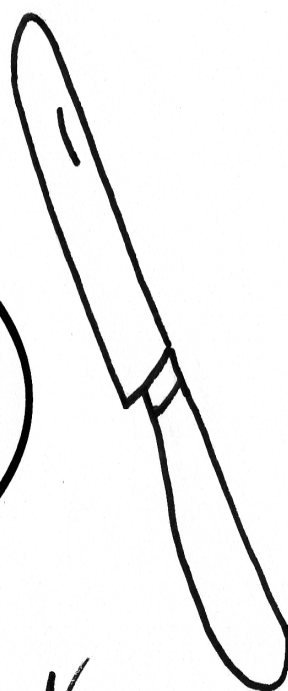
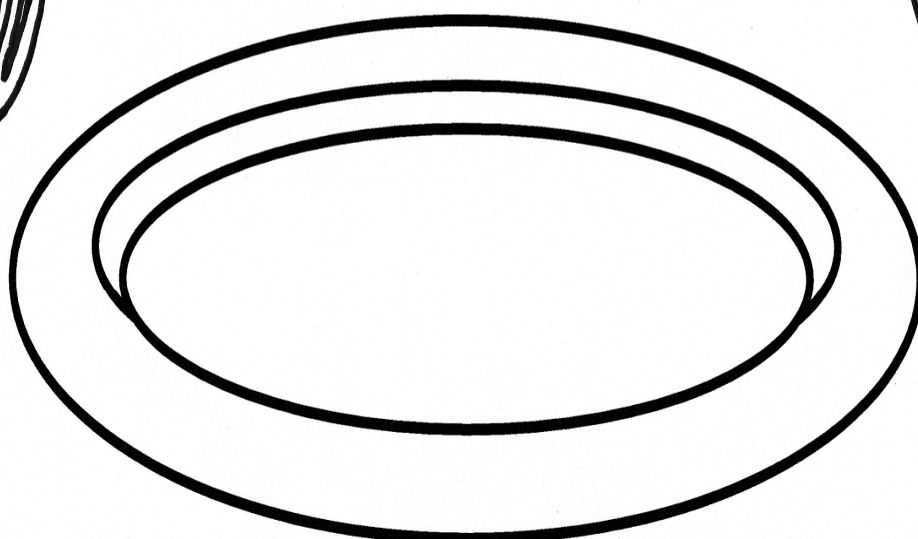
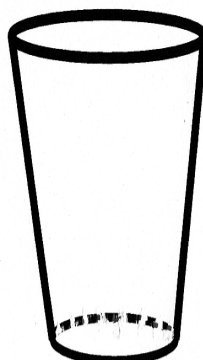
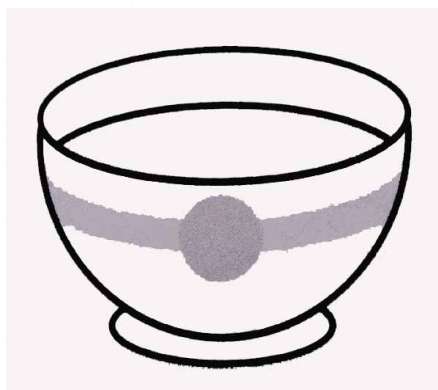


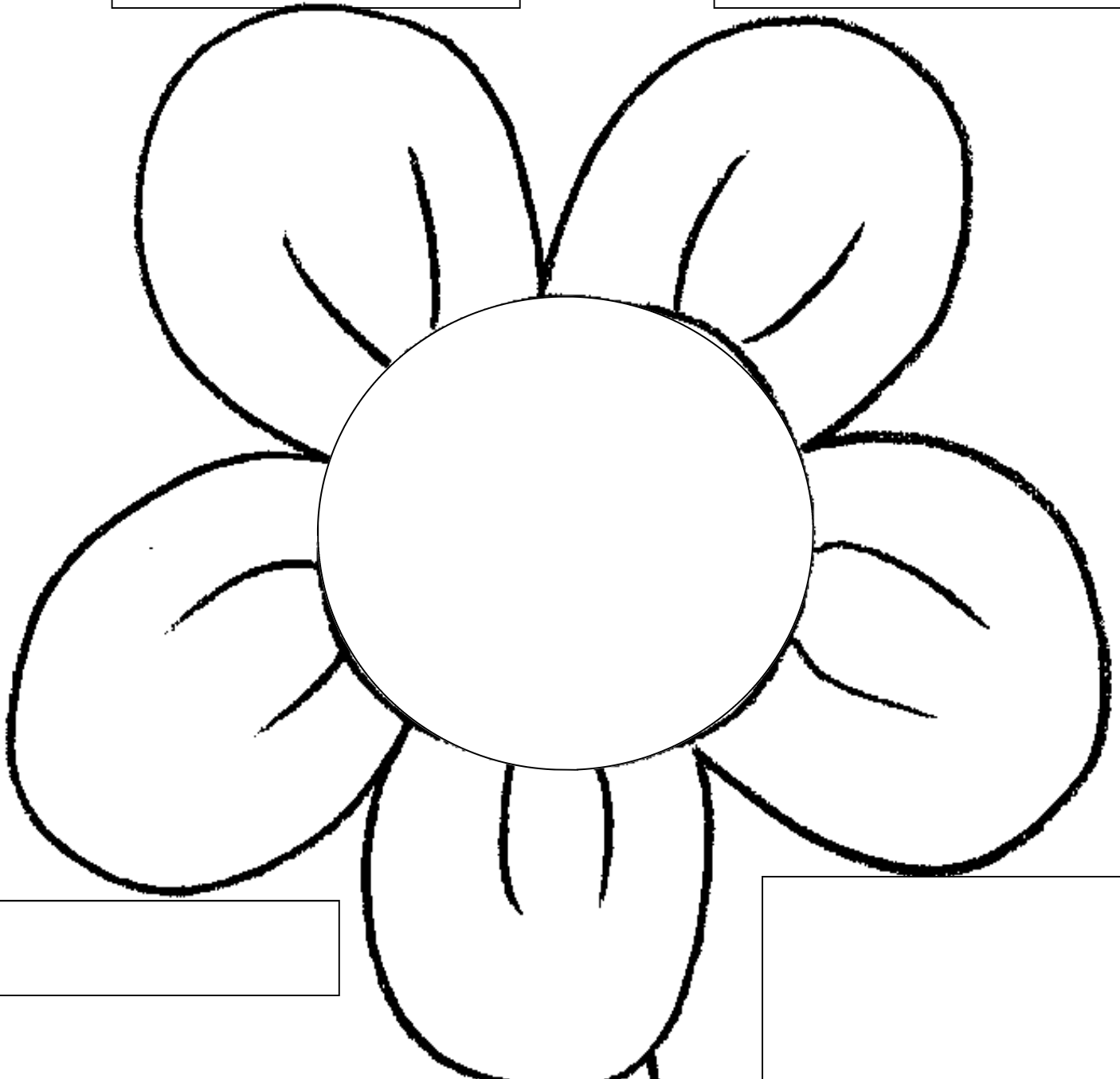
LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
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Mon petit déjeuner

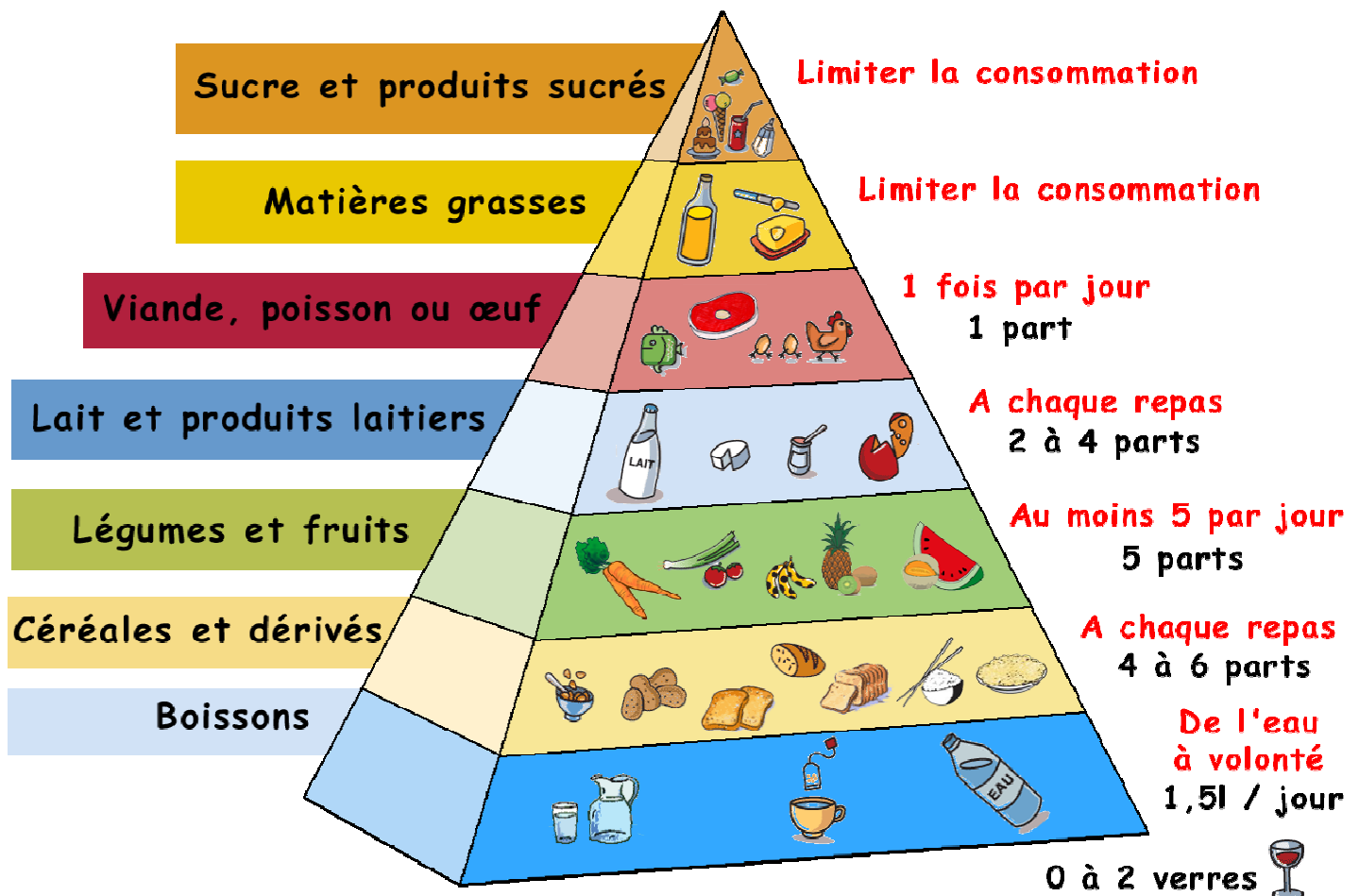


LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
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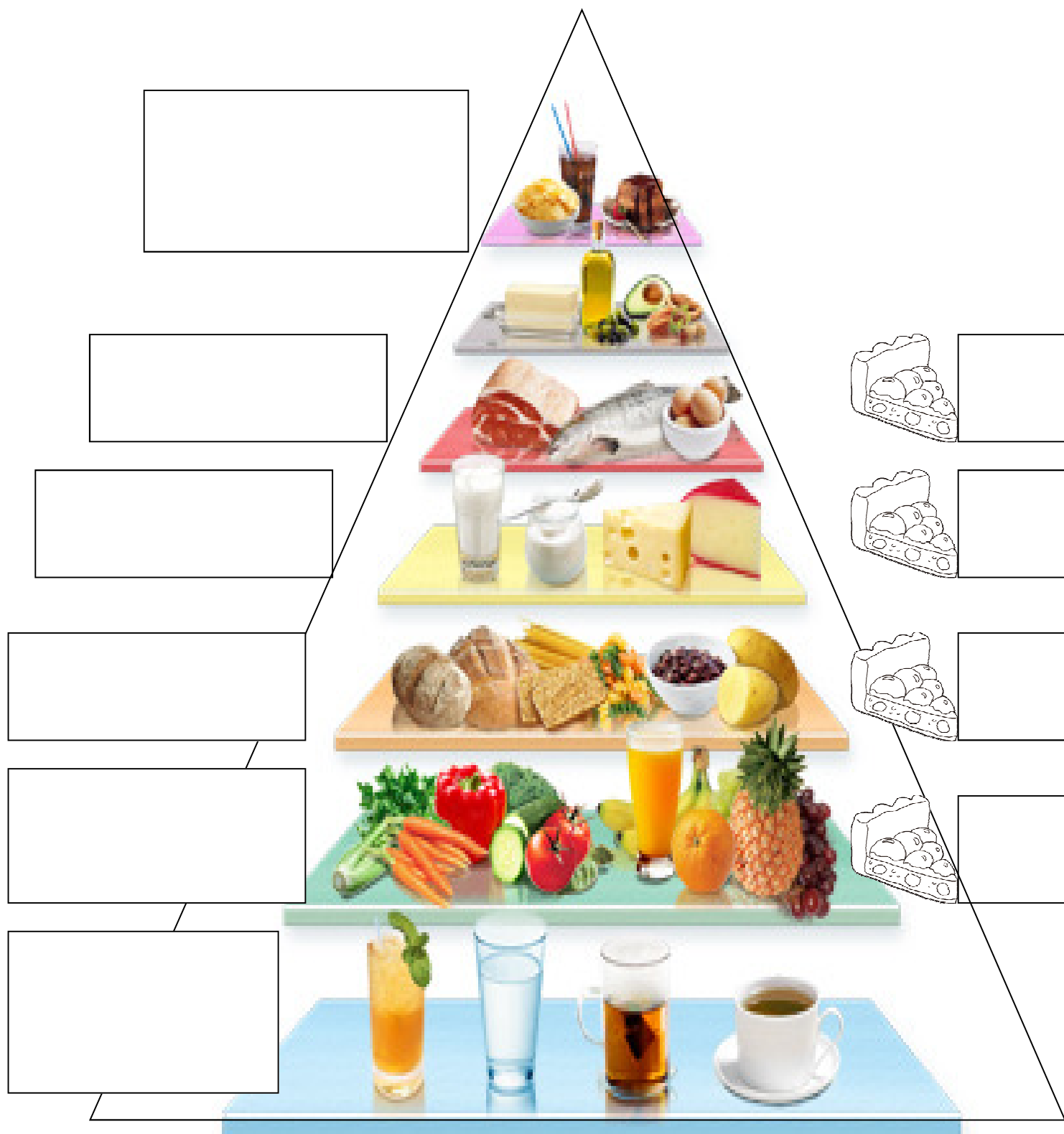
Les groupes d'aliments du petit dejeuner



La pyramide alimentaire



La pyramide alimentaire



Quel est le petit déjeuner idéal?

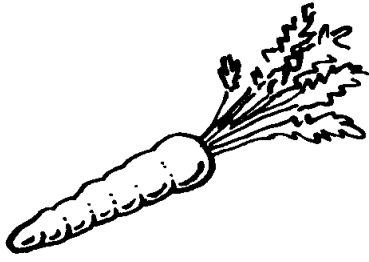
Que mange tu le matin au petit déjeuner, dessine le!

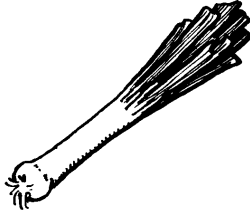


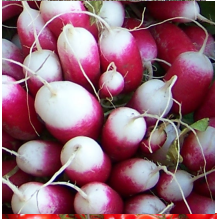
Que faut il mieux manger?

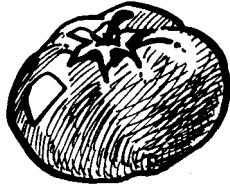


Le nom des légumes du marché





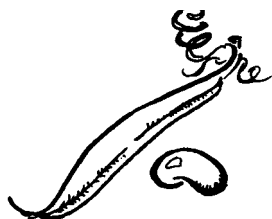




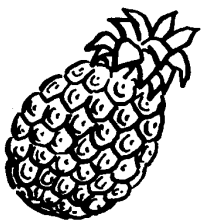


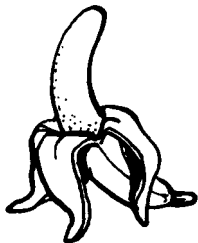


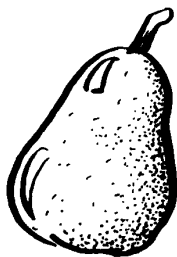




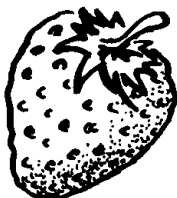
Et les fruits...





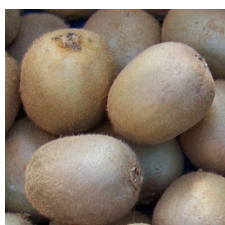


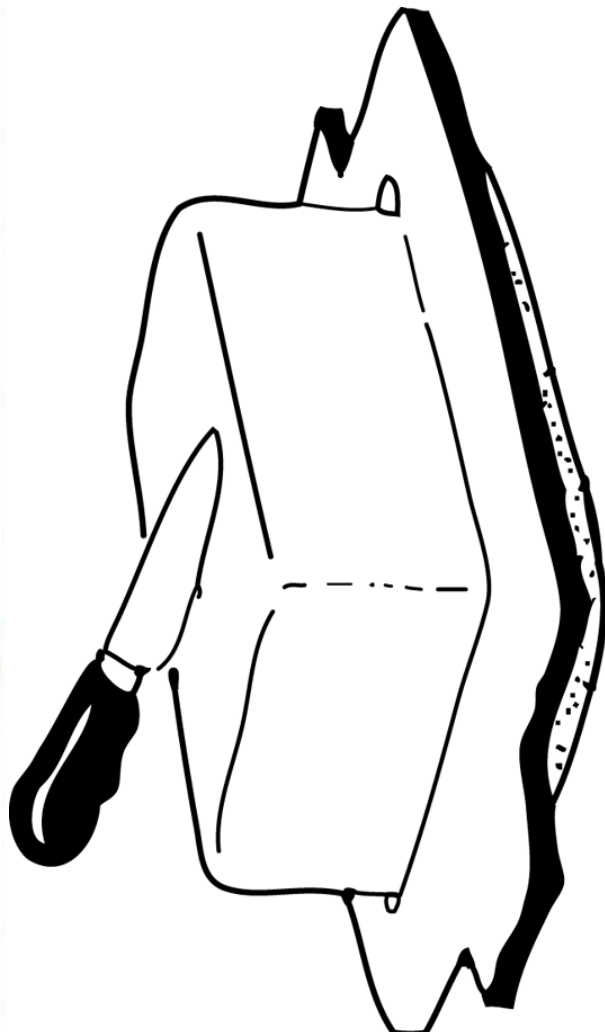






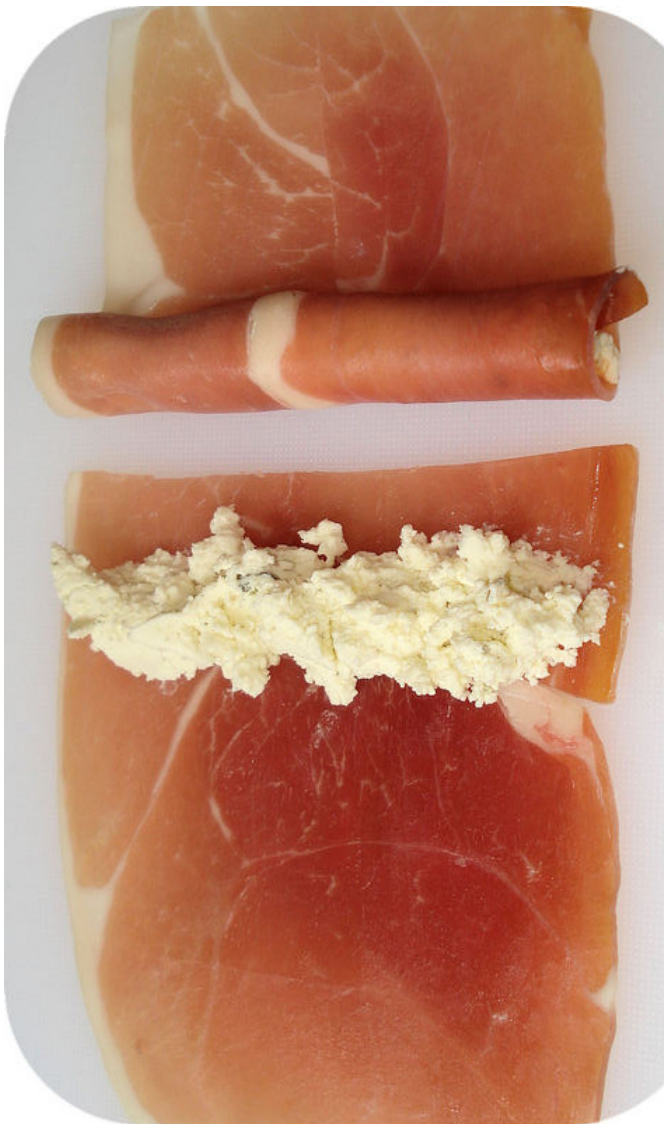
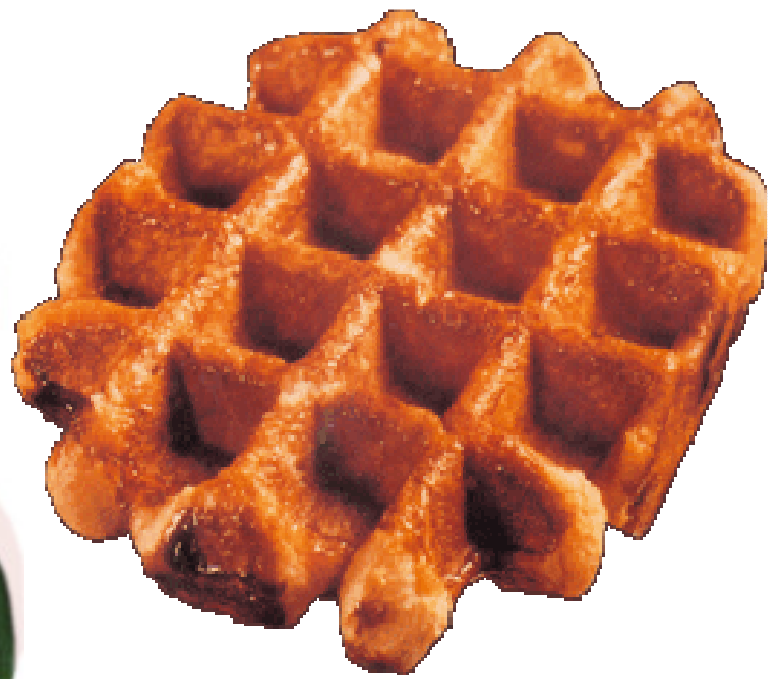


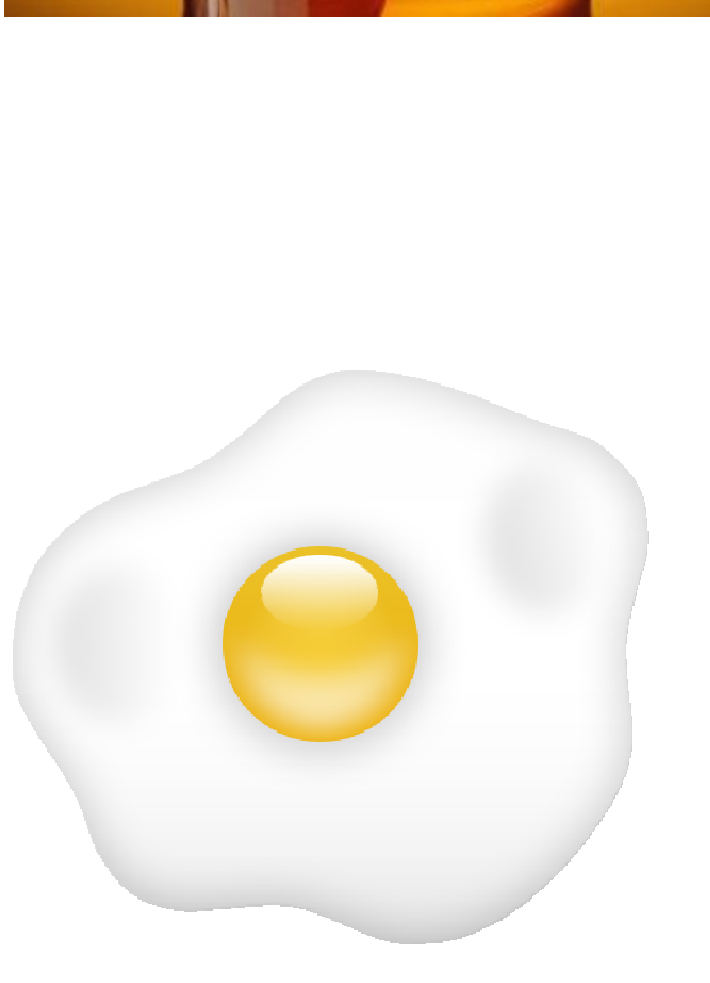
















Les fruits et
légumes

Les sucres

Les laitages

Les céréales

Les matières
grasses

L'eau

Les viandes/
poissons

Les fruits et
légumes

Les sucres

Les laitages

Les céréales

Les matières
grasses

L'eau

Les viandes/
poissons

Les fruits et
légumes

Les sucres

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grasses

L'eau

Les viandes/
poissons

