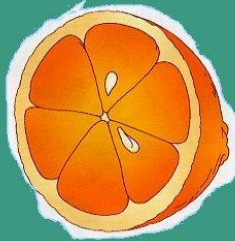
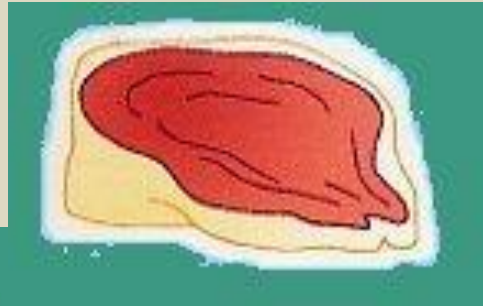
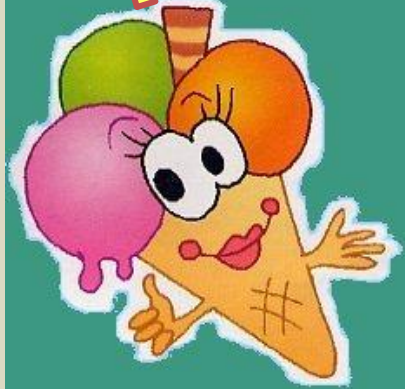


1° Circolo Didattico "S. Traina" Misilmeri



"acquisire un corretto stile di vita"-TO HAVE A CORRECT STYLE OF LIFE-

an apple a day keeps the doctor away?

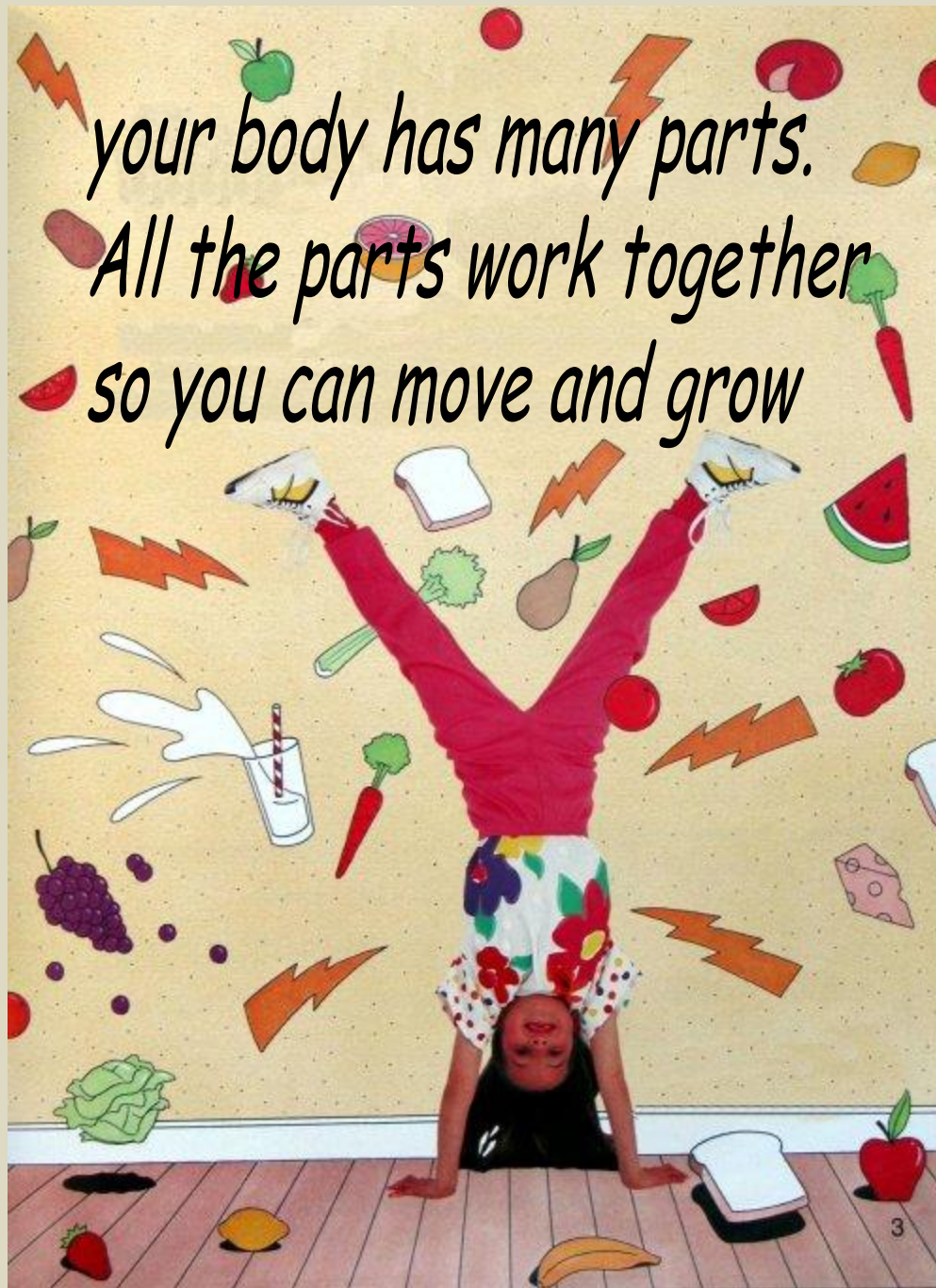


you are what you eat!

*your body has many parts.
All the parts work together
so you can move and grow*

Your body
needs
many
differentkin
d of food to
keep it
working
right

Certain foods
help to keep
your body parts
working right



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*Foods such as bread
cereals and noodles
are made from grains.
Grains
and food made from grains
are good for you.*

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This
energy
helps
your
body
parts
work

*heart
at work*

*lungs
at work*

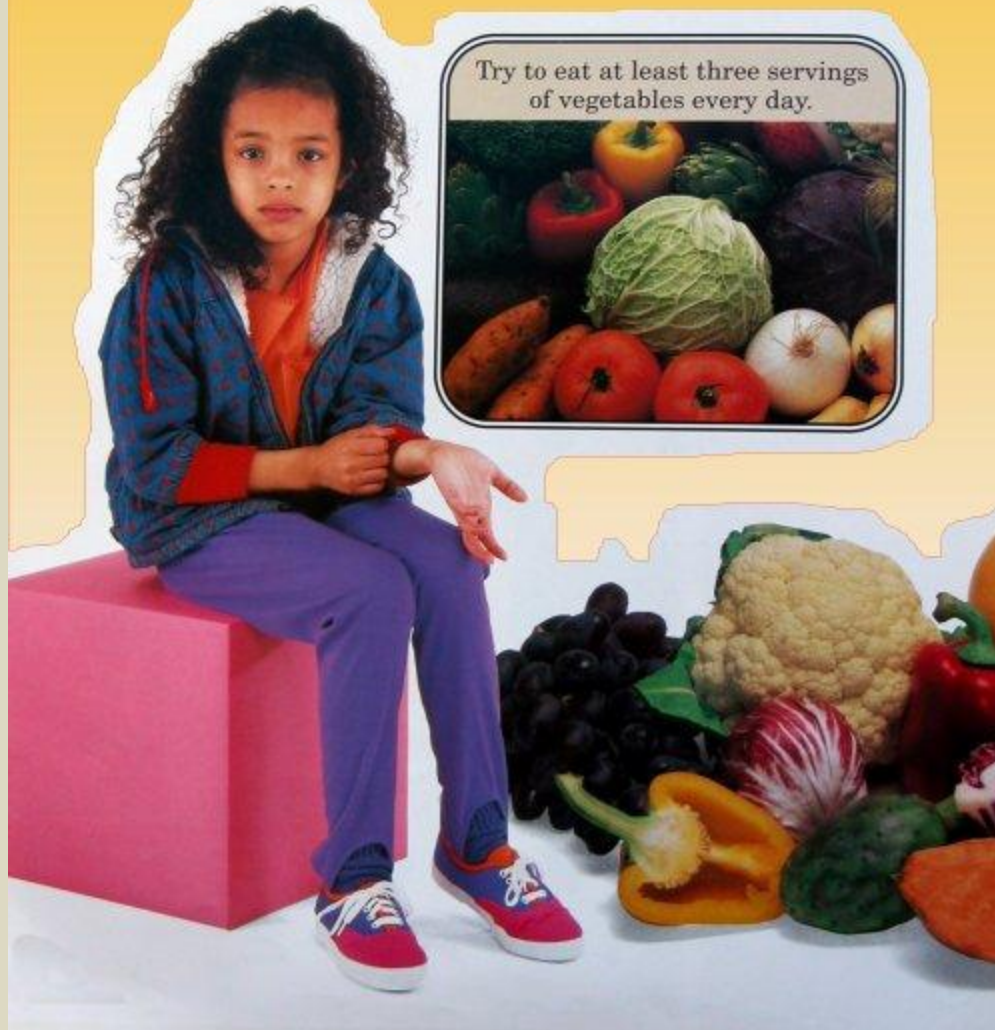
Try to eat at least six servings
from this group of foods every day.



Try to eat
at least six
servings
from this
group
of foods
every day

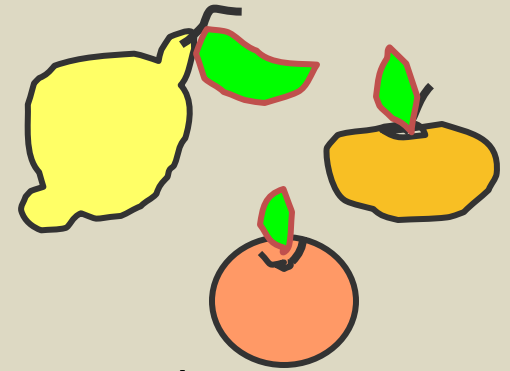
W + 3 A - P
3 0 3 +
4 0 0 +
W 0 0 +

Eating fruit and vegetables
helps your body:
your skin, gums, teeth and bones
grow healthy



Eating fruit
like oranges,
lemons,
grapefruit
can help heal
cuts and
scratches.

agrumi di Sicilia



Agrums are very ancient plants, imported in Europe by Alessandro Magno in the 334 b.C., in particular in the countryside of Palermo, known as “Conca d’oro”.

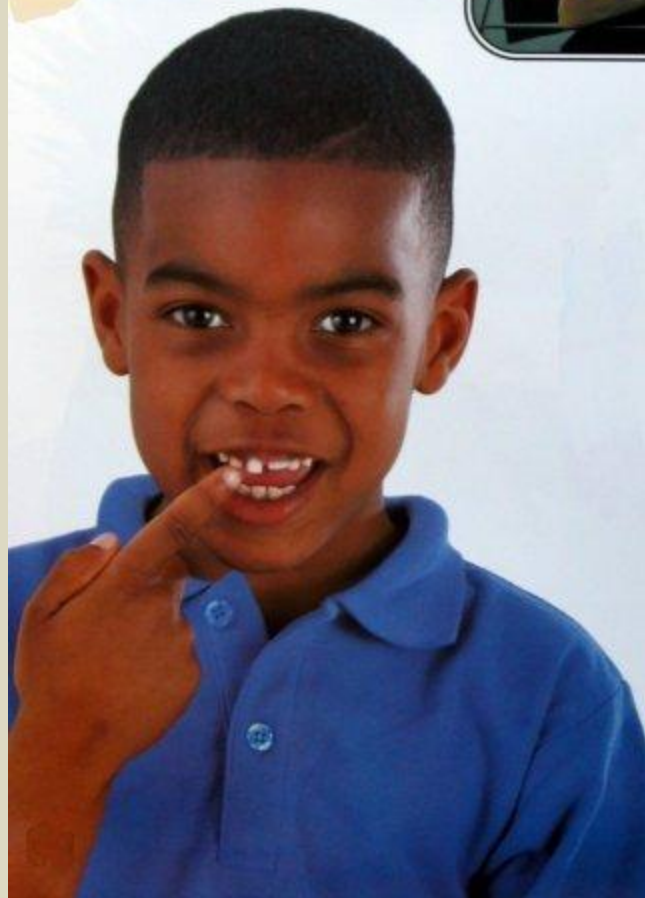
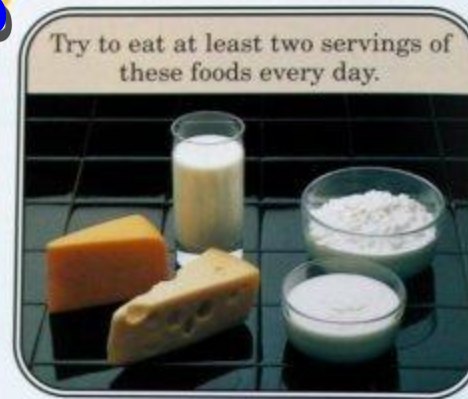
Agrums are very rich of Vitamin C .

The vitamin C helps our body to grow sure increasing the immunity defences; it favours the calcium to deposit in our bones and teeth, but also, favour to absorbe the iron for constructing the red globules.

It could be enough to eat only one orange a day to assure to our body the needs of this vitamine.

foods from animals

food
such as
milk
cheese
and
yogurt



help
your bones
and
teeth
grow
and
be
strong

In our classroom

Mr. [Vincenzo Giordano](#) of the “Assessorato Regionale Agricoltura e Foreste U. O. in Misilmeri helps us to understand the importance of olive oil, dairy products, agrums and honey in our diet.

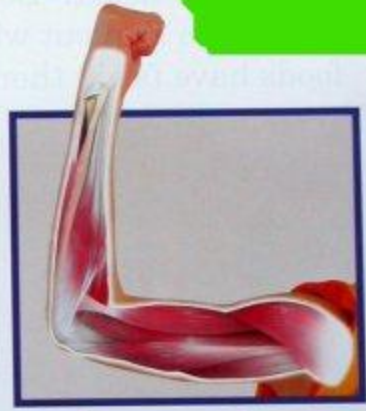


- a 3 - 3 a 3 0 3 4 u 0 0 4



Try to eat at least two servings of these foods every day.

meat, chicken,
fish, eggs,
nuts and dry beans



keep
your muscles
strong

**s a f
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t
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**Many foods like candy and chips have sugar and fat in them.
Too much sugar can harm your teeth.
Too much fat can harm your heart**

In our classroom

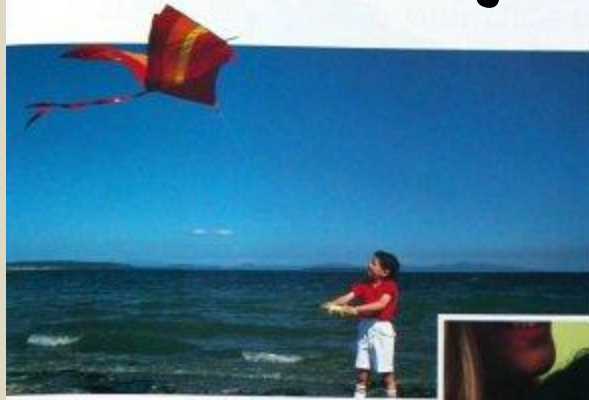
Mr. [Vincenzo Giordano](#) of the “Assessorato Regionale Agricoltura e Foreste” U. O. in Misilmeri helps us to understand the importance of honey in our diet. The honey is the natural sweet food for excellence and give us energy.

honey...honey



Food for you!

Your body
needs food
for
everything
you do:
working,
studying...



relaxing



talking and thinking



riding a bike

take care of your body

keep your body
clean



do exercises



get plenty of rest

eat

a great variety
of food



TEACHER IN THE PROJECT

STAROPOLI MARIA CARMELA

and pupils of the 5° class A
plessso "E. Restivo"
Portella di Mare