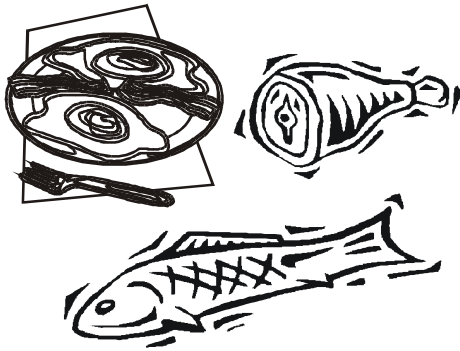




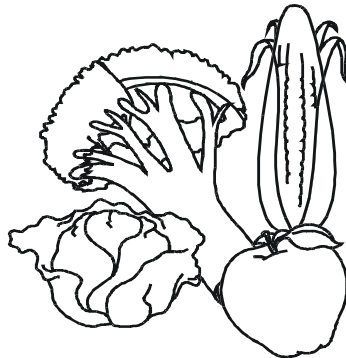
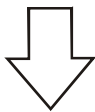
## LOS ALIMENTOS

Nuestro cuerpo para poder vivir necesita alimentarse. Los alimentos nos permiten crecer y nos dan energía o fuerzas para poder estudiar, jugar, etc.

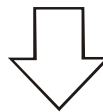
Los alimentos pueden ser de origen:



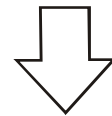
*Animal*



*Vegetal*

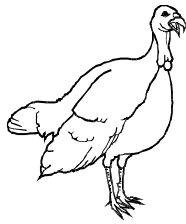


*Mineral*

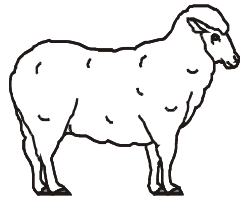


ca - pes - do .....	mo - ca - te .....	gua - a .....
cho - chan .....	chu - le - ga .....	
llo - po .....	to - te - ma .....	a - s - l .....
to - pa .....	pi - pe - no .....	

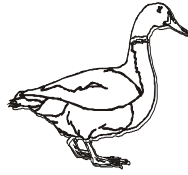
Los alimentos de origen animal



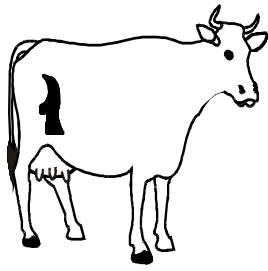
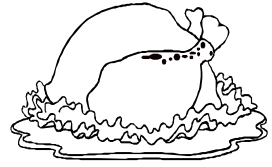
pavo



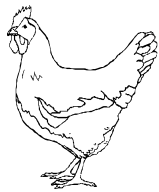
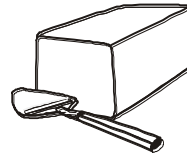
carnero



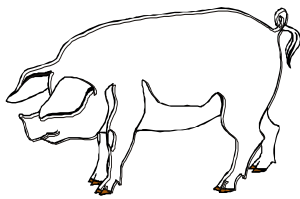
pato



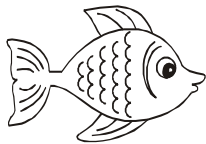
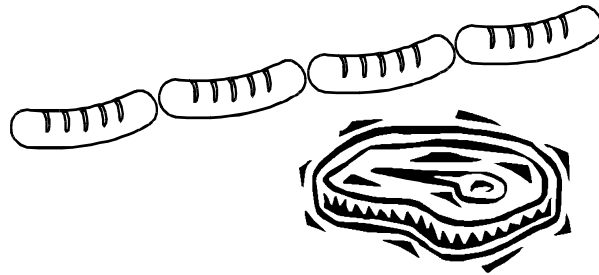
vaca



gallina



chancho



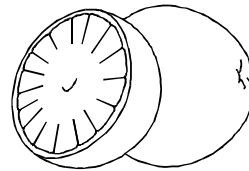
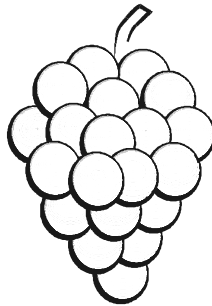
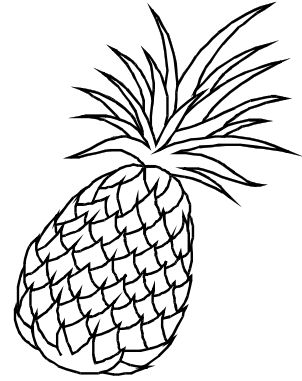
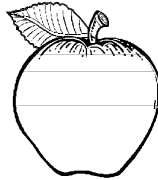
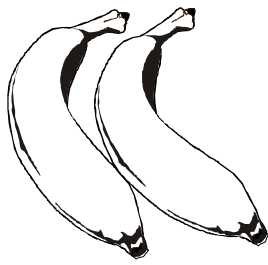
pez



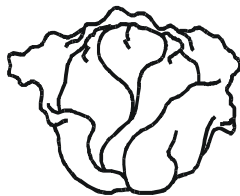
## Los alimentos de origen vegetal

Son los que provienen directamente de la siembra, como:

a) Las frutas:



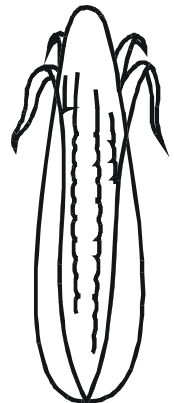
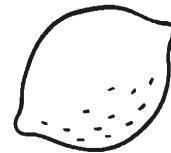
b) Las verduras:



Lechuga



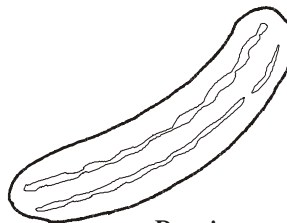
Brócoli



Kiwicha



Quinoa

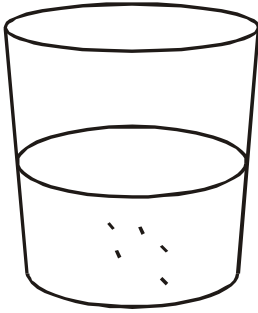


Pepino



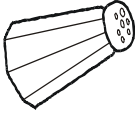
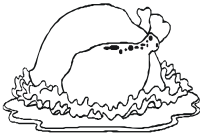




Frejoles

Los alimentos de origen mineral



Une los alimentos según su origen:

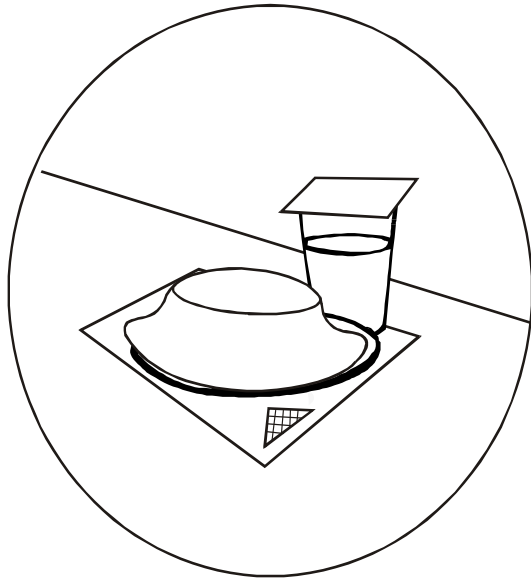
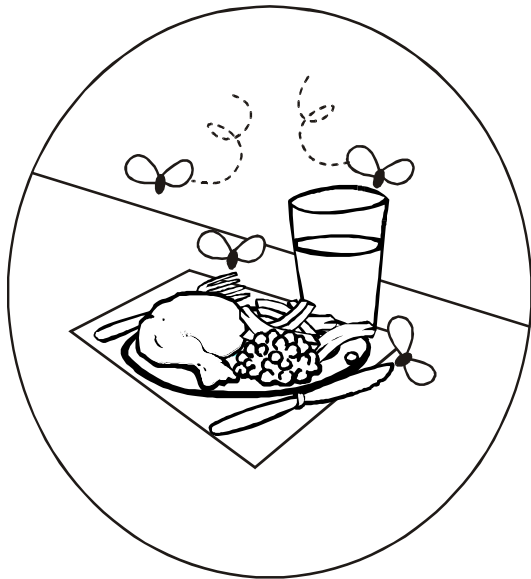
 <p>Carne</p>
 <p>Lechuga</p>
 <p>Sal</p>
 <p>Pollo</p>
 <p>Papa</p>
 <p>Agua</p>

VEGETAL

ANIMAL

MINERAL

## HÁBITOS E HIGIENE EN LA PREPARACIÓN Y CONSUMO DE ALIMENTOS



**Escribe SI o NO:**

a) Debemos lavar las frutas: \_\_\_\_\_

b) Debemos mantener los utensilios limpios: \_\_\_\_\_

c) No debemos tapar los alimentos: \_\_\_\_\_

d) Las moscas infectan los alimentos: \_\_\_\_\_