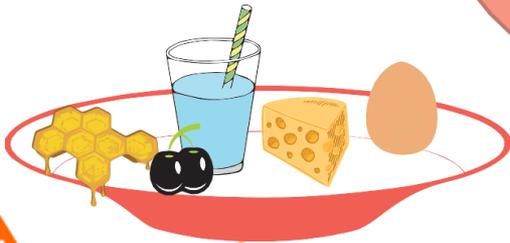
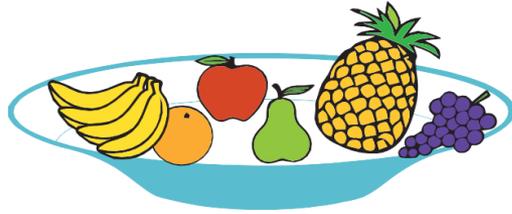




Día mundial de la
ALIMENTACIÓN



16 de Octubre Día mundial de la alimentación





Es importante porque
podemos ser grandes
chefs de la nutrición
para crecer grandes
y fuertes



Día de la
alimentación

16 de octubre

Conoce tus frutas y verduras

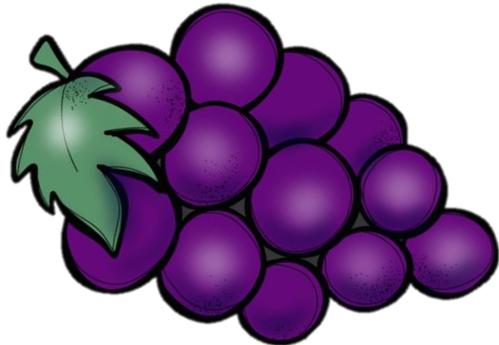
Verde.

aporta fibra, penino, brócoli, espinaca y aguacate



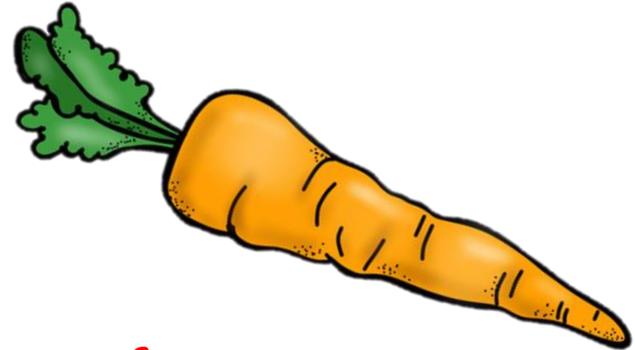
Morado.

Propiedades antioxidantes, mora, uva ciruela



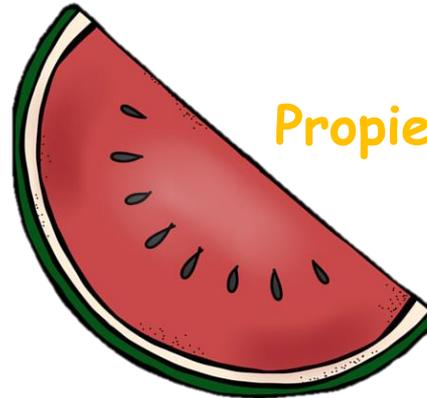
Naranja.

Salud ocular, papaya durazno, calabaza, zanahoria



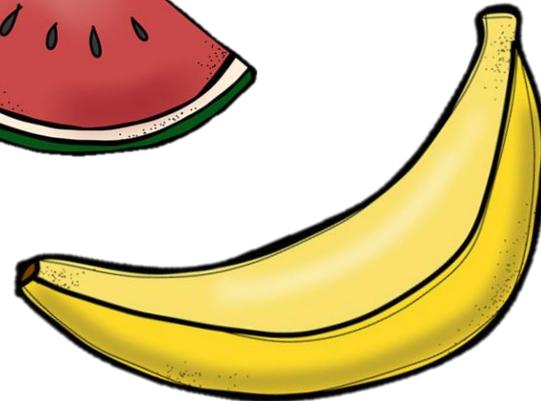
Rojo

Salud cardiovascular , fresa manzana, sandía, cereza

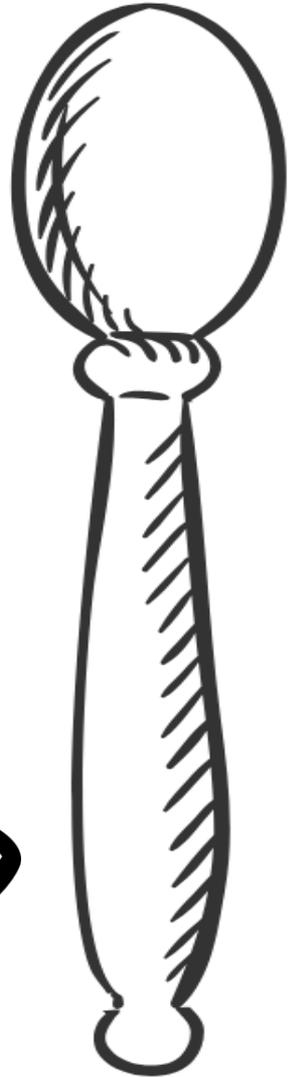
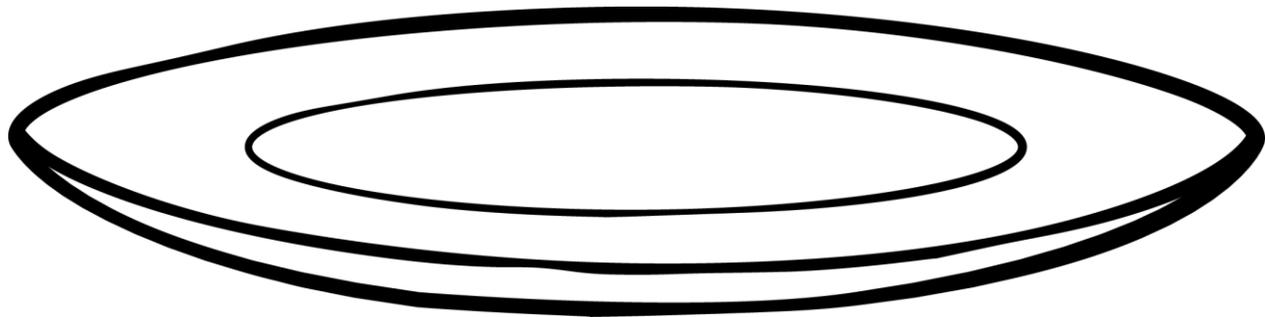


Amarillo.

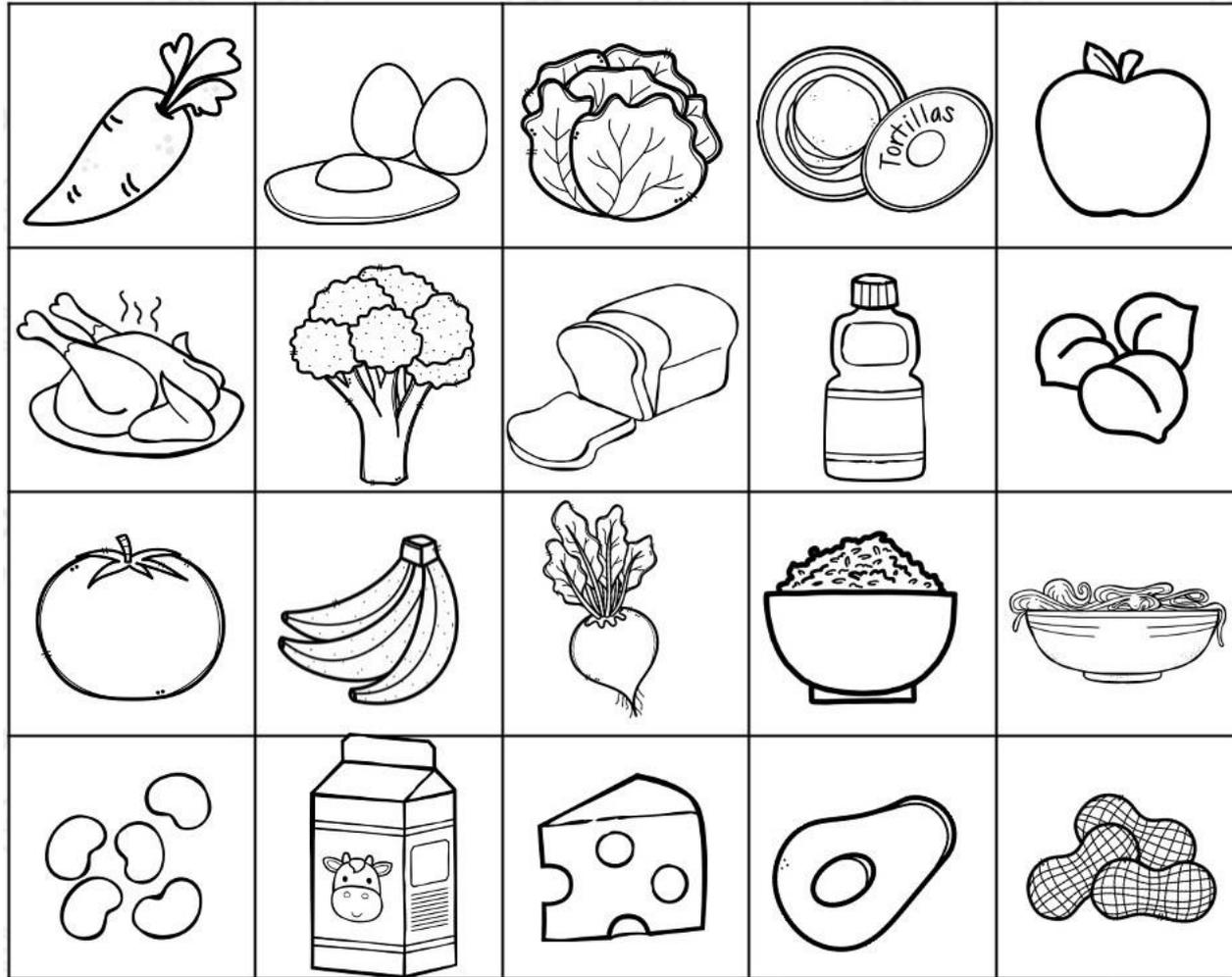
Propiedades antivirales, piña plátano, mango



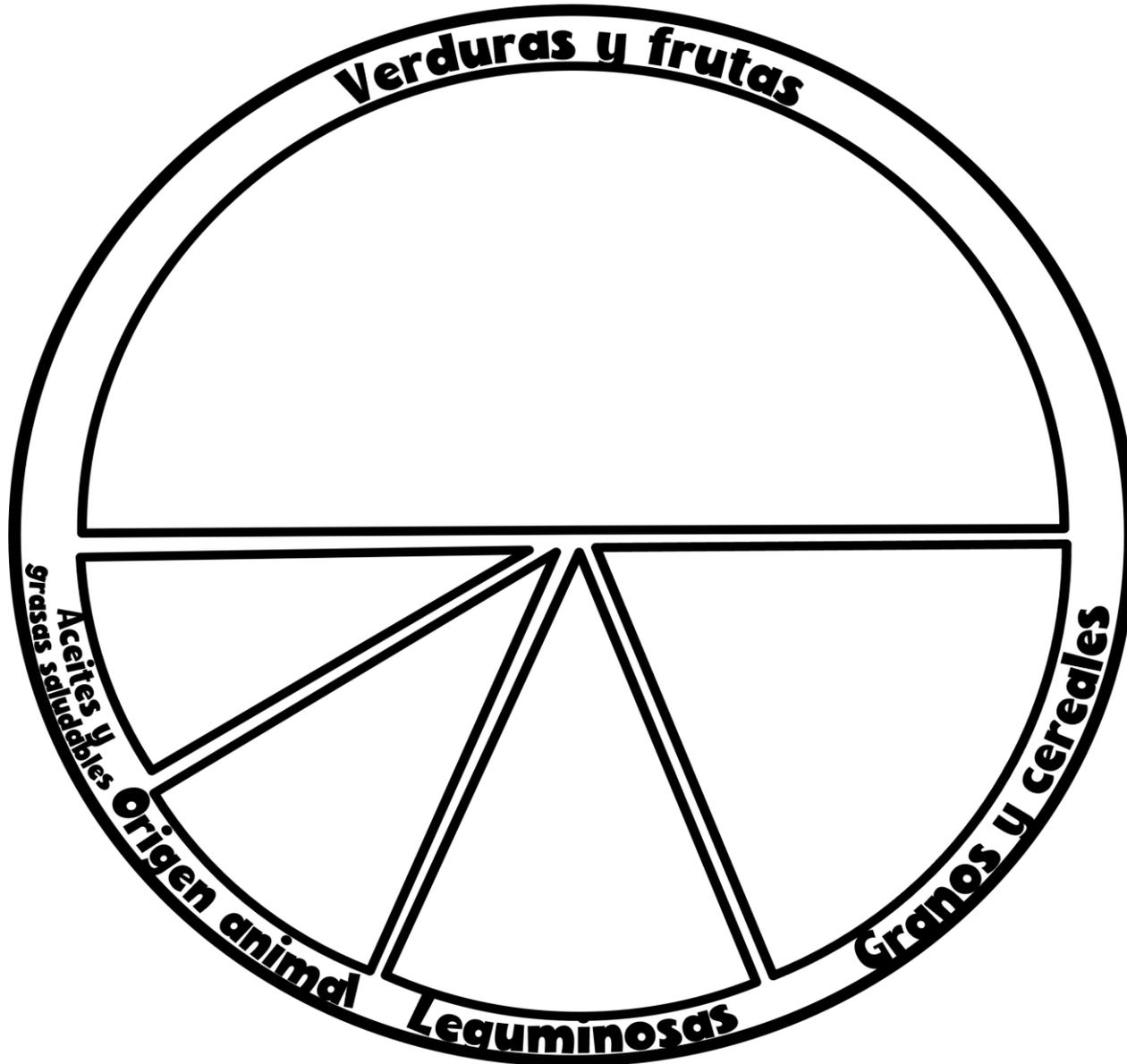
Dibuja lo que más te gusta comer

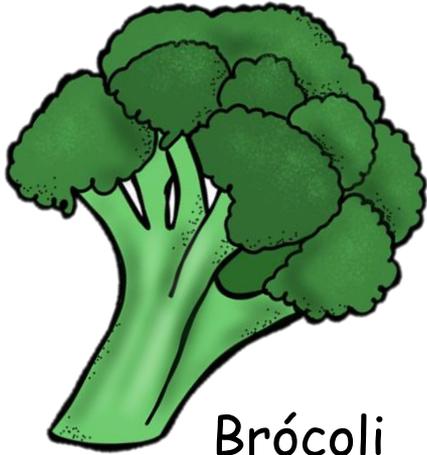


Ilumina recorta y pega para formar el plato del buen comer



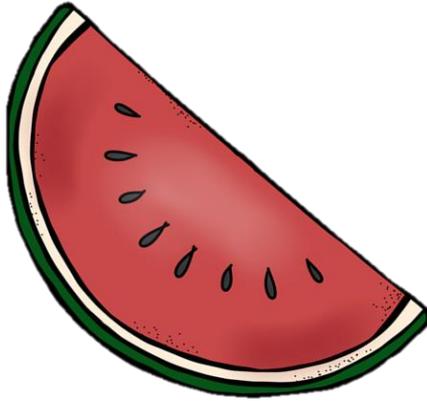
Plato del buen comer





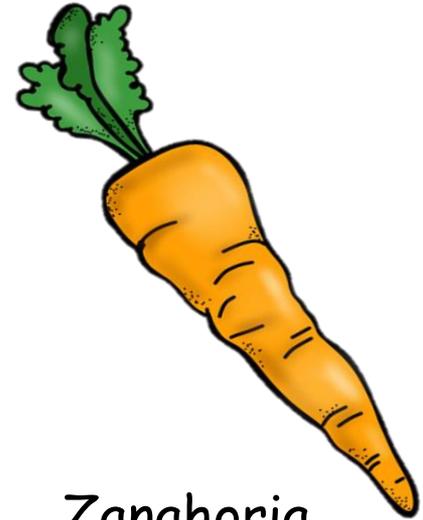
Brócoli

derechos reservados de mamash©



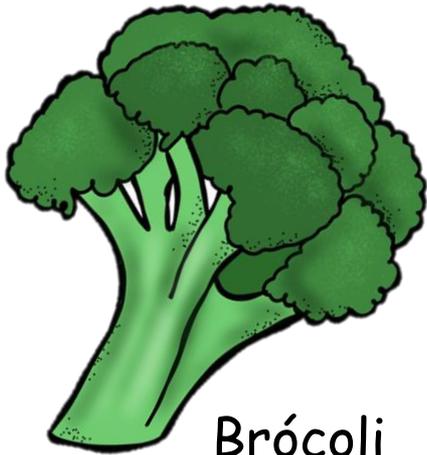
Sandía

derechos reservados de mamash©



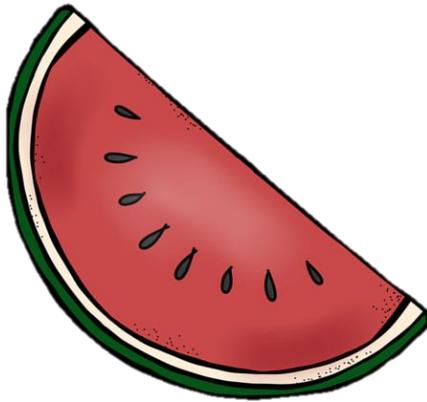
Zanahoria

derechos reservados de mamash©



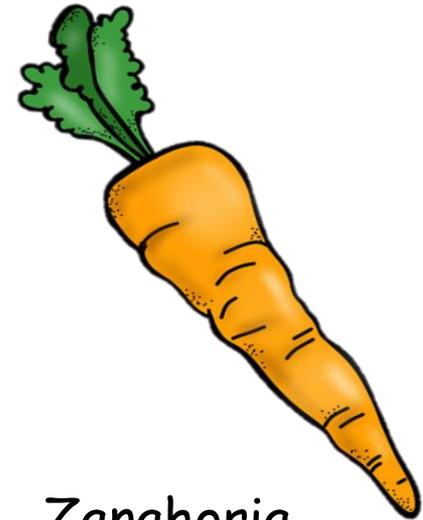
Brócoli

derechos reservados de mamash©



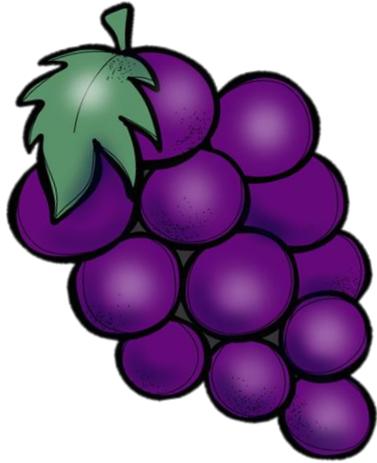
Sandía

derechos reservados de mamash©



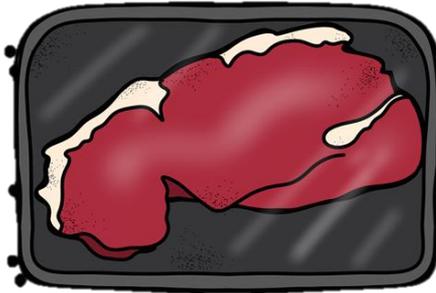
Zanahoria

derechos reservados de mamash©



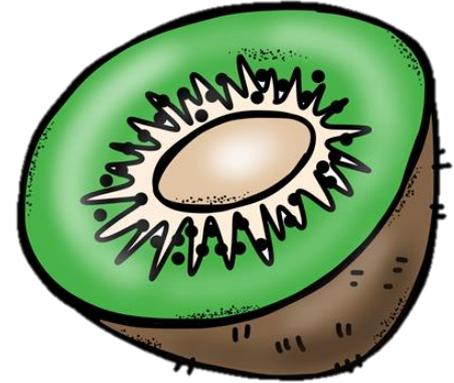
Uvas

derechos reservados de mamash©



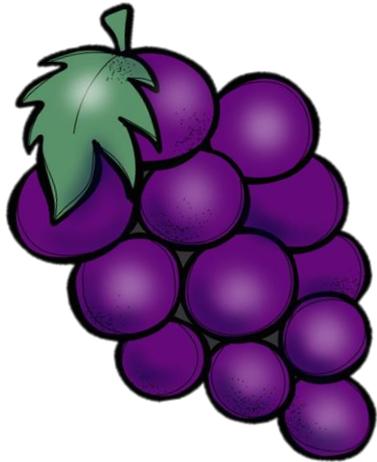
Carne roja

derechos reservados de mamash©



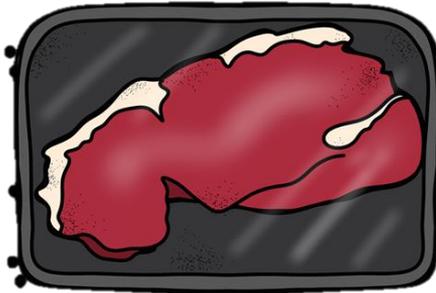
Kiwi

derechos reservados de mamash©



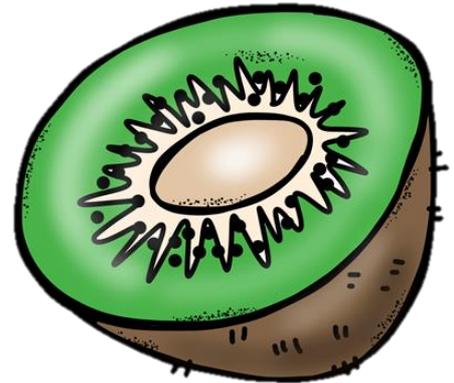
Uvas

derechos reservados de mamash©



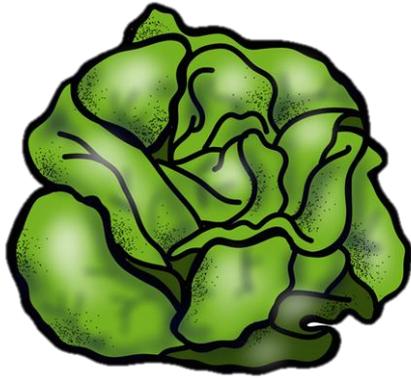
Carne roja

derechos reservados de mamash©



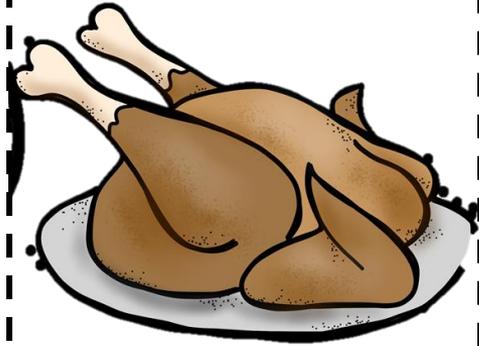
Kiwi

derechos reservados de mamash©



Lechuga

derechos reservados de mamash©



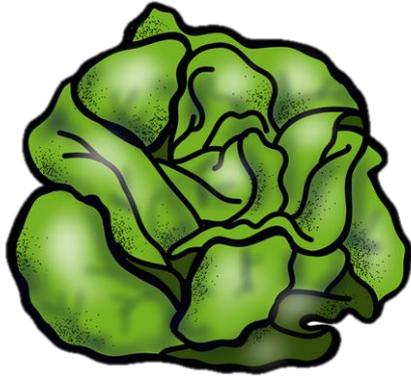
Carne blanca

derechos reservados de mamash©



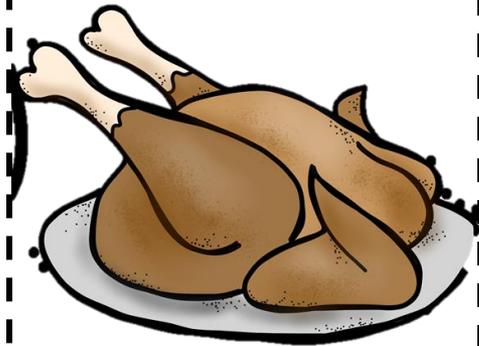
Piña

derechos reservados de mamash©



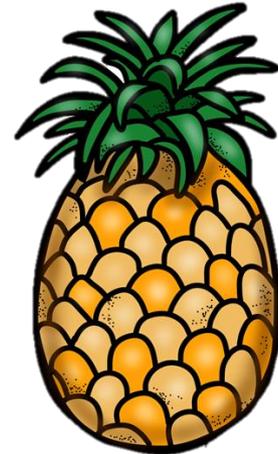
Lechuga

derechos reservados de mamash©



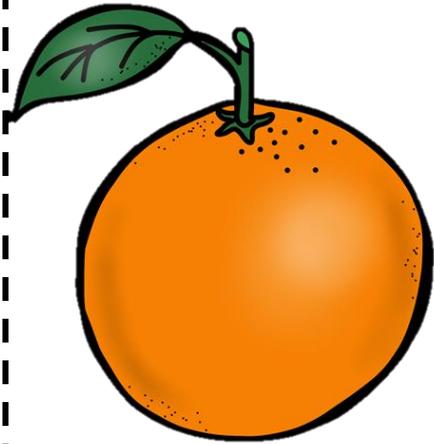
Carne blanca

derechos reservados de mamash©



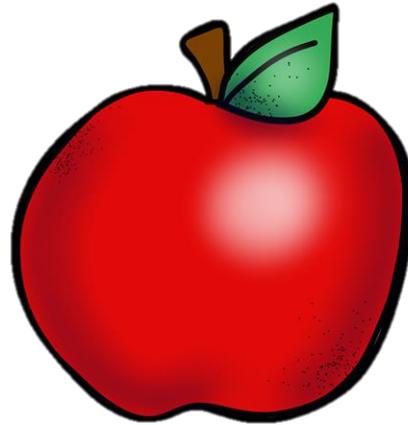
Piña

derechos reservados de mamash©



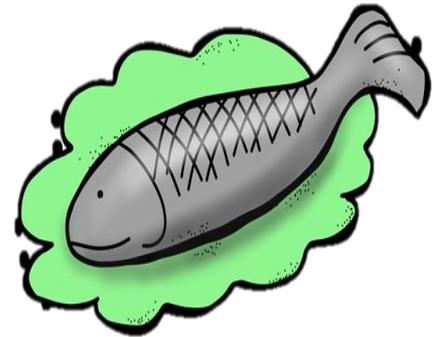
Naranja

derechos reservados de mamash©



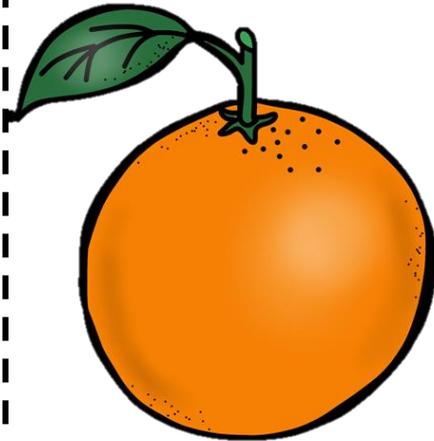
Mazana

derechos reservados de mamash©



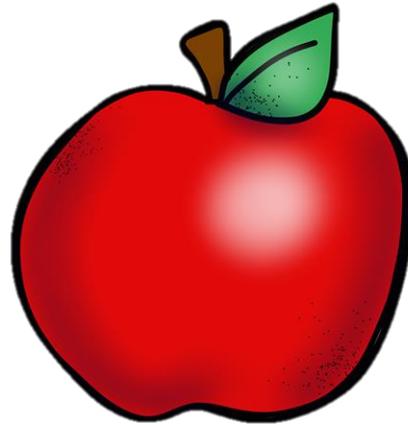
pescado

derechos reservados de mamash©



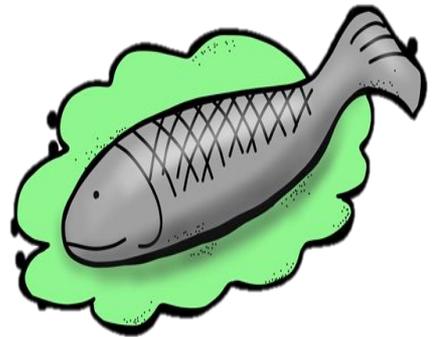
Naranja

derechos reservados de mamash©



Mazana

derechos reservados de mamash©



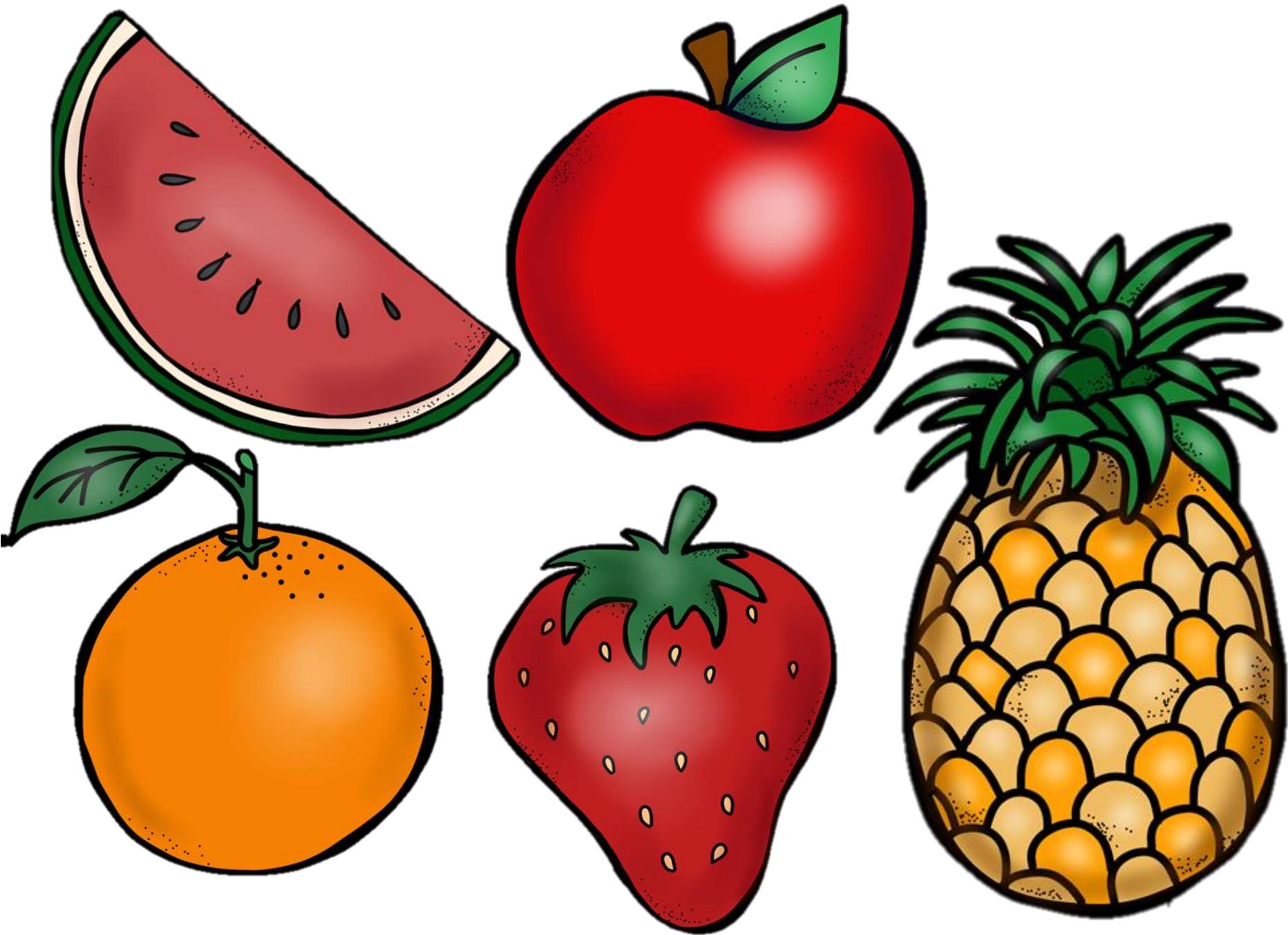
pescado

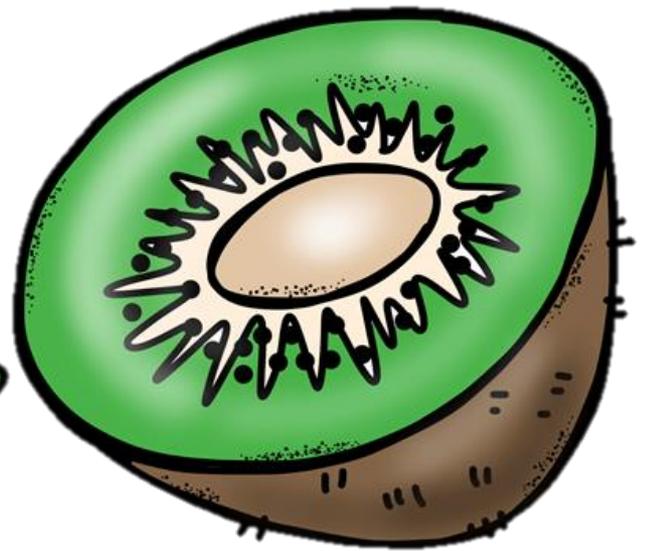
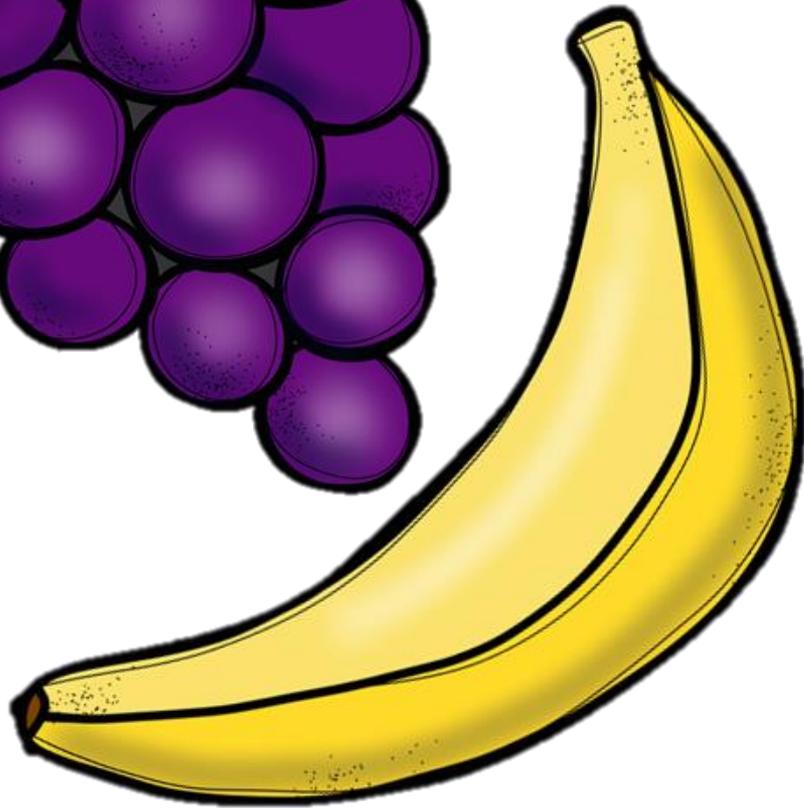
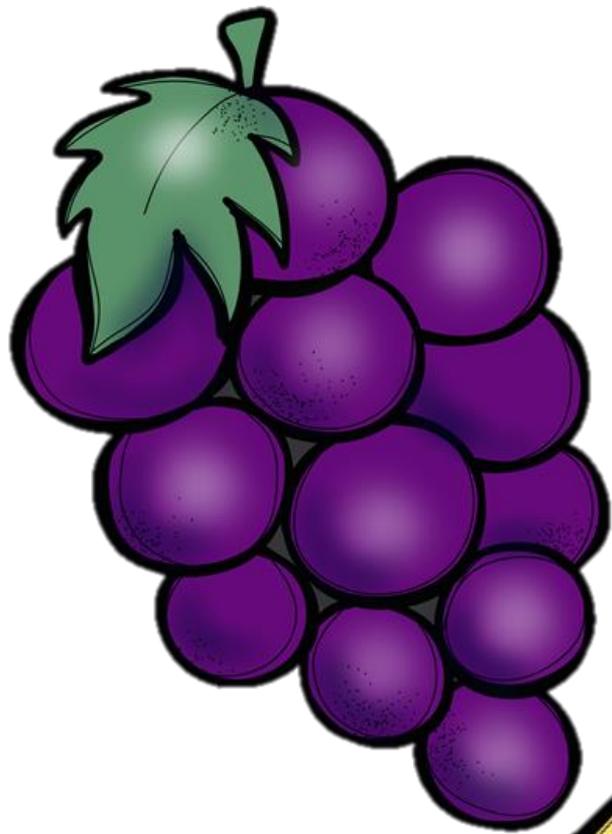
derechos reservados de mamash©

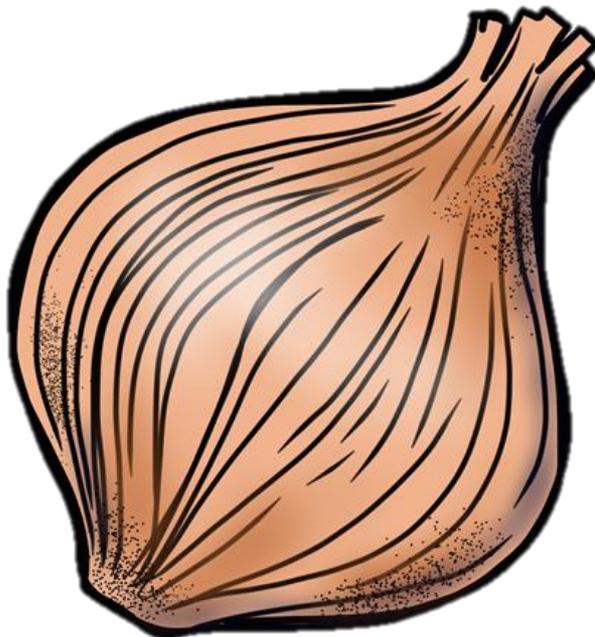
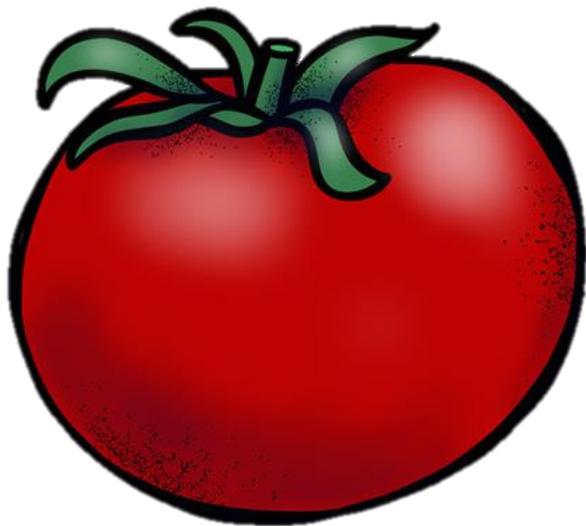
Comida saludable VS no saludable

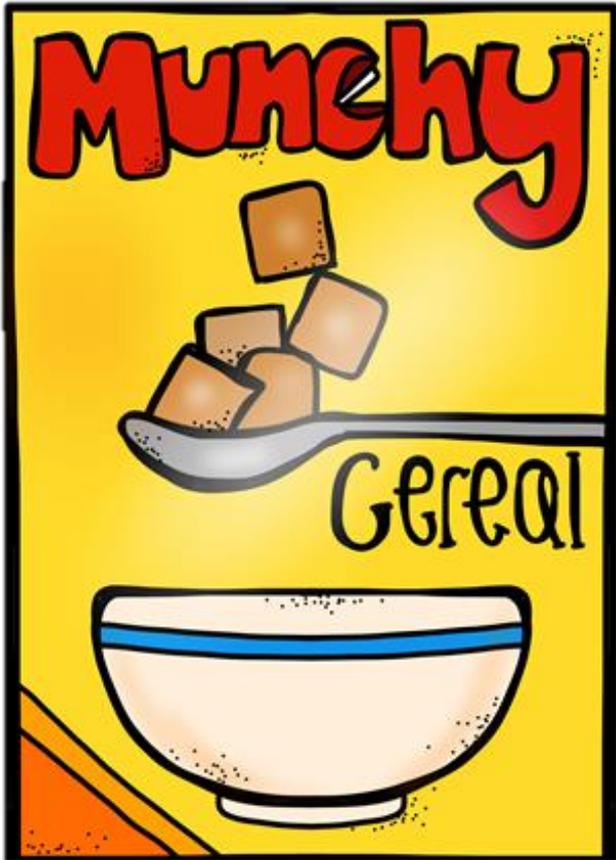
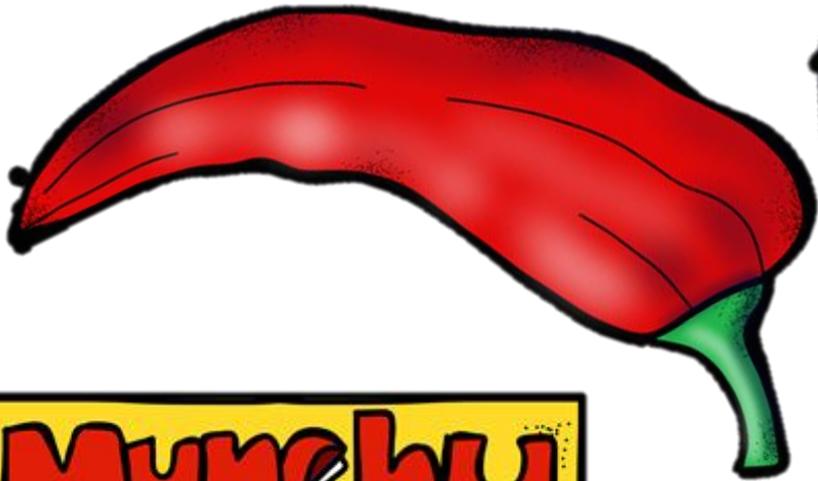


Recorta y decora tus cajas y a jugar...

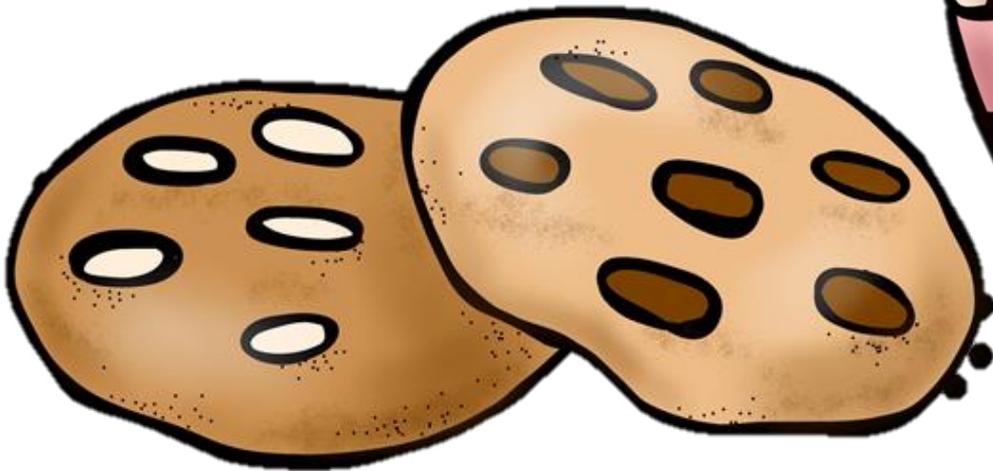
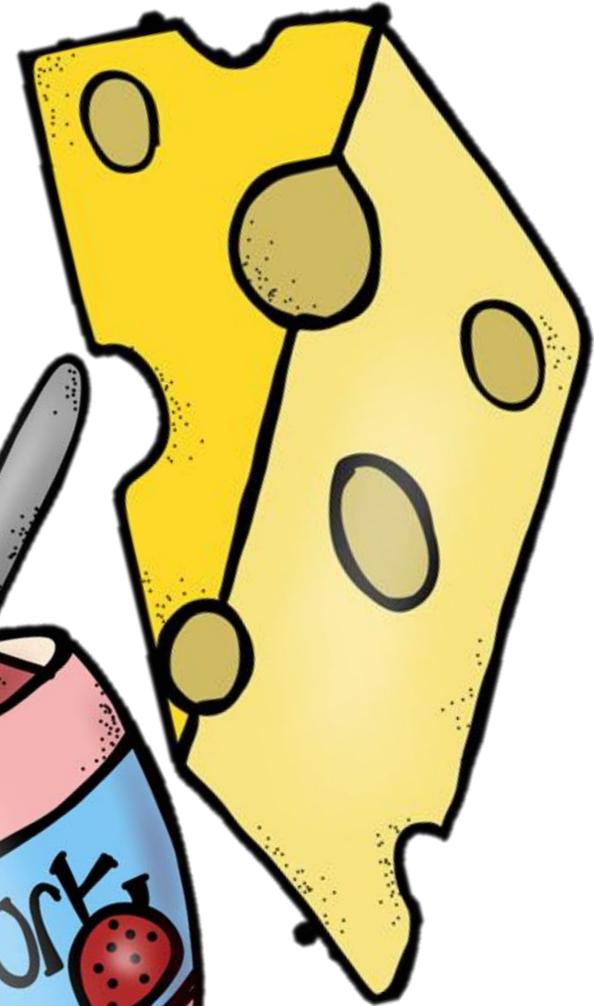


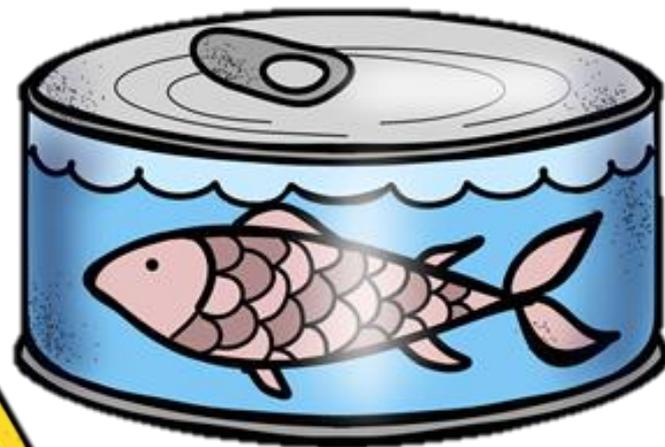
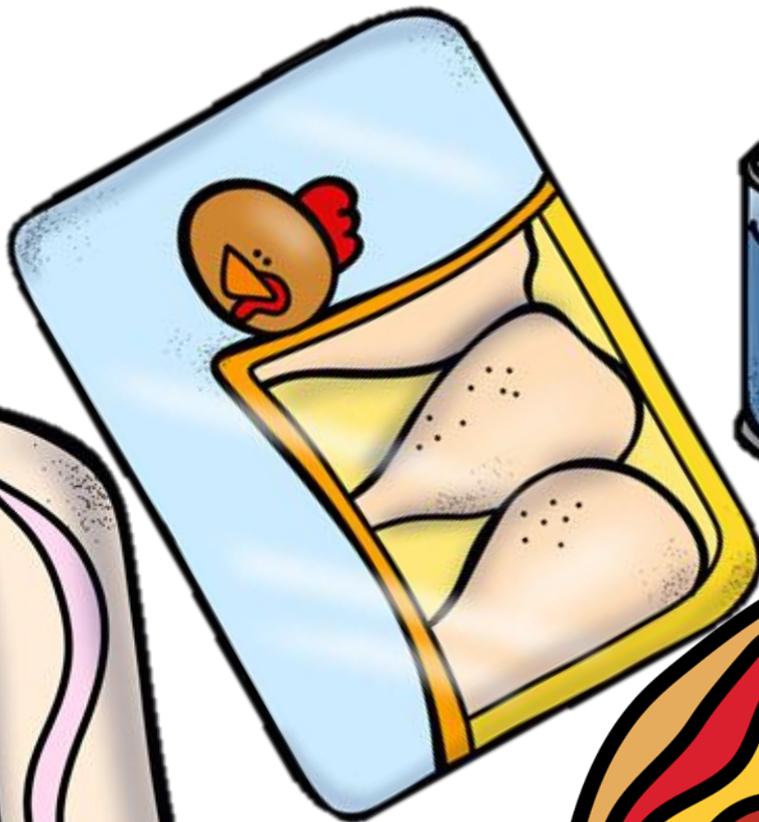


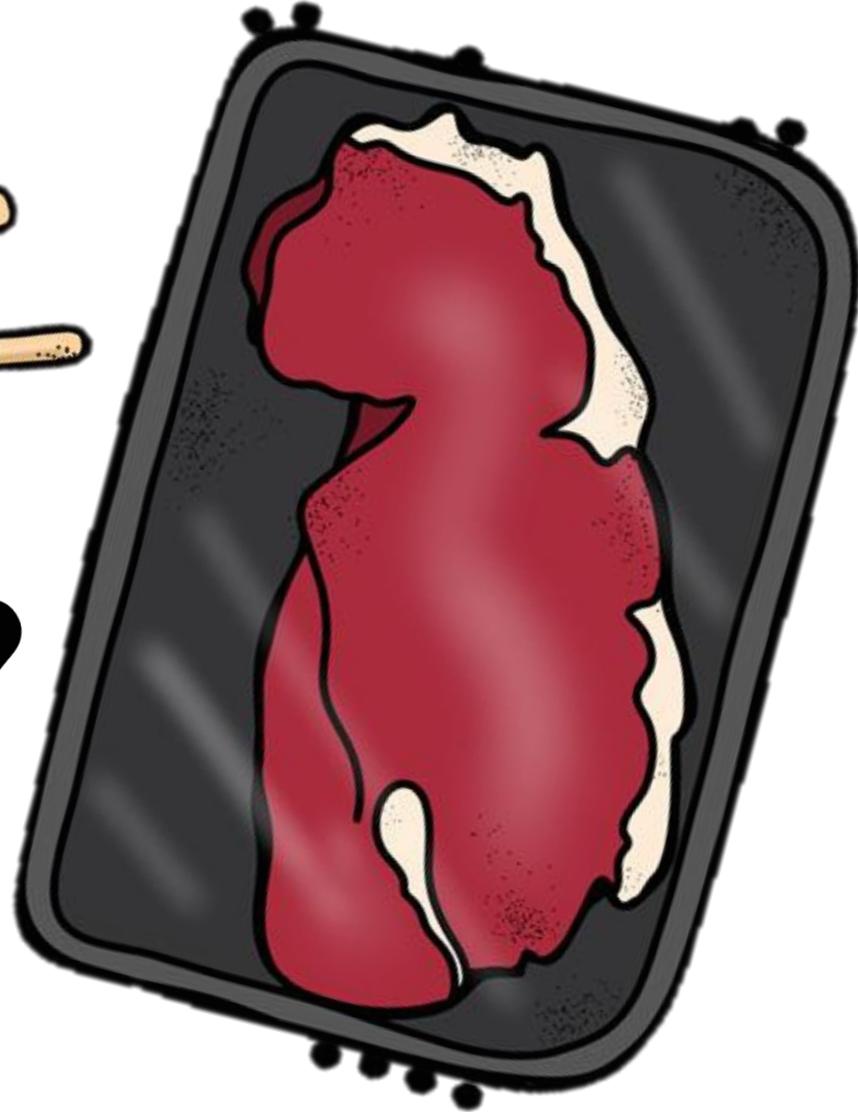
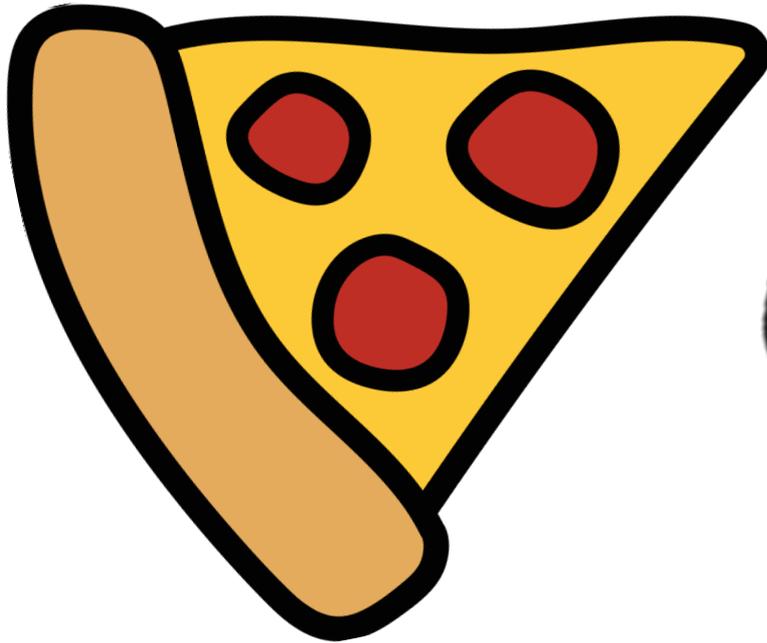
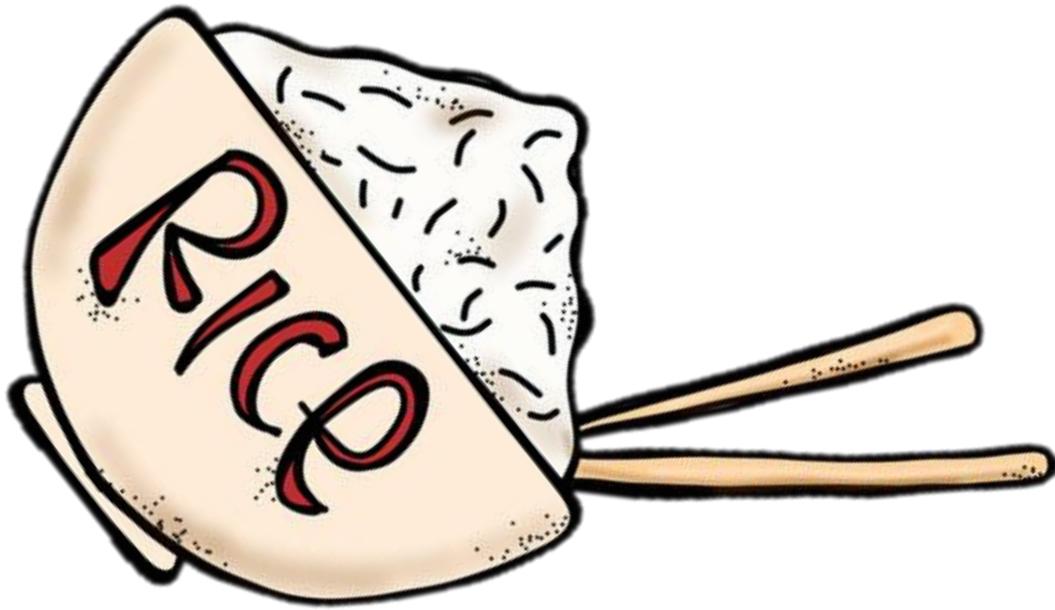


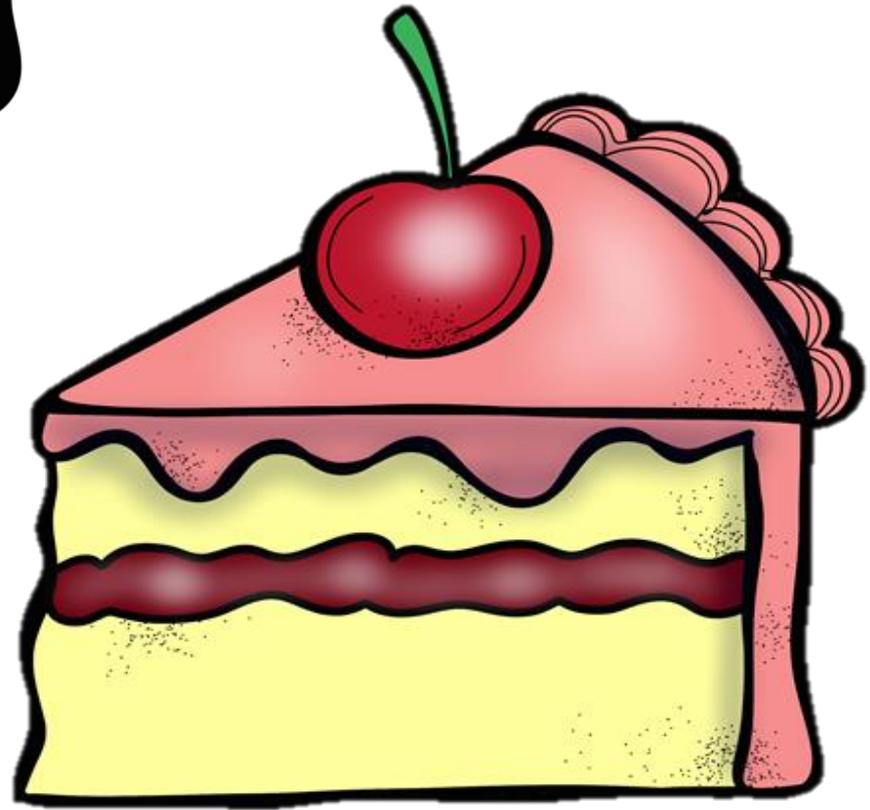
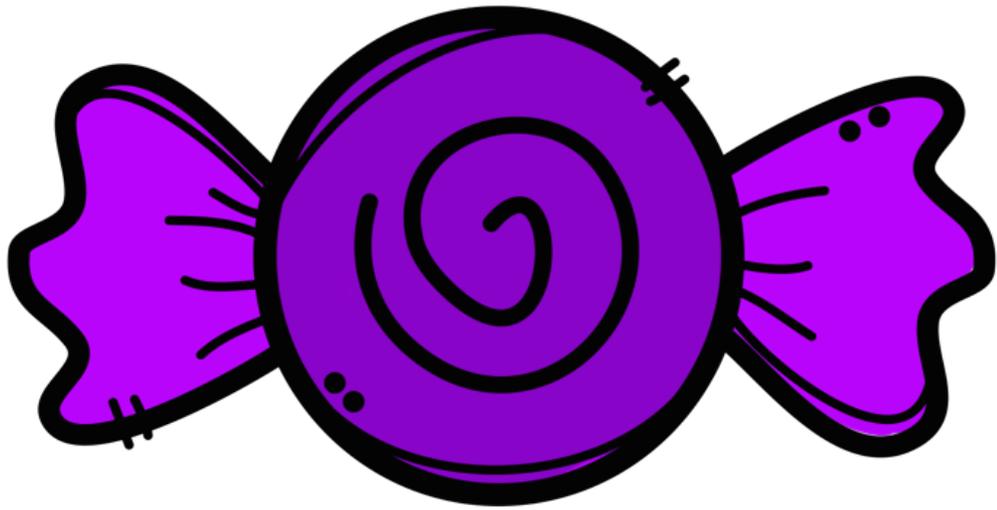












Actividades



Actividades





Reconocimiento



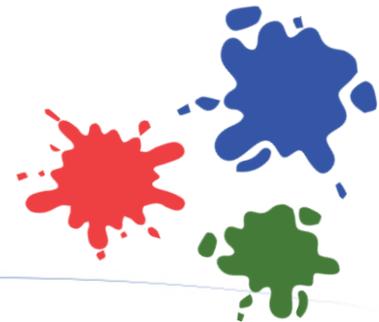
a:



Por ser chef de la nutrición



¡Gracias!





Yessika Magdaleno

Child Care Business Institute

Es un honor tenerte como educadora de la primera infancia así mismo, también es un honor que hayas decidido incluir un programa **PREESCOLAR** en **ESPAÑOL** de calidad para todos tus niños, por lo que te garantizamos que tus actividades estarán plenas de aprendizaje,.

MAMASH CURRICULO está diseñado con el apoyo de especialistas en el área pedagógica y psicológica y siempre pensado en nosotras y en nuestras necesidades.

Diversión, animación y de mucho amor, porque este es el toque especial que TÚ le darás al poner tus talentos en este programa que está preparado especialmente para ti.

<https://www.facebook.com/mamashcurriculo>



¡Gracias por formar parte de nuestra comunidad!