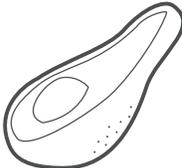
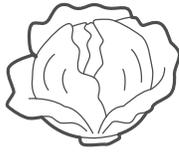
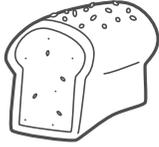
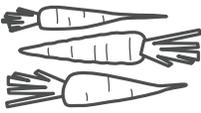
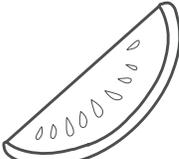
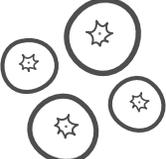
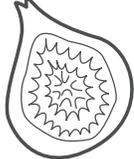
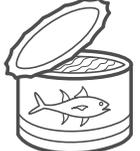
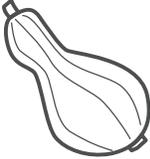
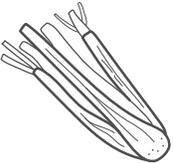
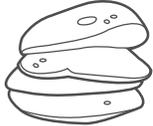
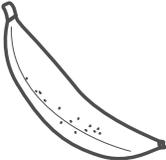
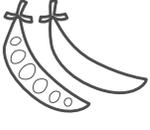
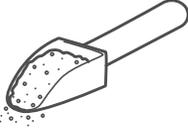
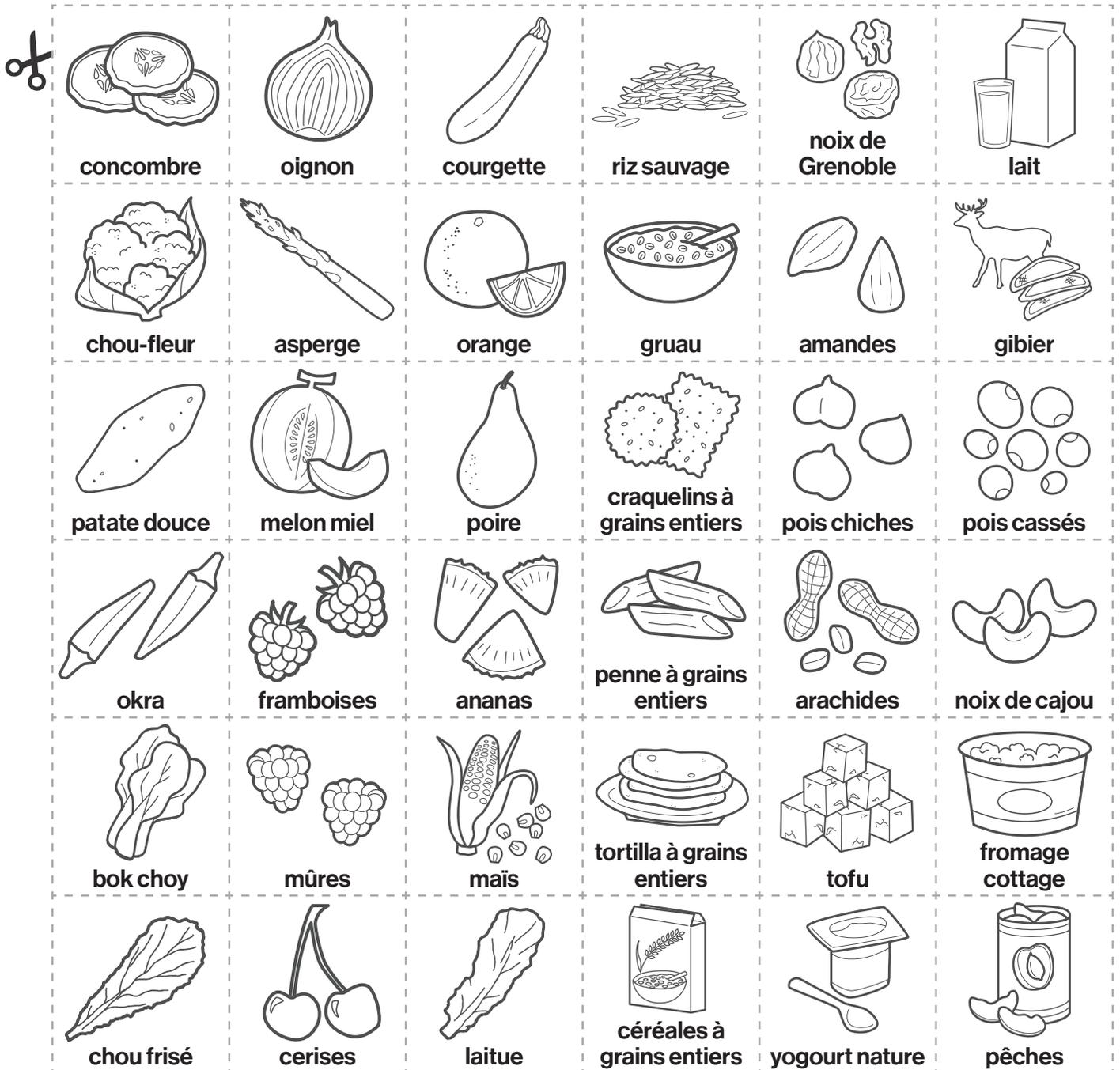


## Mélange et tri des aliments

Tri les aliments selon les regroupements suivants : les légumes et les fruits, les aliments à grains entiers et les aliments protéinés.

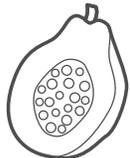
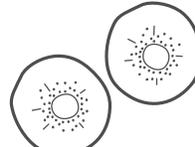
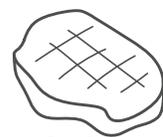
	 brocoli	 radis	 avocat	 chou	 pain au blé entier	 haricots rouges
 carottes	 champignons	 raisins	 pois	 riz brun	 lentilles	
 tomate	 fraise	 mangue	 melon d'eau	 spaghettis à grains entiers	 cantaloup	
 épinards	 bleuets	 citrouille	 figue	 orge	 thon pâle	
 courge	 pomme	 céleri	 pain pita à grains entiers	 poulet	 dinde	
 pomme de terre	 banane	 pois mange-tout	 blé bulgur	 truite	 beurre de noix	

## Mélange et tri des aliments



## Mélange et tri des aliments

Pense à d'autres aliments à explorer et à la façon dont ils peuvent être classés dans les regroupements suivants : les légumes et les fruits, les aliments à grains entiers et les aliments protéinés.

	 citron	 aubergine	 papaye	 quinoa	 œuf	 fèves de soya
	 poivron	 kiwi	 litchi	 côtelettes de porc	 graines de tournesol	 betteraves