

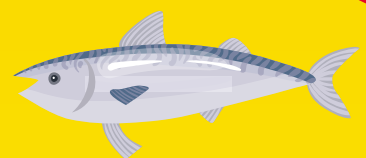
JOGOS  
IMBATÍVEIS

# TURMA IMBATÍVEL

JUNTOS MUDAMOS O MUNDO

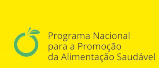
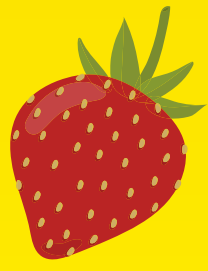


Fichas de  
Atividades



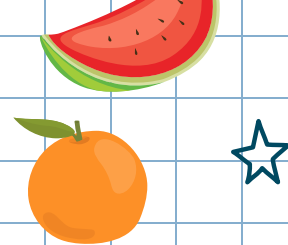
## Alimentação Sustentável

Pré-escolar



NOME: \_\_\_\_\_

DATA: \_\_\_\_\_



## Desafio 01

### Calendário da sazonalidade

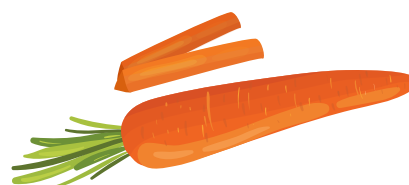
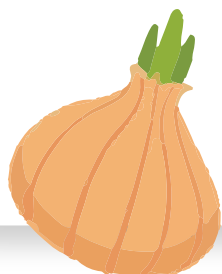
JAN	FEV	MAR	ABR	MAI	JUN	JUL	AGO	SET	OUT	NOV	DEZ

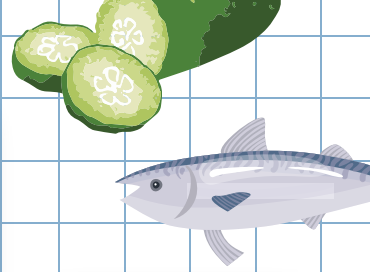
- Brócolo
- Cebola
- Tangerina
- Morango
- Limão
- Milho
- Sardinha
- Lula

Fonte: Associação Portuguesa de Nutrição, 2021

Das opções listadas em baixo, rodeia apenas a que se refere a um alimento sustentável.

- a) Comer sardinhas em março.
- b) Comer laranjas em dezembro.
- c) Ingerir brócolos em fevereiro.
- d) Comer morangos em setembro.



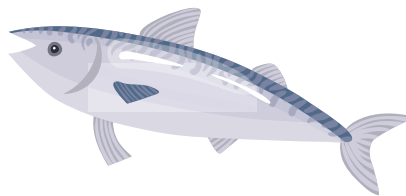
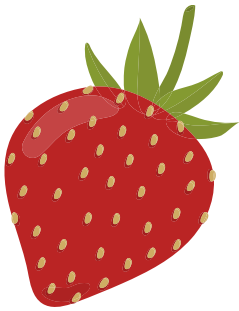
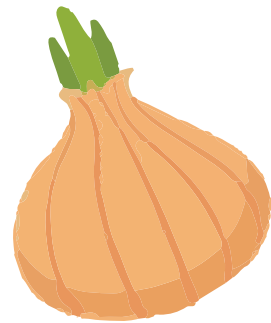
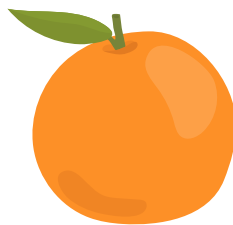
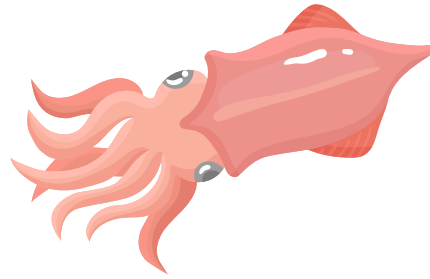
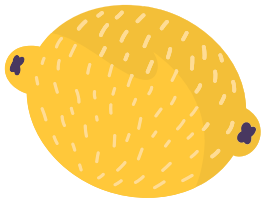


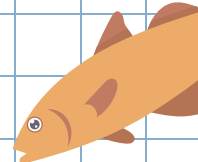
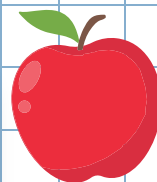
**NOME:** \_\_\_\_\_

**DATA:** \_\_\_\_\_

## Desafio 02

Consulta novamente o calendário da sazonalidade, no desafio 01, e rodeia apenas o alimento que não se deve comer em maio.



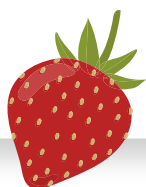
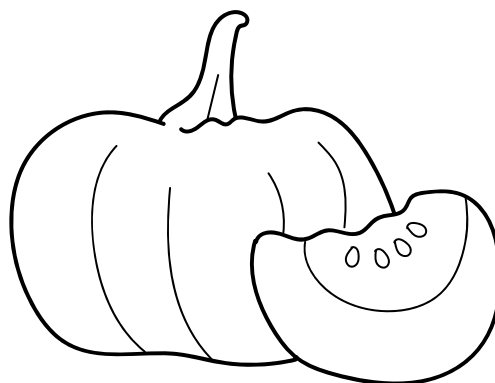
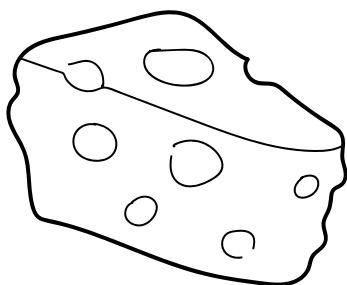
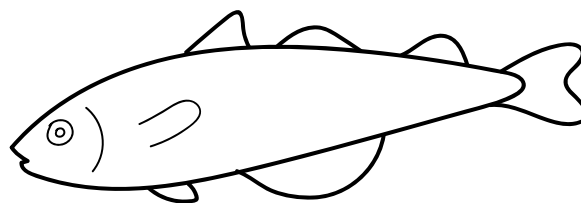
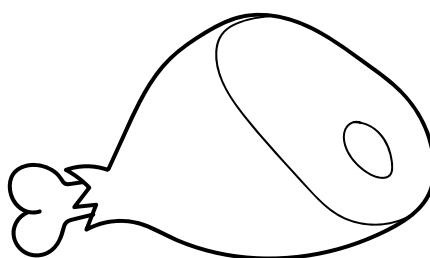
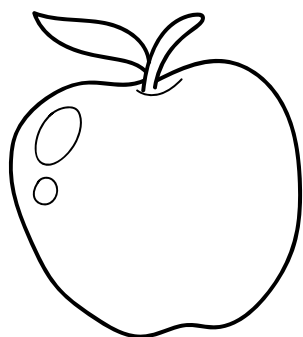
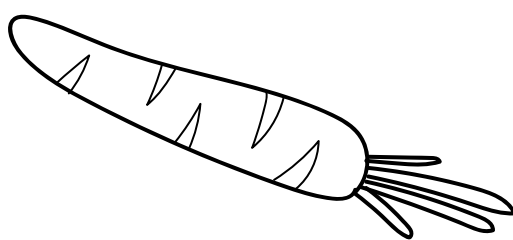
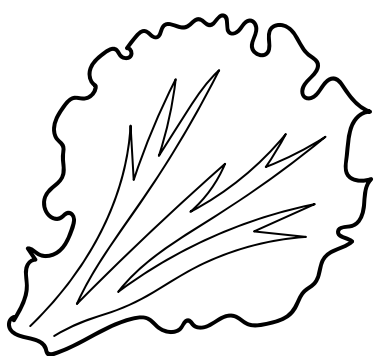


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DATA: \_\_\_\_\_

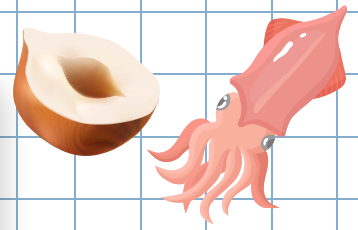
### Desafio 03

Pinta apenas os desenhos que representam os hortícolas, deixando os restantes sem colorir.



NOME: \_\_\_\_\_

DATA: \_\_\_\_\_



## Desafio 04

Pinta, com cores diferentes, os caminhos do Brócolo Bernardo e do e da Cenoura Celeste até ao mercado das frutas. No final, diz qual o trajeto mais rápido.

