

Alimentos para Colorir

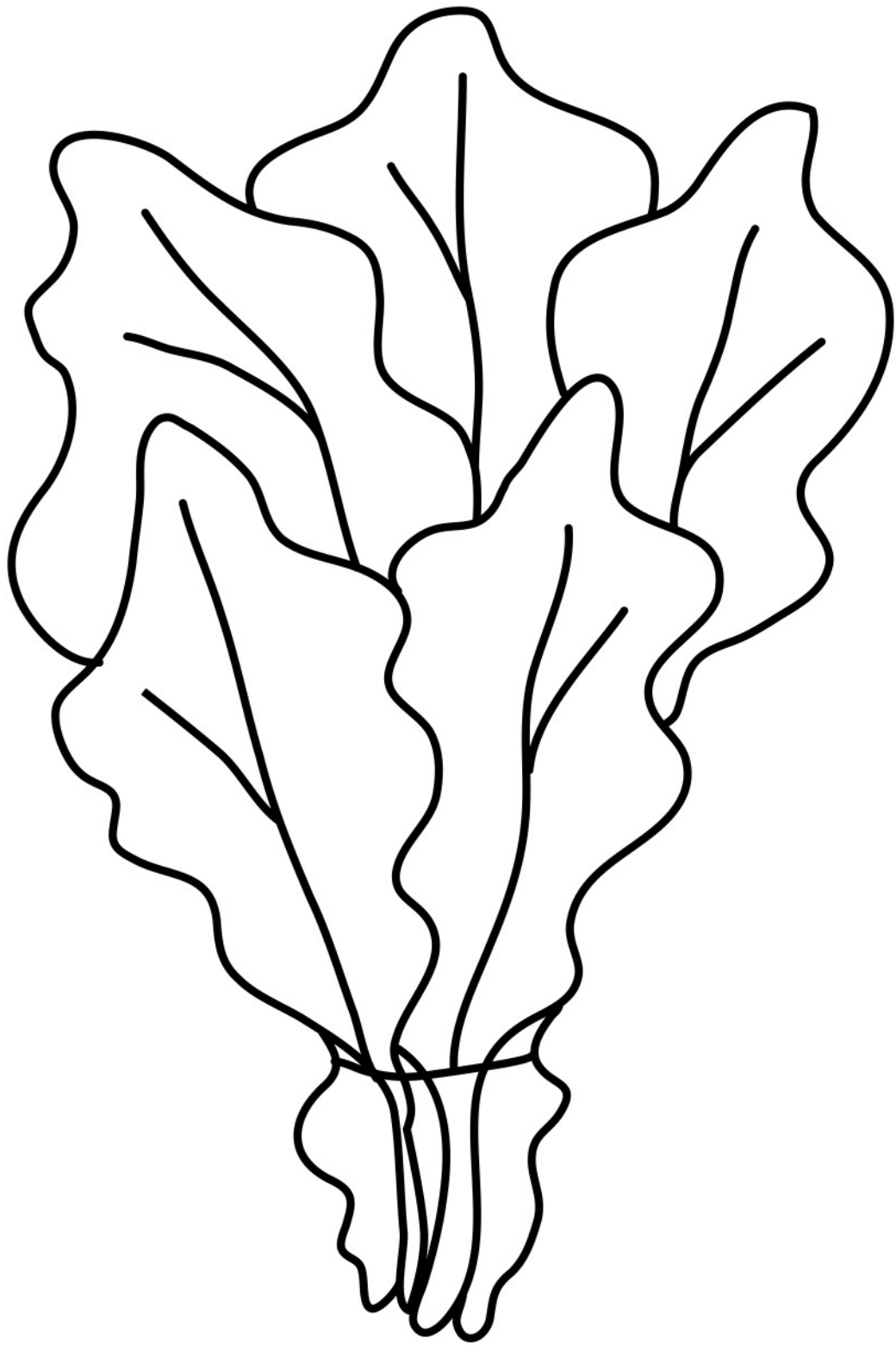


DIZ-ME O QUE COMES

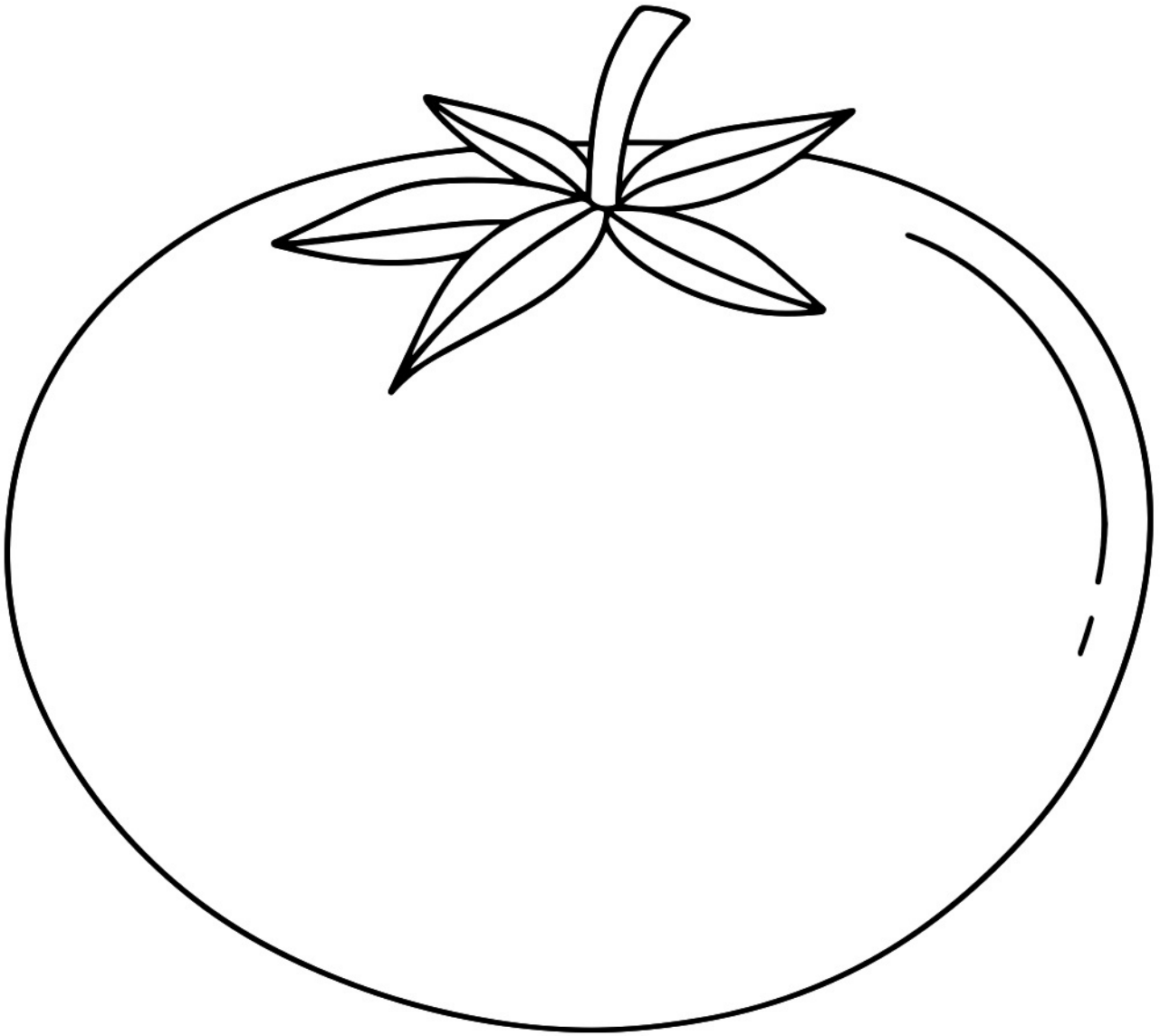
DIZ-ME O QUE COMES



Sabias que os alimentos que comes e o modo como são cozinhados podem dizer muito sobre o local onde vives?
Pega nos teus lápis de cor e começa a colorir.
Diverte-te a pintar e a jogar no maravilhoso mundo dos alimentos saudáveis!



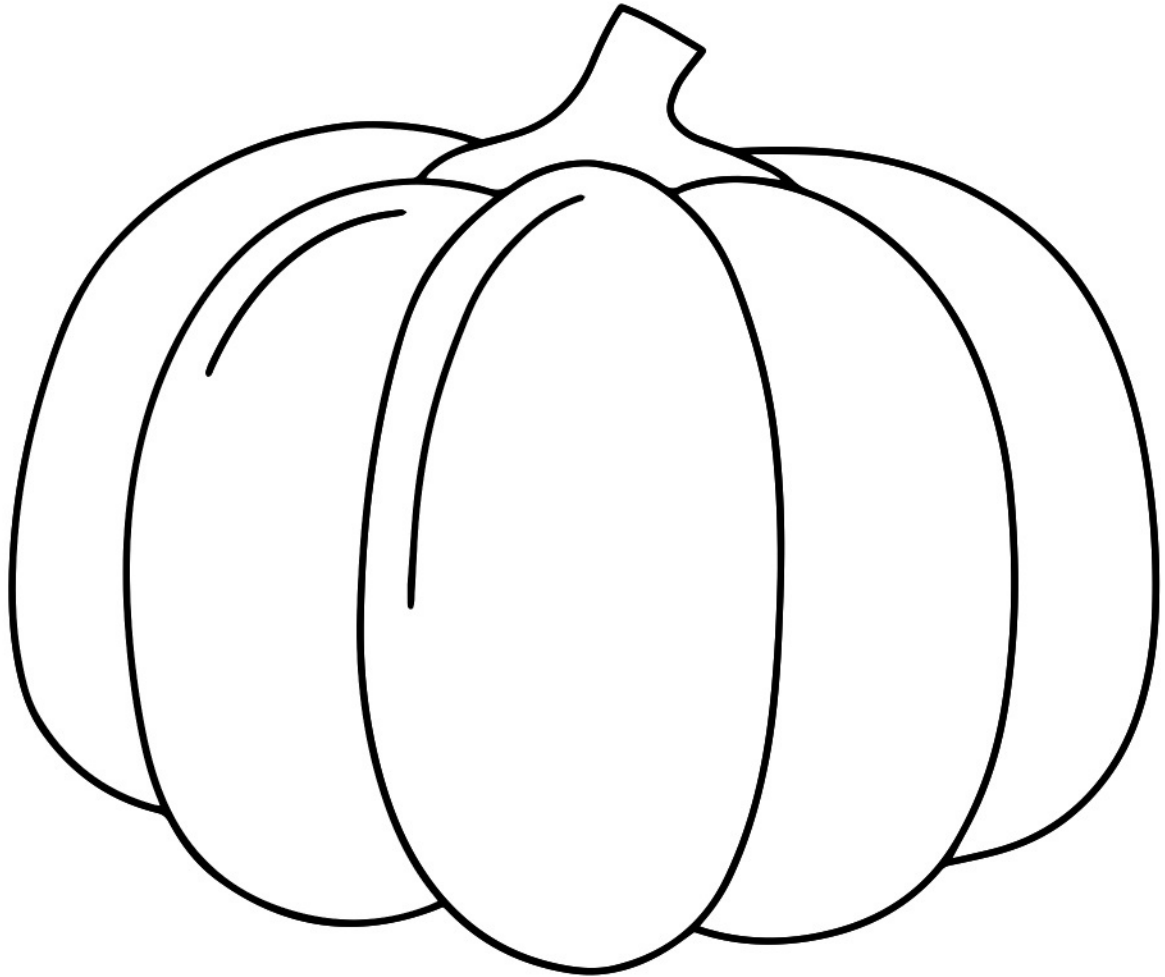
come



tomate



mabo



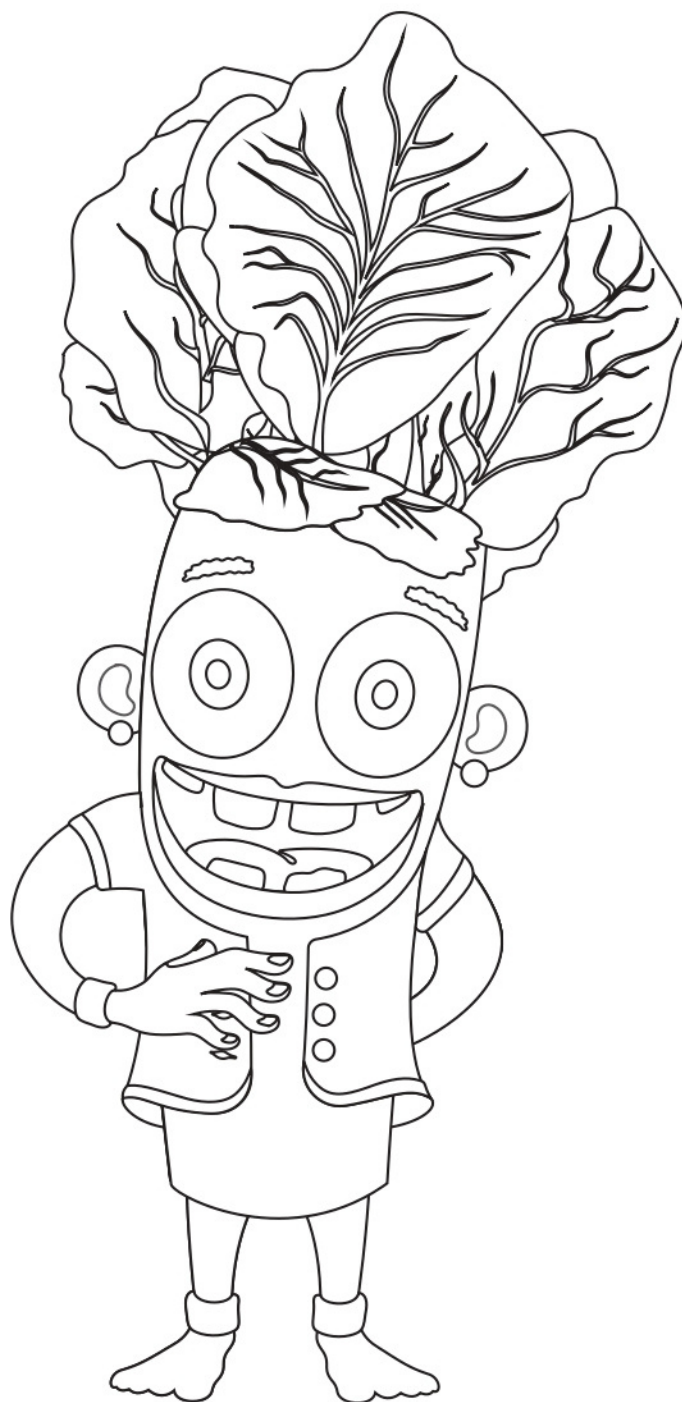
abóbora

O HORTA &



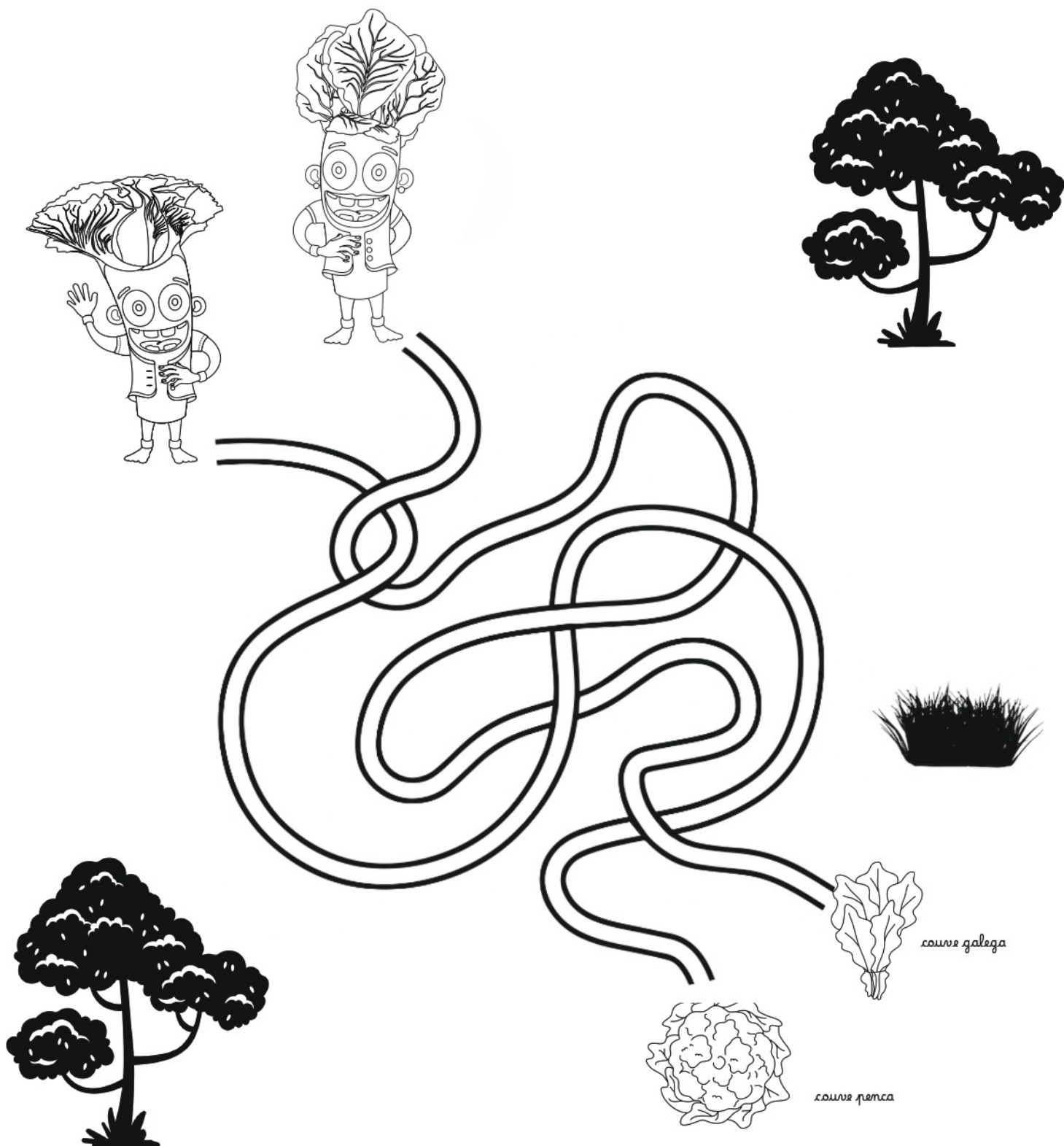
O Horta e a Liça são duas couves divertidas e

A LIÇA



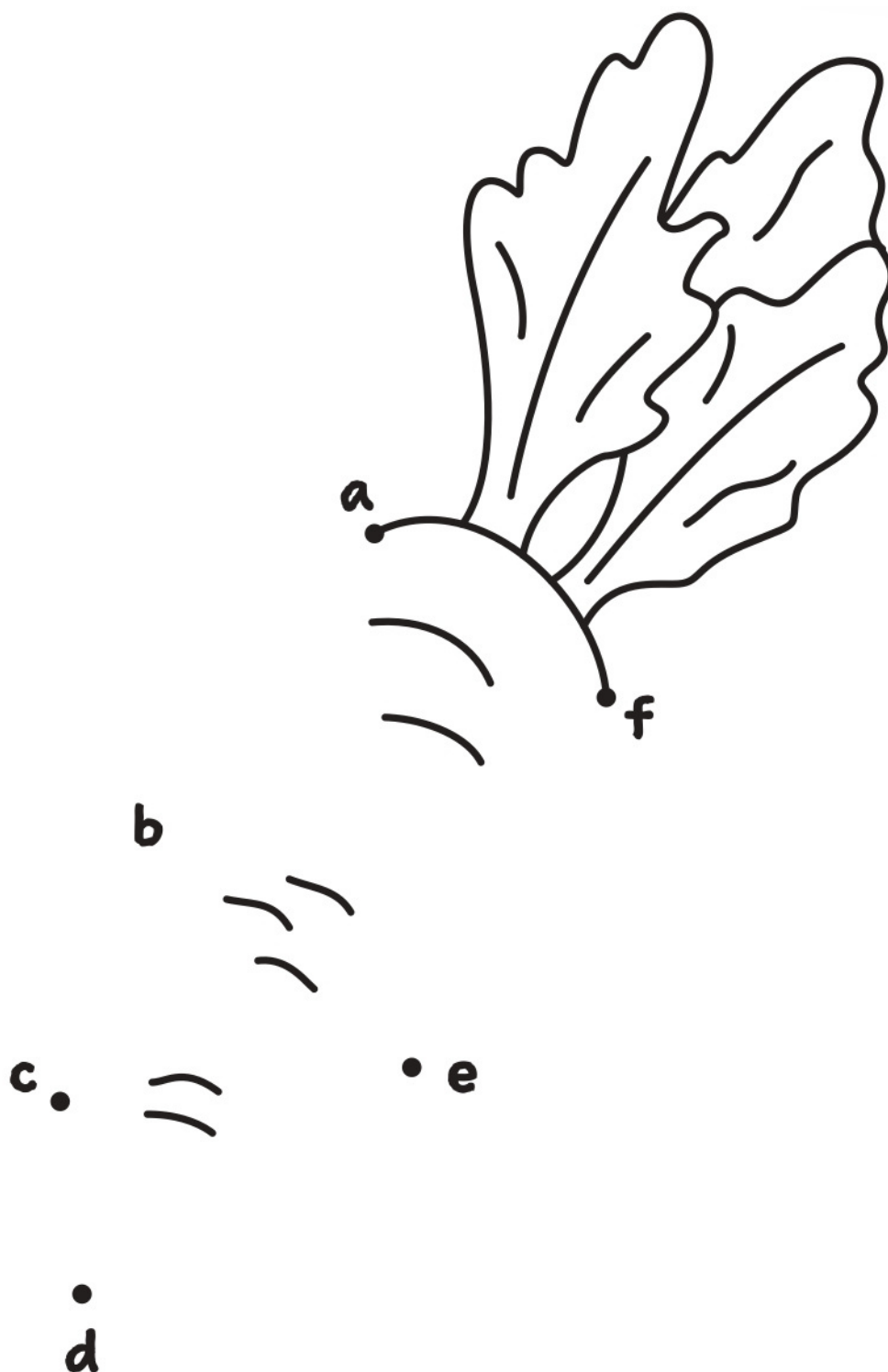
coloridas têm mais sabor!

ENCONTRA AS COUVES



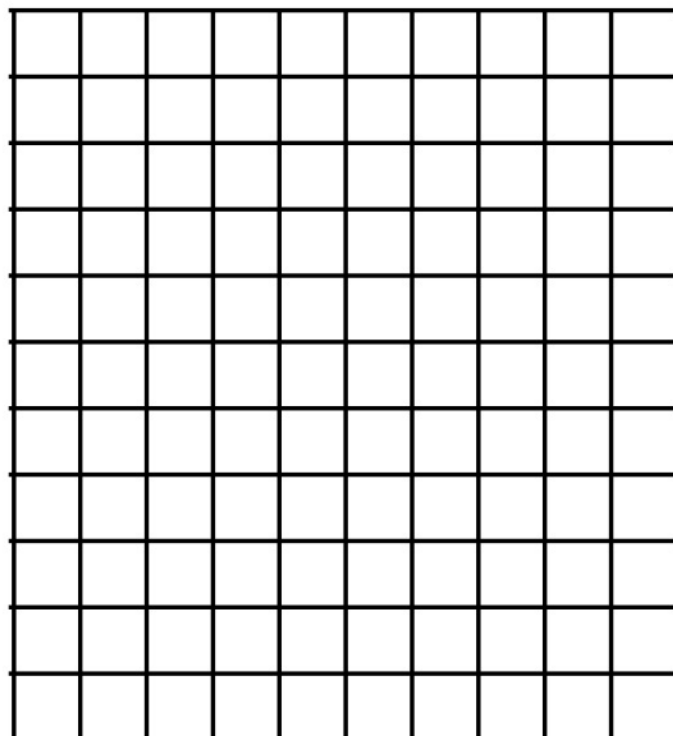
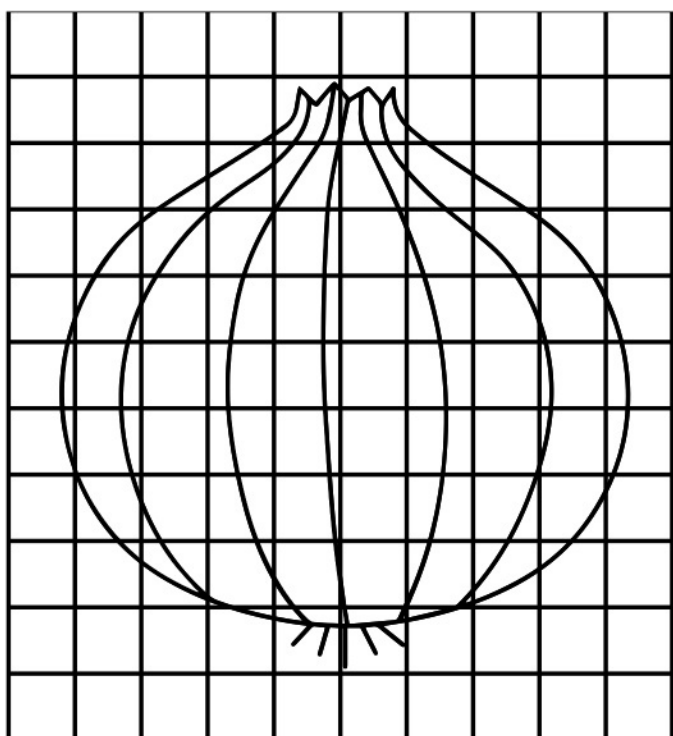
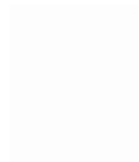
Ajuda o Horta e a Liça a encontrarem
a sua couve favorita!

DESCOBRE O ALIMENTO



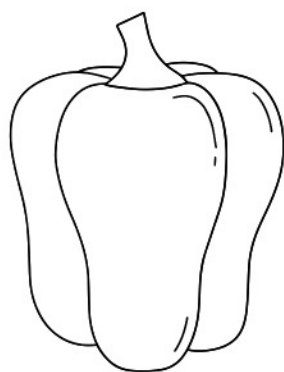
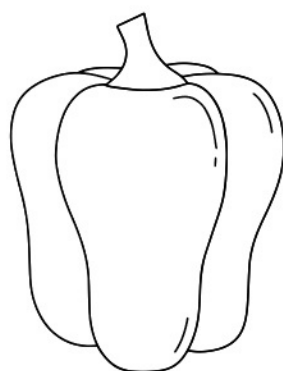
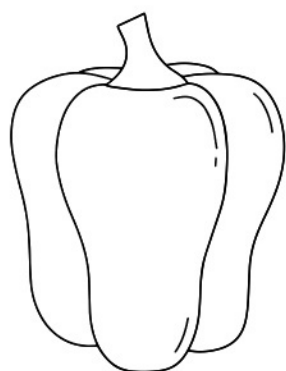
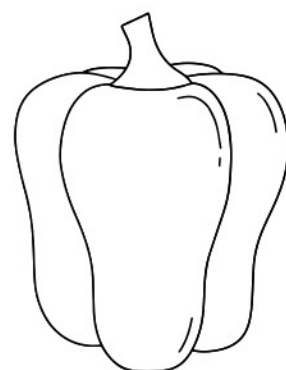
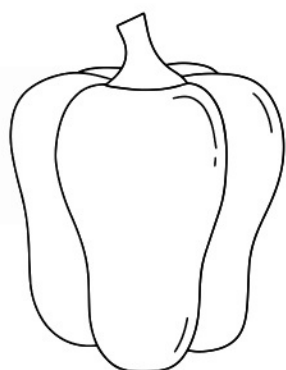
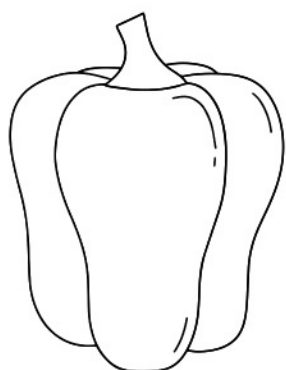
Une as letras e pinta este hortícola tão colorido e saboroso!

DESENHA A CEBOLA



Desenha, e depois pinta, este alimento
muito utilizado na nossa cozinha!

HORA DE CONTAR



Quantos pimentos podes pintar
nesta página?

SOPA DE LETRAS

O	H	S	O	P	A	T	L	A	S
C	Z	A	B	S	P	U	I	V	A
Y	A	L	H	O	S	C	Y	O	L
B	S	A	C	H	I	D	A	F	O
E	Y	D	U	O	P	N	L	S	I
L	B	A	T	A	T	A	K	F	A
A	S	B	A	O	G	B	I	A	L
B	O	A	C	V	C	O	U	V	E
I	K	L	H	E	Y	D	I	A	L
C	A	T	O	M	A	T	E	S	Y

alhos | batata | couve | feijão | nabo
salada | sopa | caldo | tomates

+ 3 ANOS



**IDEN
TIDADE**
ALIMENTAR
AMP RURAL

