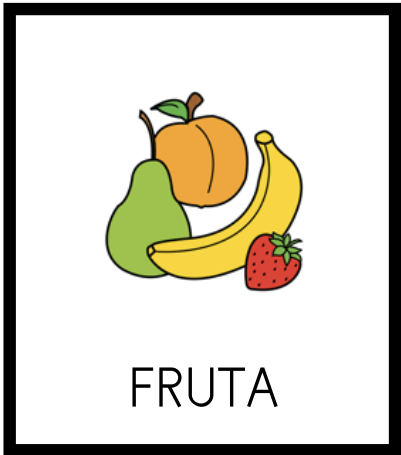


---

---



¿QUÉ TE GUSTA CENAR?



FRUTA



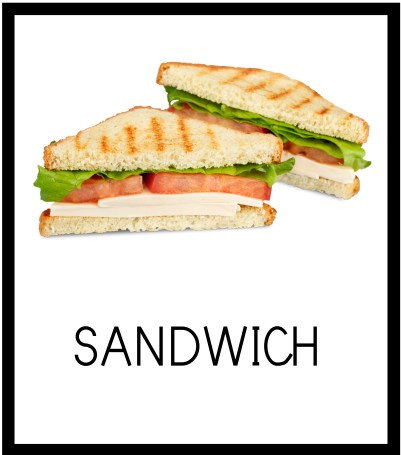
CARNE



PESCADO



HUEVOS



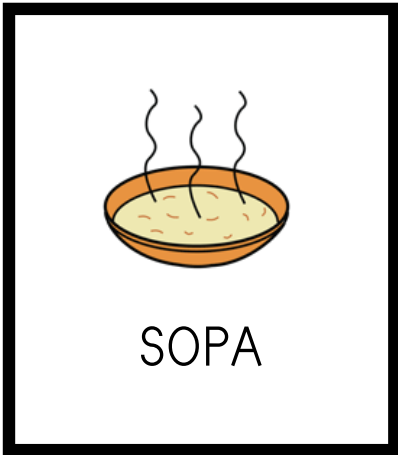
SANDWICH



ARROZ



QUESO



SOPA

 Y  QUÉ TE GUSTA CENAR



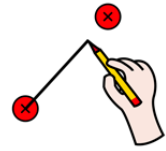
ME GUSTA CENAR

→ \_\_\_\_\_  
\_\_\_\_\_

→ \_\_\_\_\_  
\_\_\_\_\_

→ \_\_\_\_\_  
\_\_\_\_\_

→ \_\_\_\_\_  
\_\_\_\_\_



RELACIONA



HUEVOS



LECHE



PESCADO



CEREALES



CARNE

MACARRONES



FRUTA



QUESO

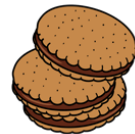


GALLETAS

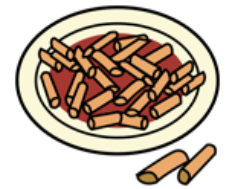
SOPA




ARROZ




PAN






el Sol


Y



ESCRIBIR



MENÚ



DEL DÍA

REPASAR



PARA DESAYUNAR



PARA COMER



PARA CENAR



RELACIONAR



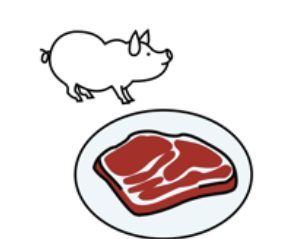
CAMPO



MAR



GRANJA



CARNE



VERDURAS



PESCADO



REPASAR



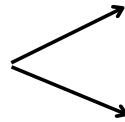
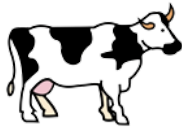
ALIMENTOS



ORIGEN ANIMAL



VACA



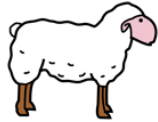
CARNE



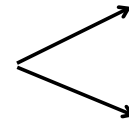
HAMBURGUESA



OVEJA



LECHE



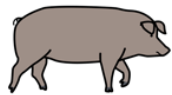
YOGURT



QUESO



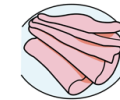
CERDO



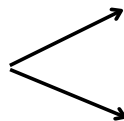
CARNE



JAMÓN



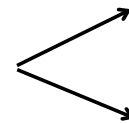
GALLINA



POLLO



HUEVOS



TORTILLA



HUEVO FRITO



PECES



PESCADO

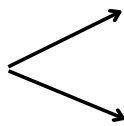
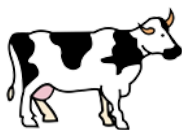




REPASAR COMPLETAR ALIMENTOS ORIGEN ANIMAL



VACA



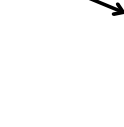
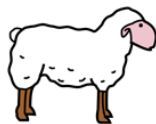
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



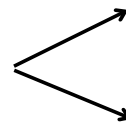
HAMBURGUESA



OVEJA



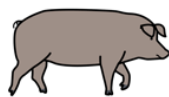
\_\_\_\_\_  
\_\_\_\_\_



YOGURT



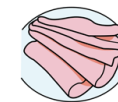
CERDO



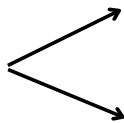
CARNE



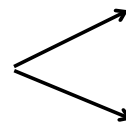
JAMÓN



GALLINA



\_\_\_\_\_  
\_\_\_\_\_  
HUEVOS



HUEVO FRITO



PECES



\_\_\_\_\_  
\_\_\_\_\_





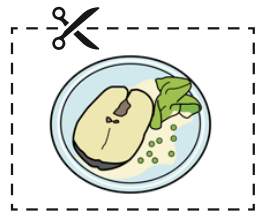
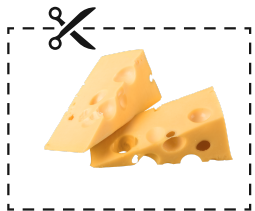
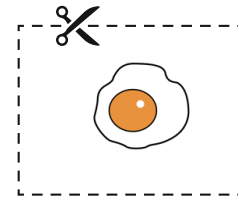
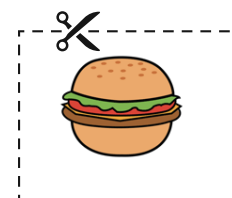
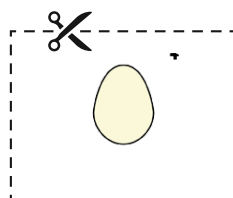
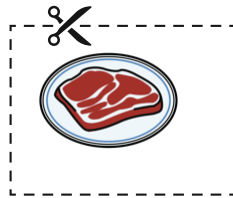
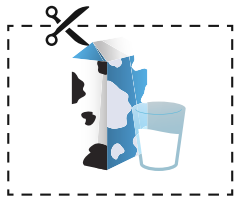
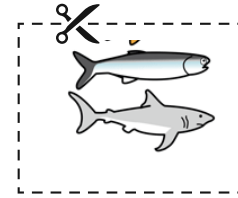
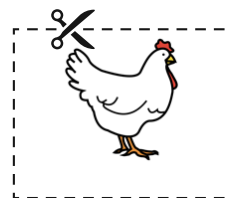
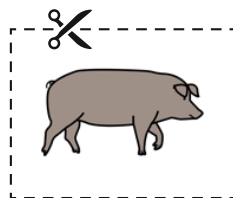
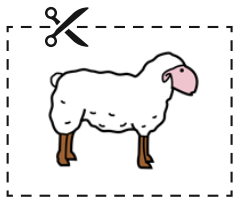
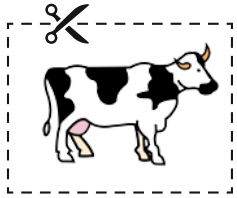
RECORTAR



ALIMENTOS



ORIGEN ANIMAL







PEGAR



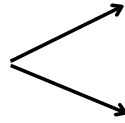
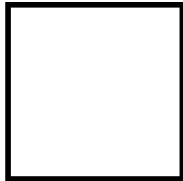
ALIMENTOS



ORIGEN ANIMAL



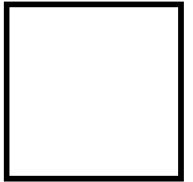
VACA



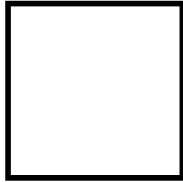
CARNE



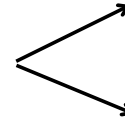
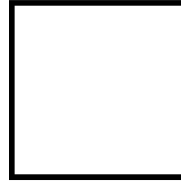
HAMBURGUESA



OVEJA



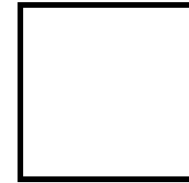
LECHE



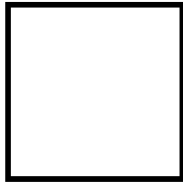
YOGURT



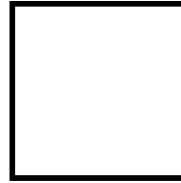
QUESO



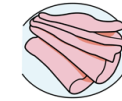
CERDO



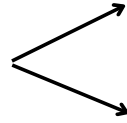
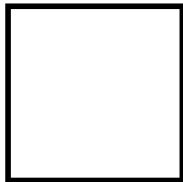
CARNE



JAMÓN



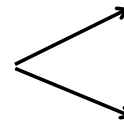
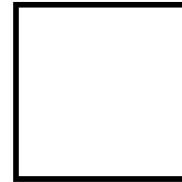
GALLINA



POLLO



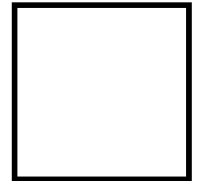
HUEVOS



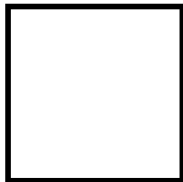
TORTILLA



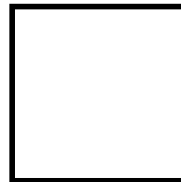
HUEVO FRITO



PECES



PESCADO





REPASAR



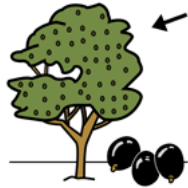
ALIMENTOS



ORIGEN VEGETAL



OLIVO



ACEITUNAS



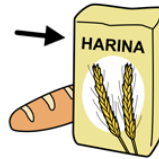
ACEITE



TRIGO



HARINA



MAGDALENA



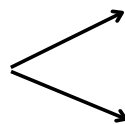
PAN



PASTEL



ÁRBOL



ZUMO



MERMELADA

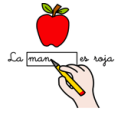


PLANTA



VERDURAS





REPASAR COMPLETAR ALIMENTOS ORIGEN VEGETAL

OLIVO



\_\_\_\_\_  
\_\_\_\_\_



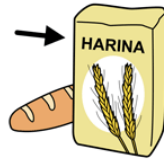
ACEITE



TRIGO



\_\_\_\_\_  
\_\_\_\_\_



MAGDALENA



\_\_\_\_\_



PASTEL



ÁRBOL



\_\_\_\_\_  
\_\_\_\_\_



MERMELADA



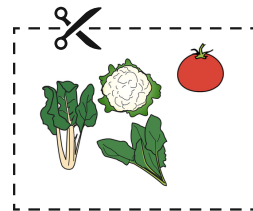
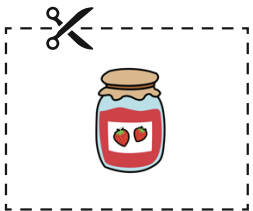
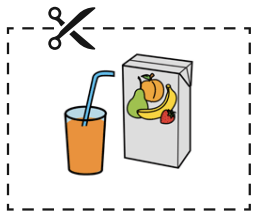
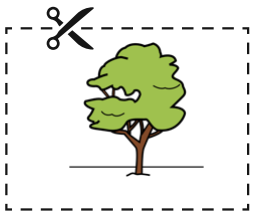
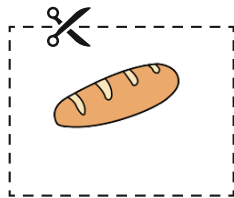
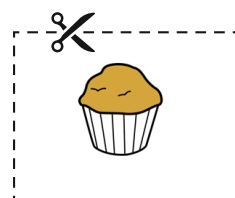
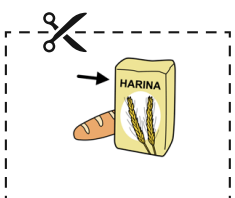
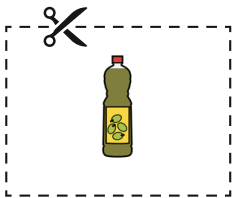
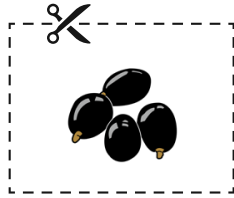
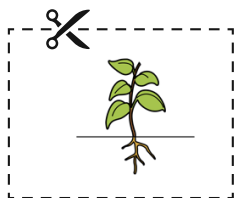
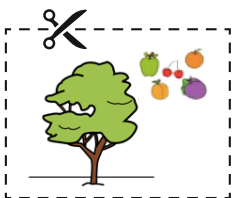
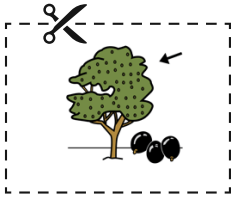
PLANTA



\_\_\_\_\_  
\_\_\_\_\_



|   |   |   |
|---|---|---|
|  |  |  |
| RECORTAR  | ALIMENTOS   | ORIGEN VEGETAL  |





PEGAR



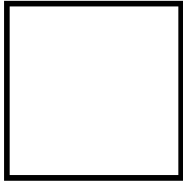
ALIMENTOS



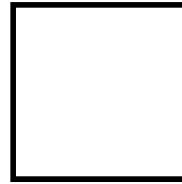
ORIGEN VEGETAL



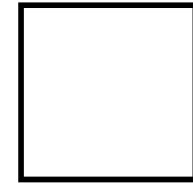
OLIVO



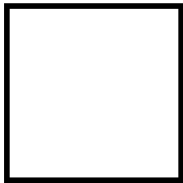
ACEITUNAS



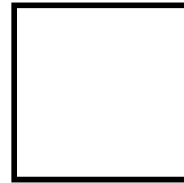
ACEITE



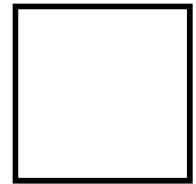
TRIGO



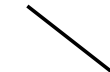
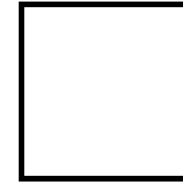
HARINA



MAGDALENA



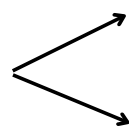
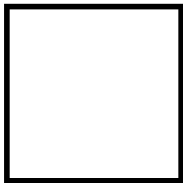
PAN



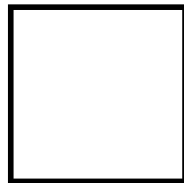
PASTEL



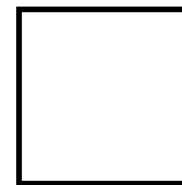
ÁRBOL



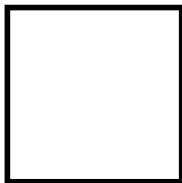
ZUMO



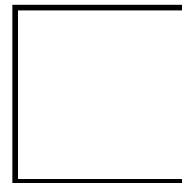
MERMELADA



PLANTA

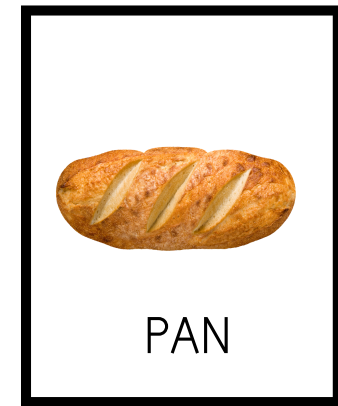


VERDURAS



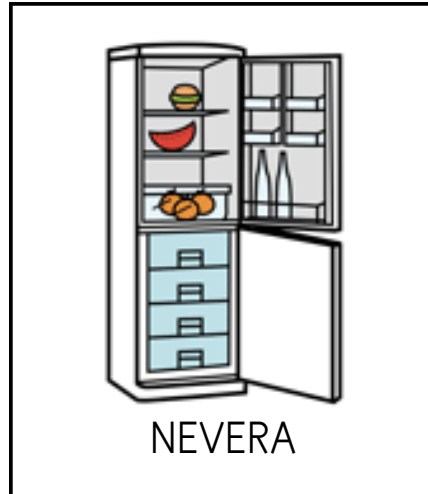


RELACIONAR





RODEAR ALIMENTOS QUE SE GUARDAN EN LA NEVERA





RODEAR Y ESCRIBIR LAS FRUTAS



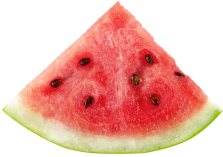
---

---



---

---



---

---



---

---



---

---



---

---



---

---



---

---



---

---



# RODEAR Y ESCRIBIR LAS VERDURAS



---

---



---

---



---

---



---

---



---

---



---

---



---

---



---

---

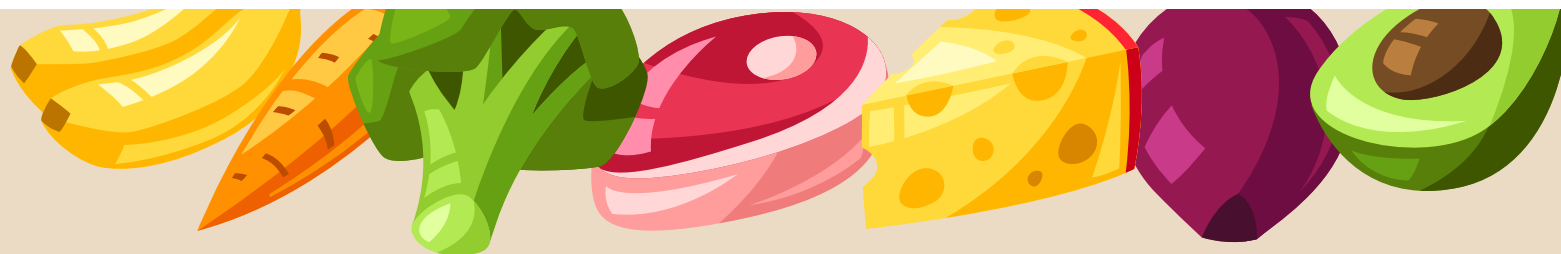


---

---



# PREMIO A LA ALIMENTACIÓN SALUDABLE



FELICIDADES A \_\_\_\_\_



Por tu esfuerzo y dedicación

# ¡Muy bien!

