

***CONeixEMENT DEL MEDI  
NATURAL, SOCIAL I CULTURAL***

**TEMA 2 (DOS)**

**ELS ALIMENTS**

***Nom i cognoms.....***

***4rt curs***

Nom:

Data:

### Els aliments

Els aliments podem ser:

Constructors - per construir el nostre cos.

Ho són la carn, el peix, els ous, la llet...

Energètics - ens donem energia per

caminar, córrer... Ho són els cereals, les

patates, el sucre, l'oli...

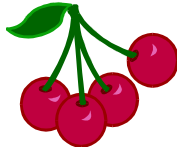
Reguladors - Regulem el funcionament del

nostre cos. Ho són les fruites, les verdures...

## FRUITES



Pinya



cireres



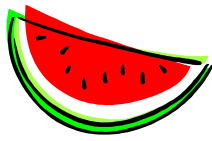
plàtans



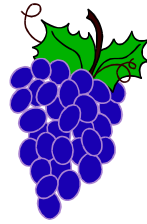
poma



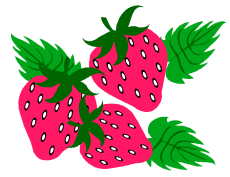
Kiwi



síndria

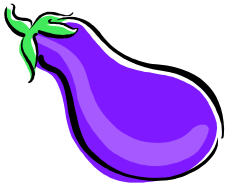


raïm

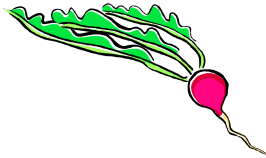


maduixes

## VERDURES I HORTALISSES



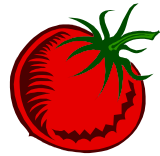
albergínia



rave



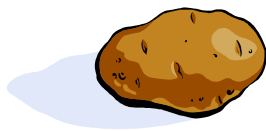
pèsols



tomàquet



pastanaga



patata

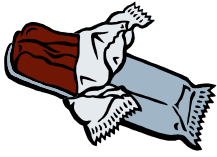


carbassa



ceba

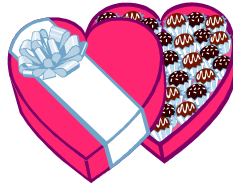
## DOLÇOS



Xocolata



gelat



bombó



pastís

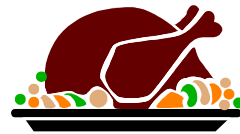
## CARNS I PEIXOS



Carn



peix



pollastre



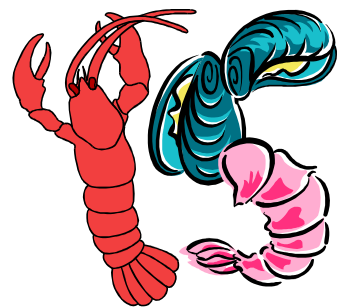
Hamburguesa



ou

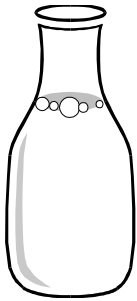


frankfurt

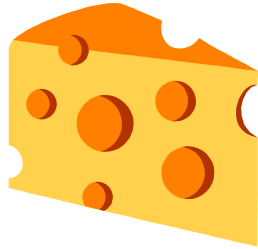


marisc

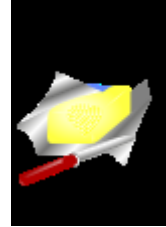
## LÀCTICS



Llet



formatge



mantega

## CEREALS I FÈCULES



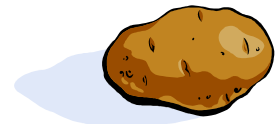
Pa



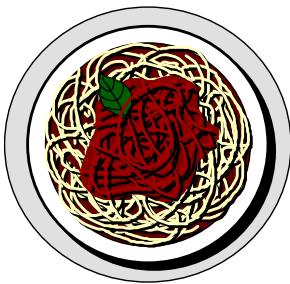
pasta



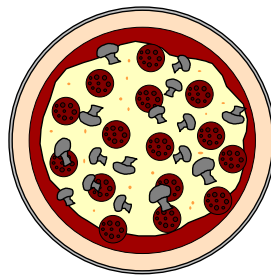
galleta



patata

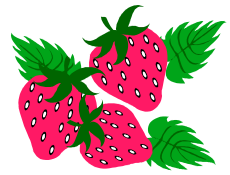
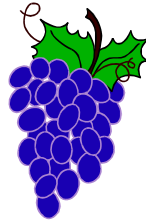
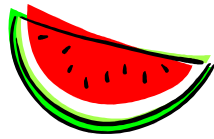
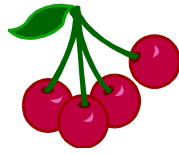


Espaguetis

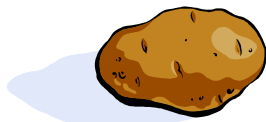
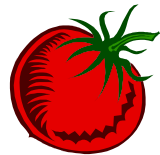
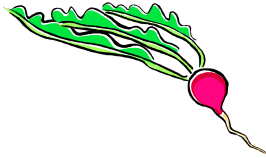
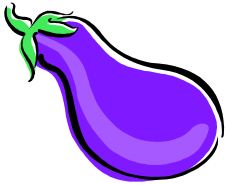


pizza

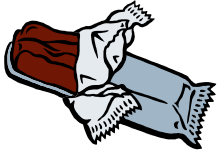
# FRUITES



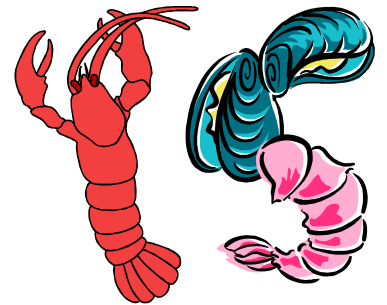
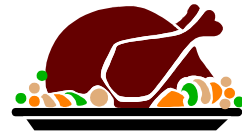
# VERDURES



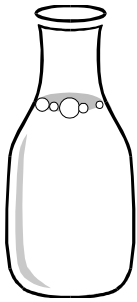
## DOLÇOS



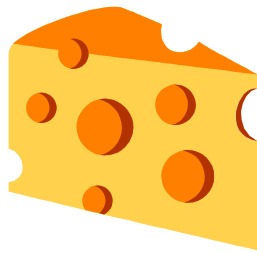
## CARNS I PEIXOS



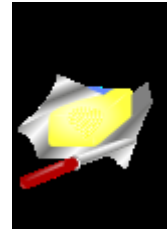
# LÀCTICS



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# CEREALS I FÈCULES



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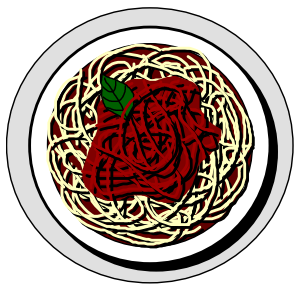
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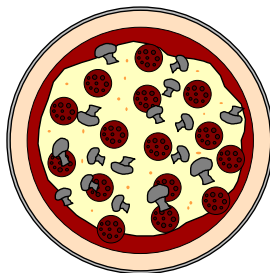
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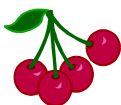


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# L'ORIGEN DELS ALIMENTS

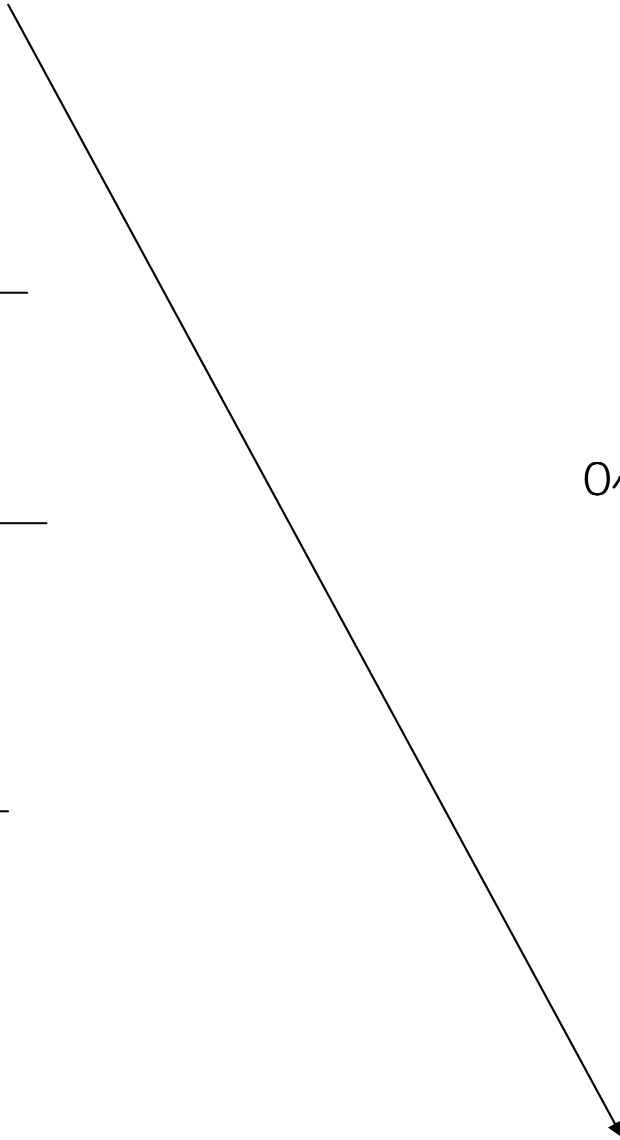
Relaciona  $\longrightarrow$  i escriu



*Origen vegetal*



*Origen animal*



# DIBUIXA I ESCRIU EL NOM

## FRUITES


## VERDURES


## LÀCTICS


## LES FUNCIONS DELS ALIMENTS

Els aliments **constructors**

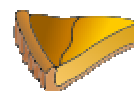
seveixen per construir i renovar el nostre cos.

Ens proporcionen proteïnes. Ho són **la carn, el peix, els ous, la llet, etc.**



Els aliments **energètics** ens donen energia per caminar, córrer...

Ens donen energia **els dolços, els cereals, els làctics, etc.**



Els aliments **reguladors** fan que el cos funcioni bé.

Tenen vitamines i ho són **les fruites, les verdures, el peix, la llet, etc.**

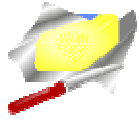


## CLASSIFICA

*Plàtans, carn, pastís, poma, pa, peix,  
ceba, ous, galeta, gelat, pollastre, pasta.*

CONSTRUCTORS	ENERGÈTICS	REGULADORS

# ESCRIU ELS NOMS



amnetga

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paom

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arnc

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egalt

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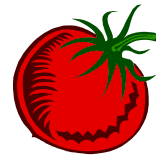
epia

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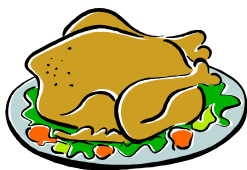
hamsburageu

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mopa

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plolsarte

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gleata

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ap

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# Sopa de lletres

Busca el nom de 10 aliments

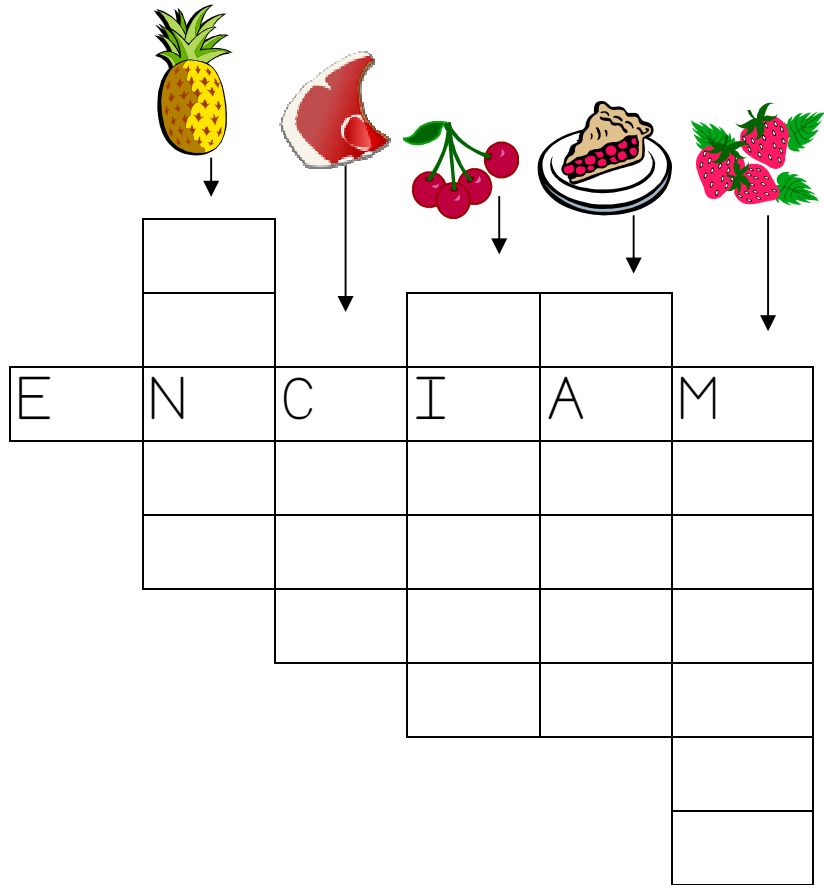
I	P	O	L	L	A	S	T	R	E
S	S	T	G	E	L	A	T	O	O
P	A	U	U	M	B	N	I	I	P
M	M	A	N	T	E	G	A	J	K
B	V	C	P	O	M	A	Y	R	H
T	J	M	A	D	U	I	X	A	K
K	P	A	S	T	A	N	A	G	A
O	O	T	O	M	A	Q	U	E	T
G	A	L	E	T	A	L	K	J	H
C	A	R	B	A	S	S	A	M	M

Escriu el nom dels 10 aliments

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

# MOTS ENCREUATS



*Fruites*

P\_ \_ \_ \_

C\_ \_ \_ \_ \_

M\_ \_ \_ \_ \_ \_

# LA PIRÀMIDE DELS ALIMENTS



Fruits secs,  
dolços i oli

Peix, carn i ous  
i làctics

Fruites, verdures i  
hortalisses

Cereals i  
fècules

Col·loca els aliments al seu grup

*Pa, gelat, peix, arròs, plàtan, ous, patates,  
enciam, poma, xocolata, llet, macarrons.*

Cereals i fècules	Fruites, verdures i hortalisses	Peix, carn, ous i làctics	Fruits secs, dolços i oli

# EMBOLCALLS I ENVASOS

Cal reciclar els embolcalls i els envasos.  
Cal reciclar els embolcalls i els envasos.

Relaciona  $\longrightarrow$

