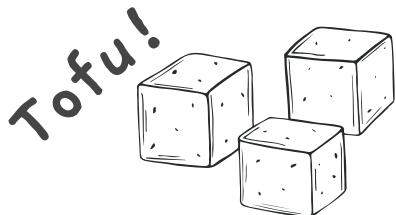


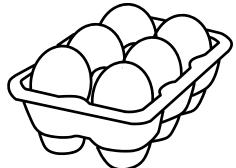
Mi Nombre Nutricional: _____

LECCION 3: GRANOS Y PROTEÍNA

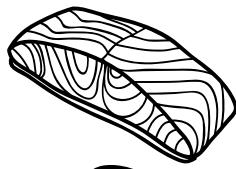
Dibuje una linea para unir la proteína con su lugar de origen:



Planta



Animal



Planta



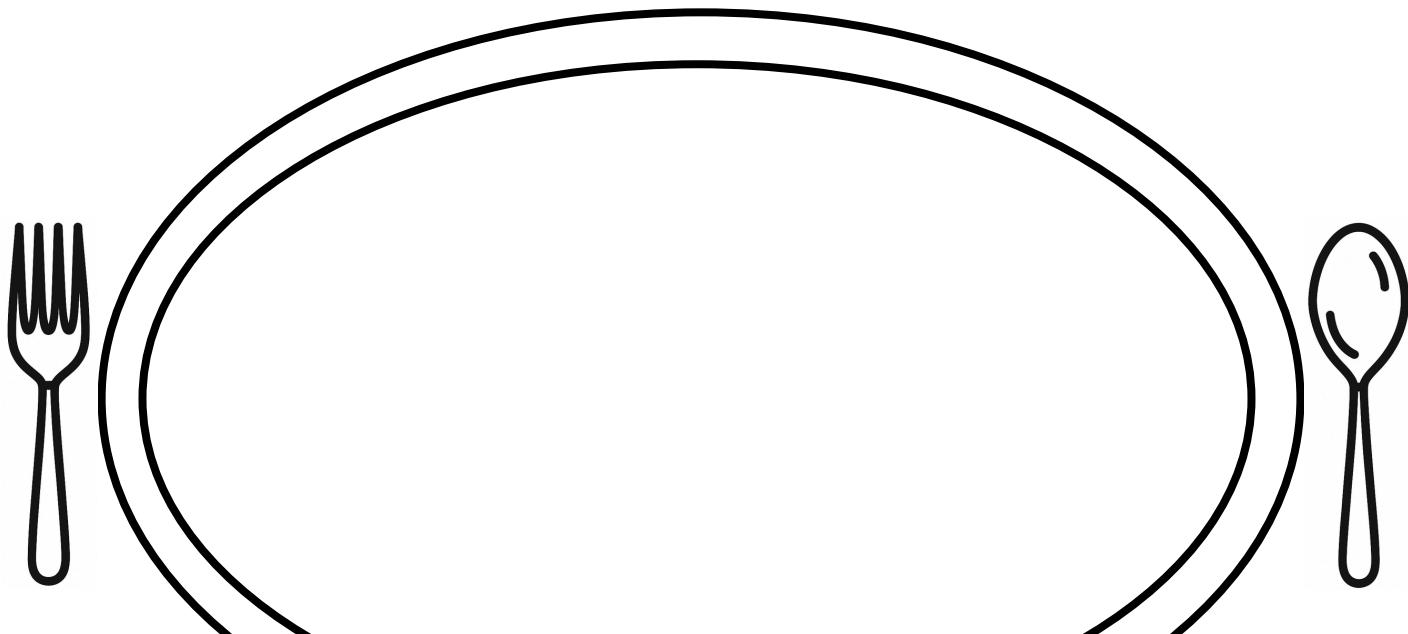
Animal

Circule los alimentos que son hechos de granos enteros:

Arroz integral Pan blanco Avena Pan integral

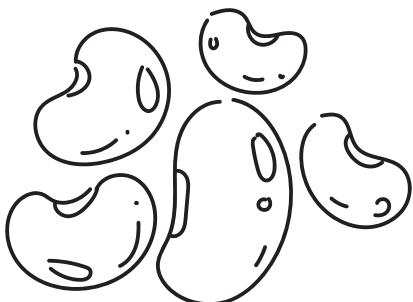
¡Arme su Plato de Poder!

Dibuje una comida con: 1 grano integral, 1 proteína, 1 fruta or verdura

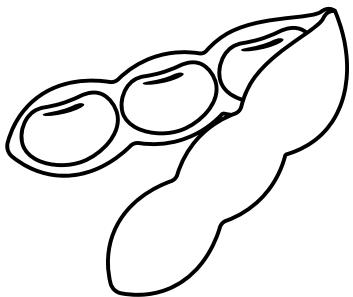


Mi Nombre Nutricional: _____

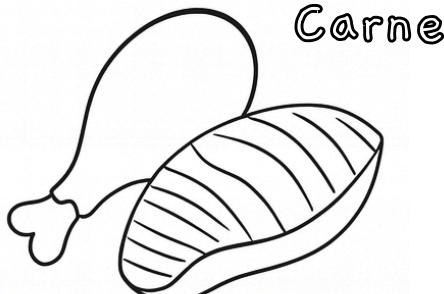
PROTEÍNAS DE ANIMALES Y PLANTAS



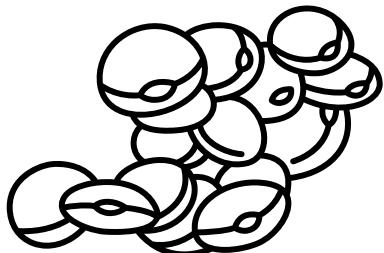
Frijoles



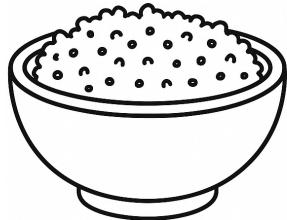
Edamame



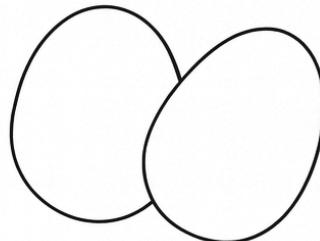
Carne



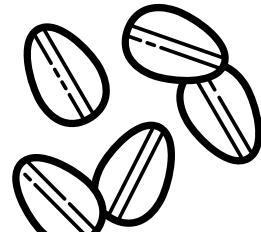
Lentejas



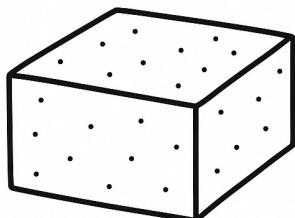
Quinoa



Huevos



Avena



Tofu



Pescados y
Mariscos



TUNA

