



# Feira de Ciências

ALIMENTAÇÃO SAUDÁVEL





# ALIMENTAÇÃO SAUDÁVEL

- **O QUE É PARA FAZER?** Pesquisar e mostrar alimentação saudável e seus benefícios para saúde, economia doméstica e paladar.
- **COMO PODE SER FEITO?**

Gravar um vídeo mostrando cenas que envolvam alimentação saudável: o vídeo pode ser gravado na feira semanal, em casa, no auxílio do preparo do jantar, com a família, mostrando sempre alimentos saudáveis e qual o benefício que cada ingrediente traz à saúde, a economia doméstica e ao paladar.

- **IMPORTANTE:**

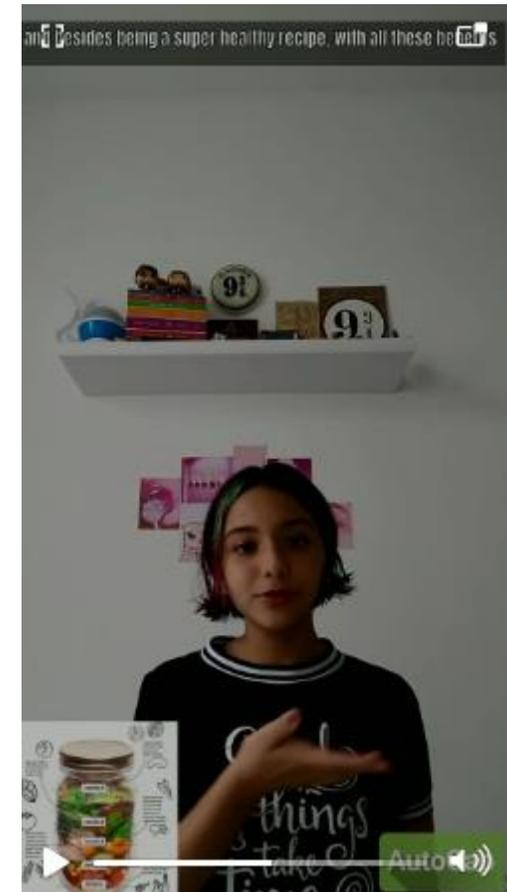
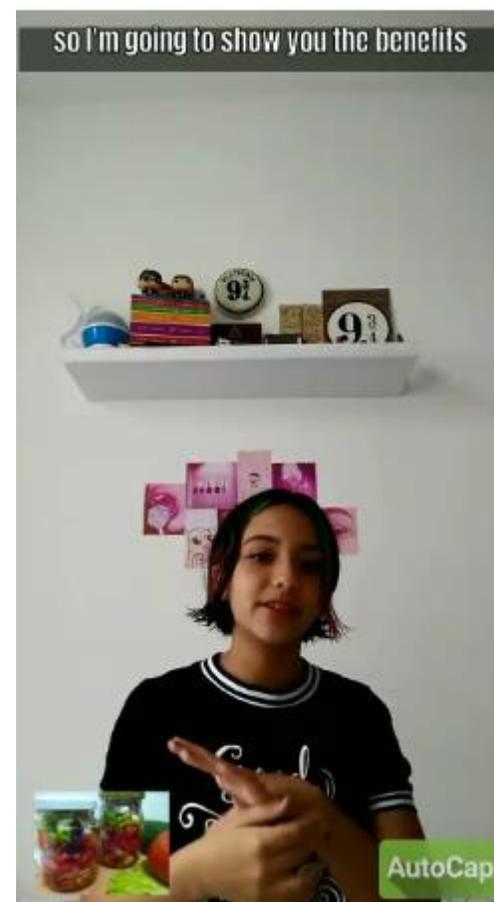
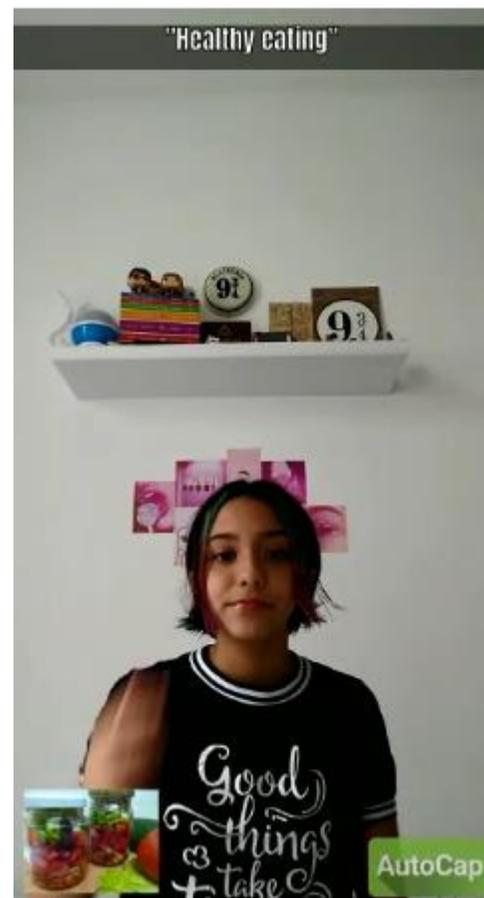
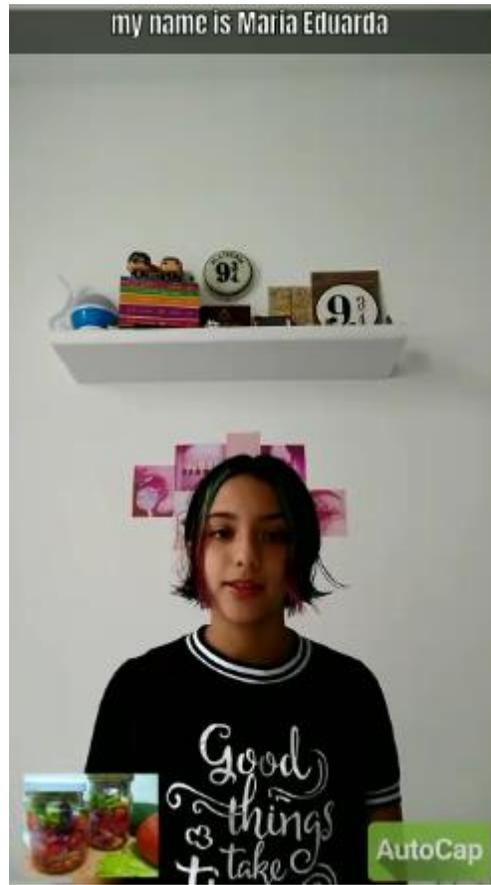
Vídeo de até 4 minutos, escrever o roteiro em português, falar em português e legendar em inglês.

# HEALTHY EATING (ALIMENTAÇÃO SAUDÁVEL)

## Kid's Healthy Eating Plate



# \* Maria Eduarda \* 6B



Tomato fights cardiovascular disease



▶ Auto 🔊

for containing antioxidant



▶ Auto 🔊

of cells with oxygen

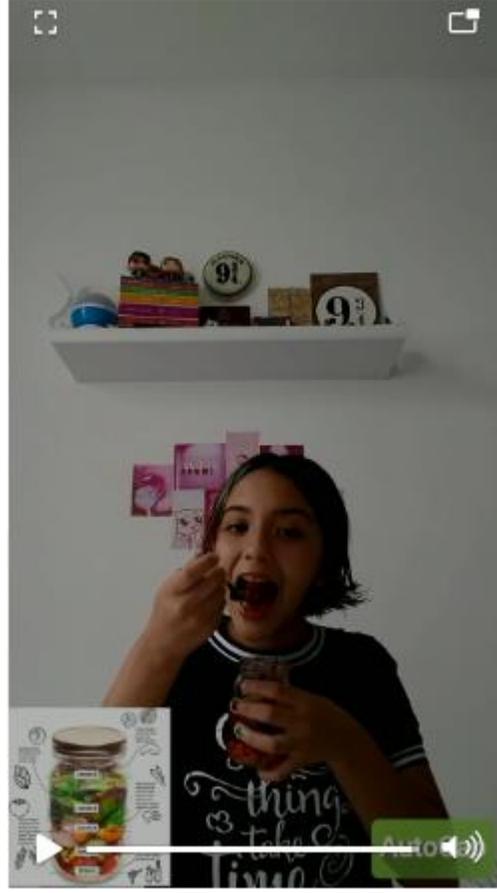
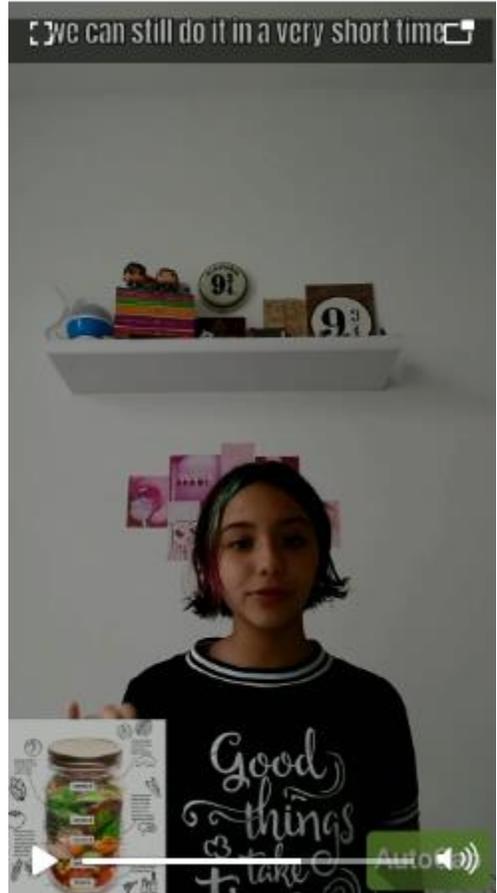


▶ Auto 🔊

carrot is rich in mineral salts



AutoCap



## \* Júlia Senhorinha \* 6B



Hi my name is Júlia from the sixth year B



and in this video I'm going to  
talk about the benefits



the salad It's always good to  
eat because vegetables and leaves  
are sources of fiber



in addition, salads are also sources  
of minerals and vitamins





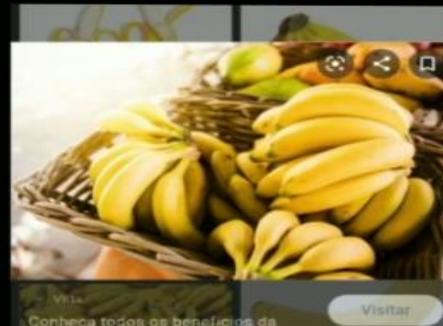
strawberry is also good because  
it is a fruit rich in antioxidants



helps prevent cardiovascular disease,  
improves mental ability



now banana has source of  
potassium and calcium



preventing a stroke or heart attack

# RESULTADOS



# Atividades de leitura (experiência: mastigação)

NAME: \_\_\_\_\_  
DATE: \_\_\_\_\_

**Food Crushers**

**OBSERVE**  
Look at your front and back teeth in the mirror.

How are they alike? as dentes são branco  
How are they different? to da frente são mais e q de trás mastiga

1. Bite the apple. Did you use your front teeth or back teeth to take the bite?  
front

2. Chew the bite of apple. (It's OK to swallow it, too.) Did you use your front or back teeth to chew?  
back

3. Eat a piece of banana and a piece of celery. Which teeth do the most work when you bite ...  
the banana? front  
the celery? back

4. What work does your tongue do when you eat the banana?  
to der-agar a banana

**THINK ABOUT IT**  
Can you think of other foods you eat with your  
front teeth? corn  
back teeth? cake  
tongue? carrot

Lara 6B

NAME: Júlia Ladário  
DATE: 23/11

**Food Crushers**

**OBSERVE**  
Look at your front and back teeth in the mirror.

How are they alike? all that stand to chew  
How are they different? each teeth has a different size

1. Bite the apple. Did you use your front teeth or back teeth to take the bite?  
the front teeth

2. Chew the bite of apple. (It's OK to swallow it, too.) Did you use your front or back teeth to chew?  
the back teeth

3. Eat a piece of banana and a piece of celery. Which teeth do the most work when you bite ...  
the banana? the front teeth  
the celery? the teeth on the side

4. What work does your tongue do when you eat the banana?  
she knead the banana

**THINK ABOUT IT**  
Can you think of other foods you eat with your  
front teeth? apple  
back teeth? potato  
tongue? ice cream

Júlia Ladário 6B



# Obrigada

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