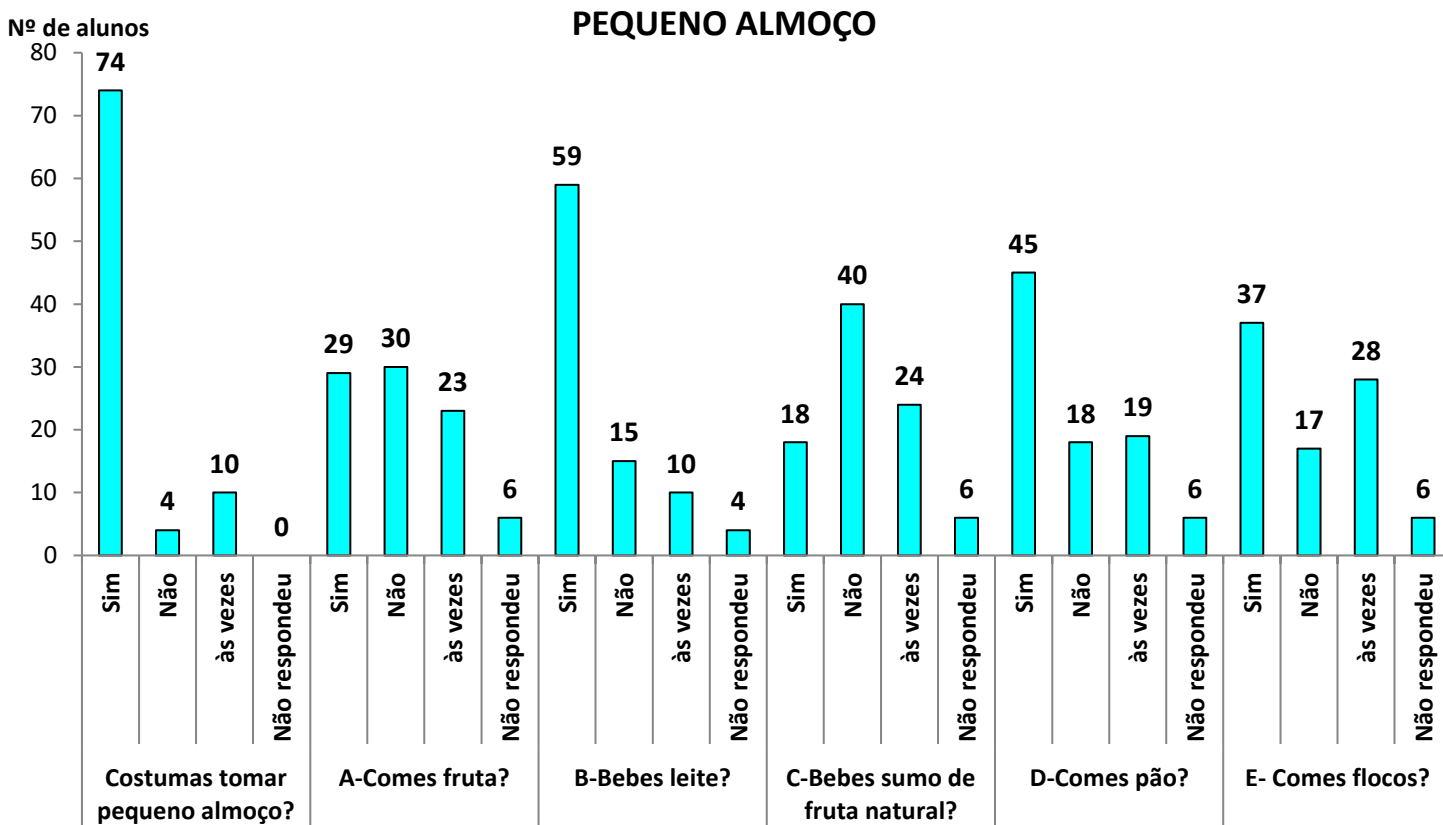
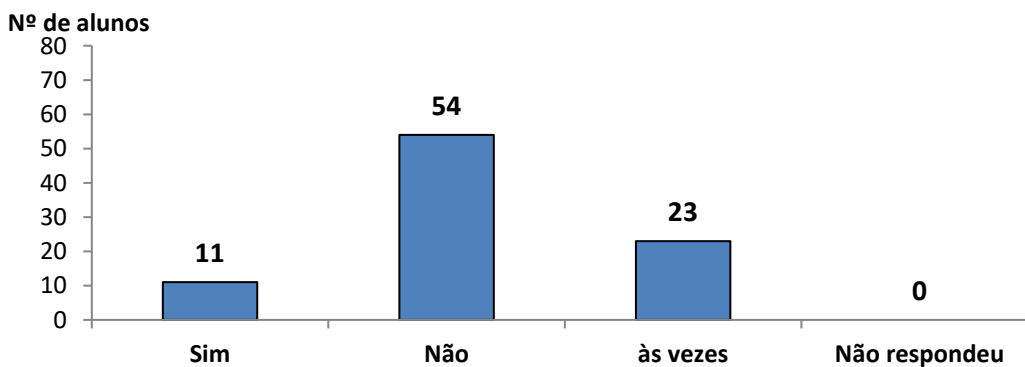


“ANALISA A TUA DIETA” 10º ANO - 88 ALUNOS
 09 de novembro de 2018

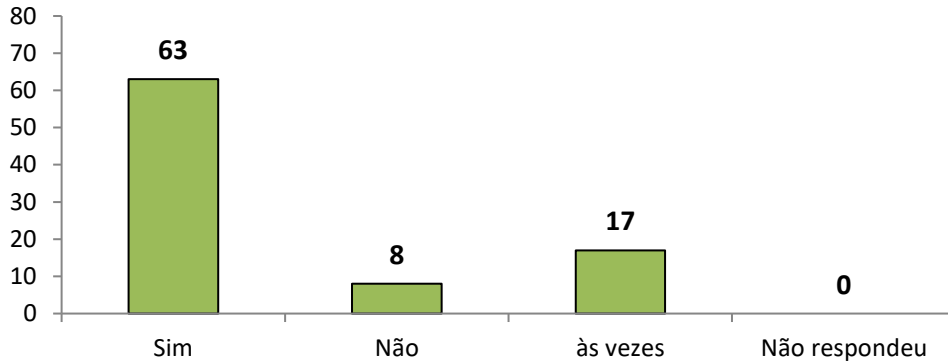


COMES PÃO COM QUEIJO, OU FIAMBRE, OU MANTEIGA, OU UM COPO DE LEITE A MEIO DA MANHÃ?



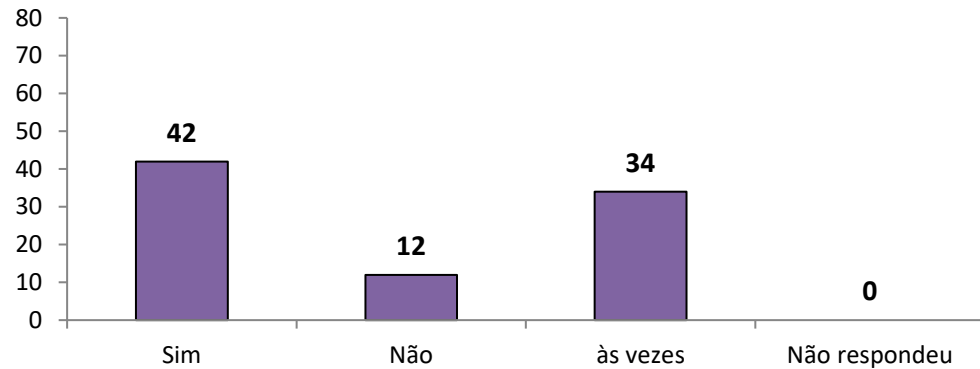
COSTUMAS LANCHAR A MEIO DA TARDE?

Nº de alunos



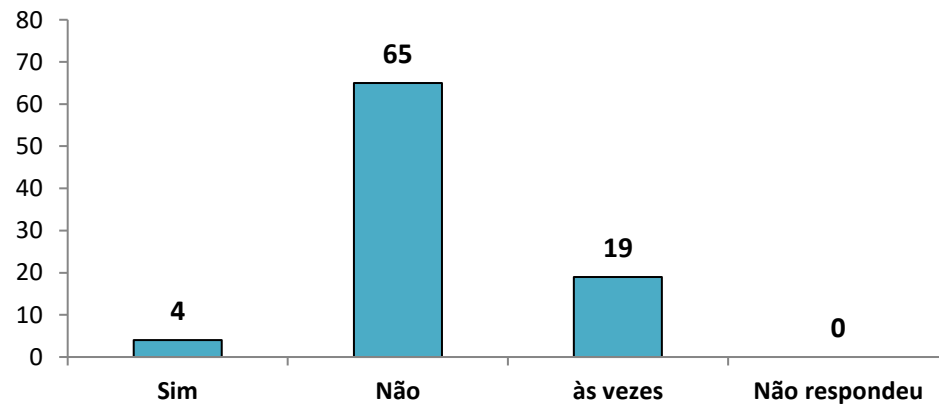
COMES TODOS OS DIAS HORTALIÇAS, LEGUMES E FRUTAS FRESCAS?

Nº de alunos



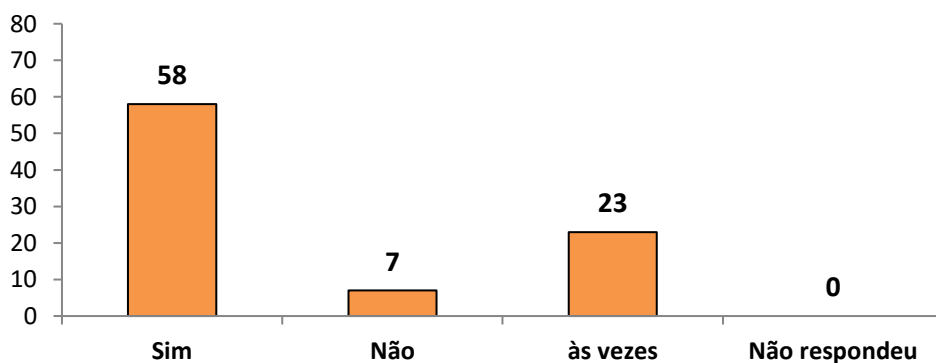
COMES ALIMENTOS FRITOS TODOS OS DIAS?

Nº de alunos

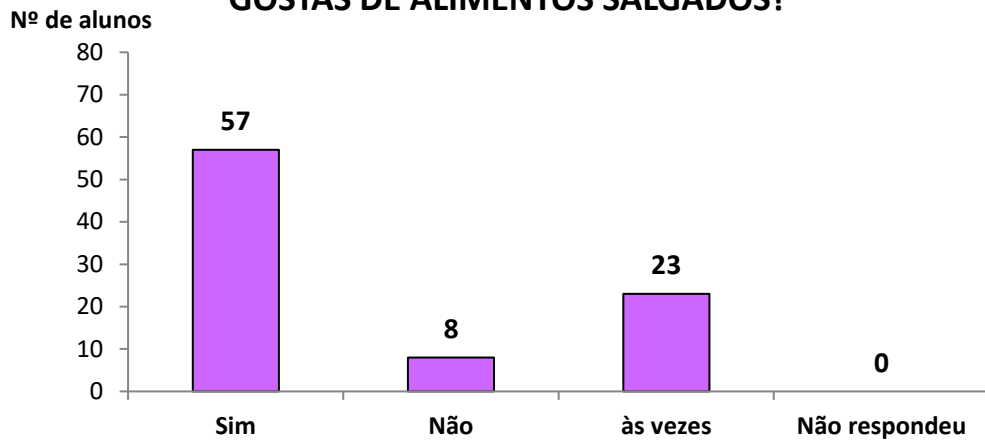


COSTUMAS USAR AZEITE?

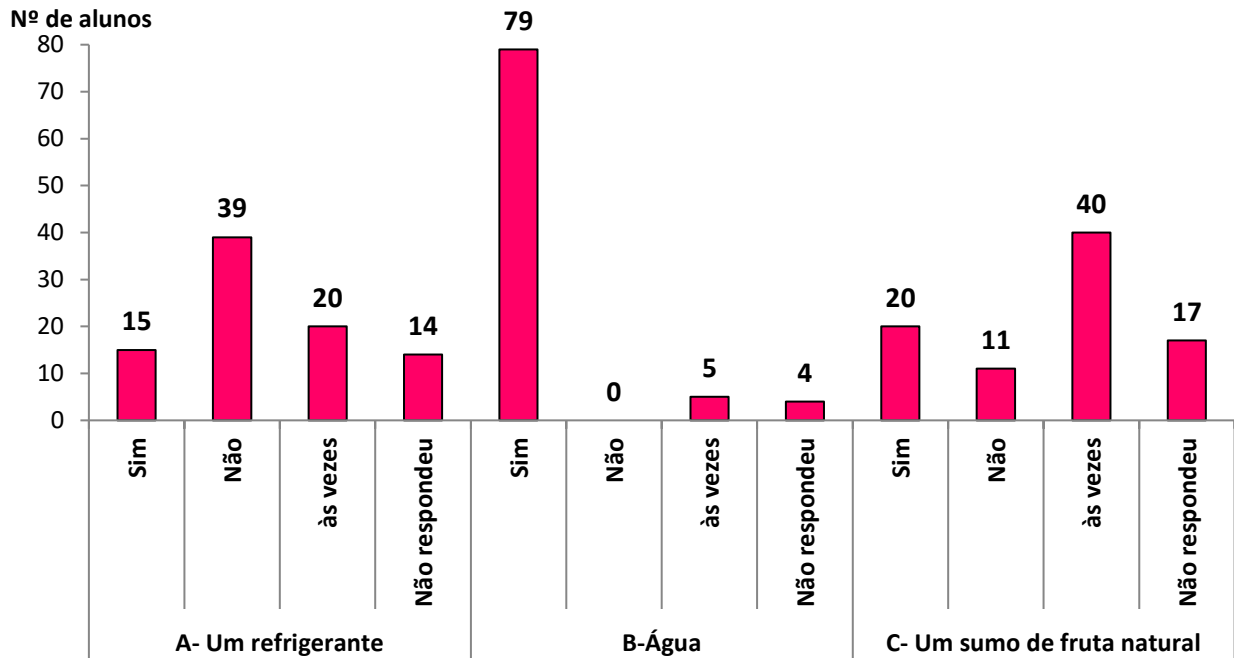
Nº de alunos



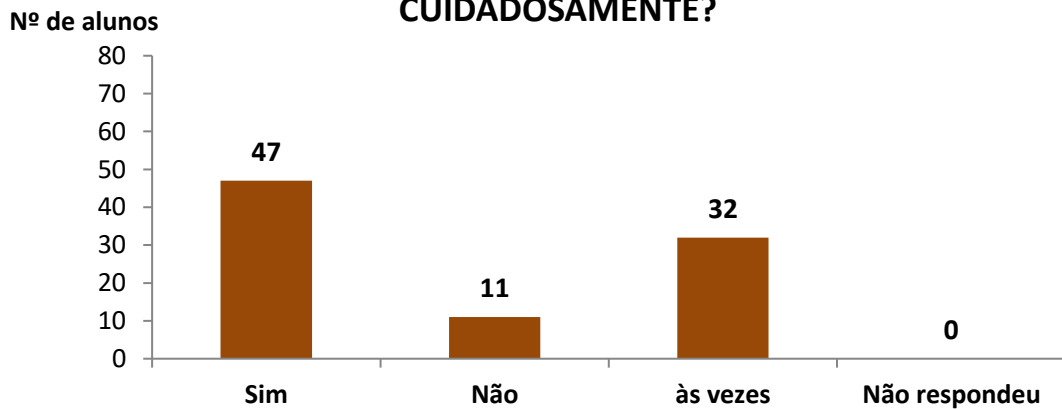
GOSTAS DE ALIMENTOS SALGADOS?



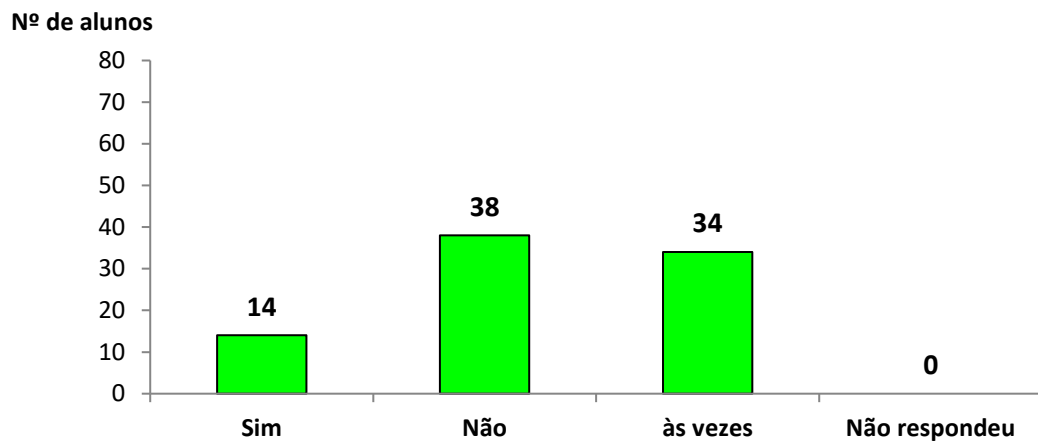
QUANDO TENS SEDE PREFERES?



HABITUALMENTE COMES COM CALMA E MASTIGAS CUIDADOSAMENTE?



NOS INTERVALOS COSTUMAS COMER UM BOLO OU OUTRO ALIMENTO SEMELHANTE?



COORDENADORA DO PESES 2018-2019

(Maria das Mercês Silva e Sousa de Matos)