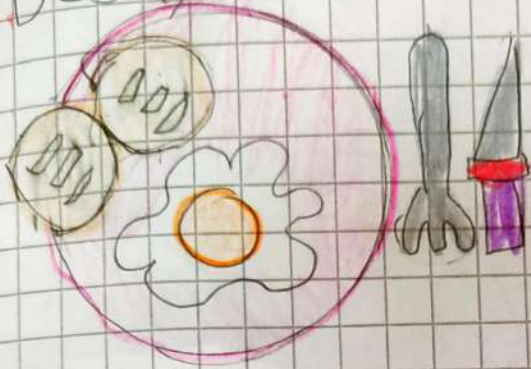


2/ March/ 2021

HÁBITOS SALUDABLES

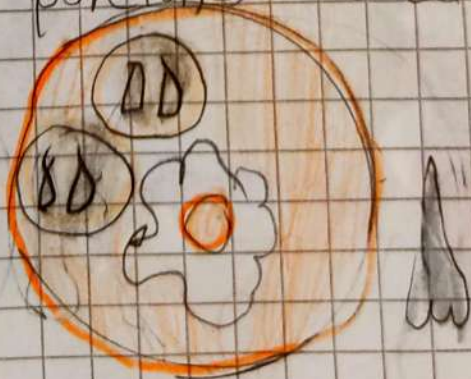
1. Desayuno 7 días.

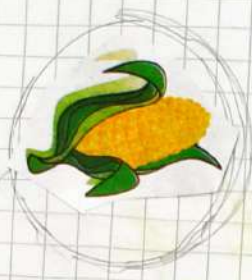
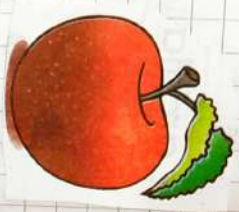
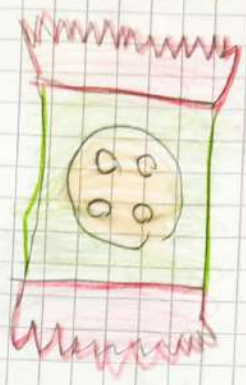


2. Tomar 6 vaso de agua al día.



3. Consumir 5 porciones de comida al día.

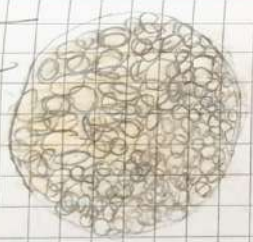




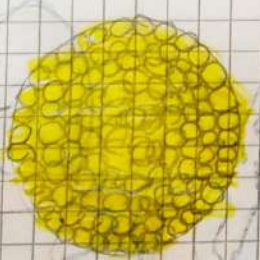
4/1 hora de ejercicio diario (jugar, bailar hacer deporte)



5/ Por lo menos dos días a la semana comer leguminosas (lentijas, frijol es, garbanzos)



lentijas



gambos frijoles



Objetos pessoais (baño)

Trigal

