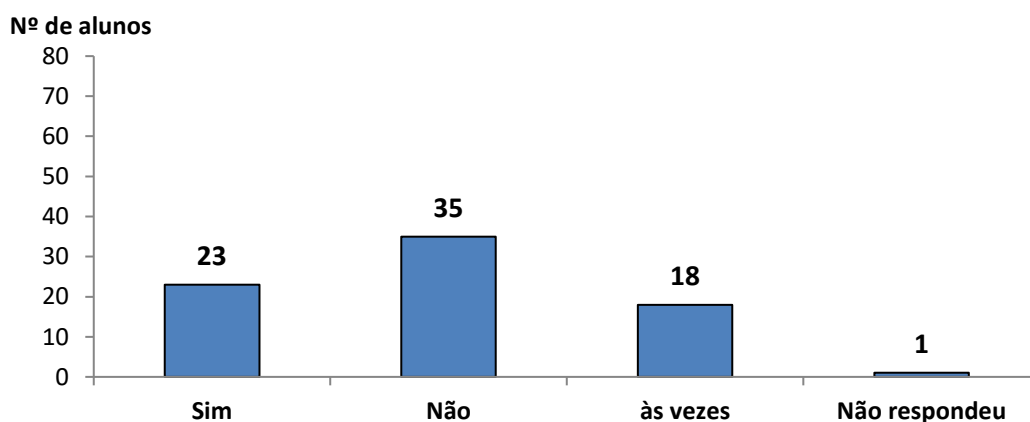
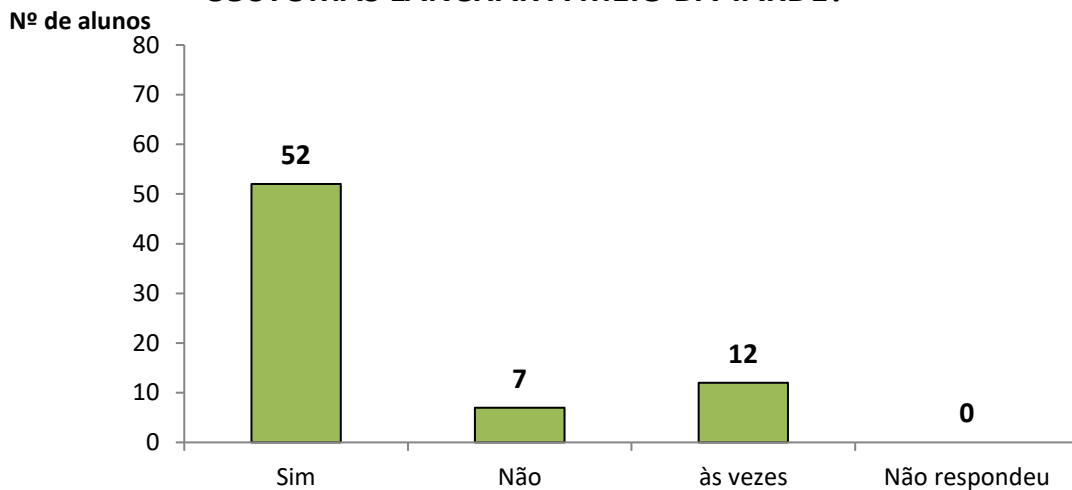


**COMES PÃO COM QUEIJO, OU FIAMBRE, OU MANTEIGA,  
 OU UM COPO DE LEITE A MEIO DA MANHÃ?**



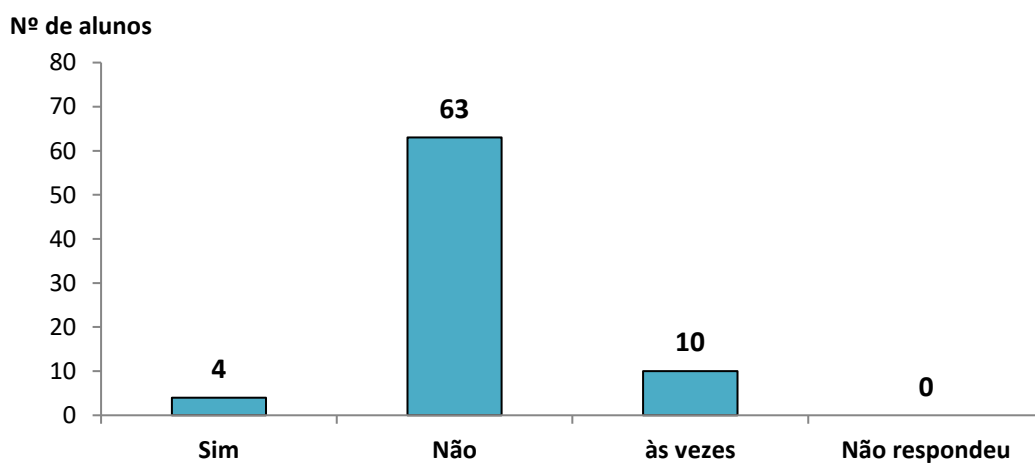
### COSTUMAS LANCHAR A MEIO DA TARDE?



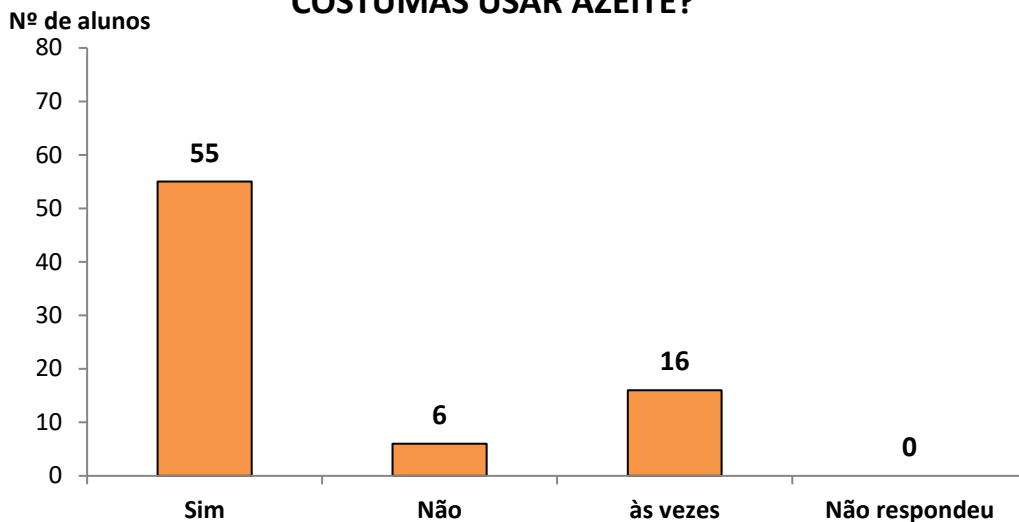
### COMES TODOS OS DIAS HORTALIÇAS, LEGUMES E FRUTAS FRESCAS?



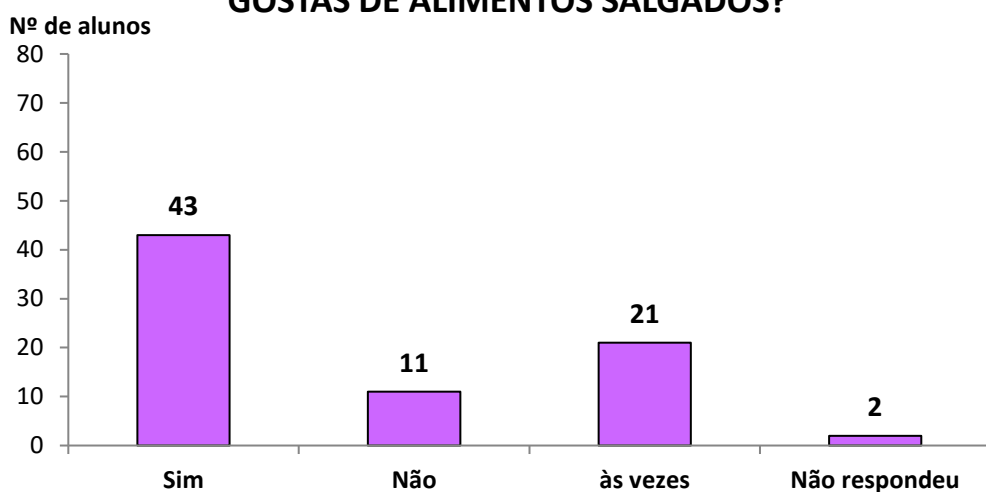
### COMES ALIMENTOS FRITOS TODOS OS DIAS?



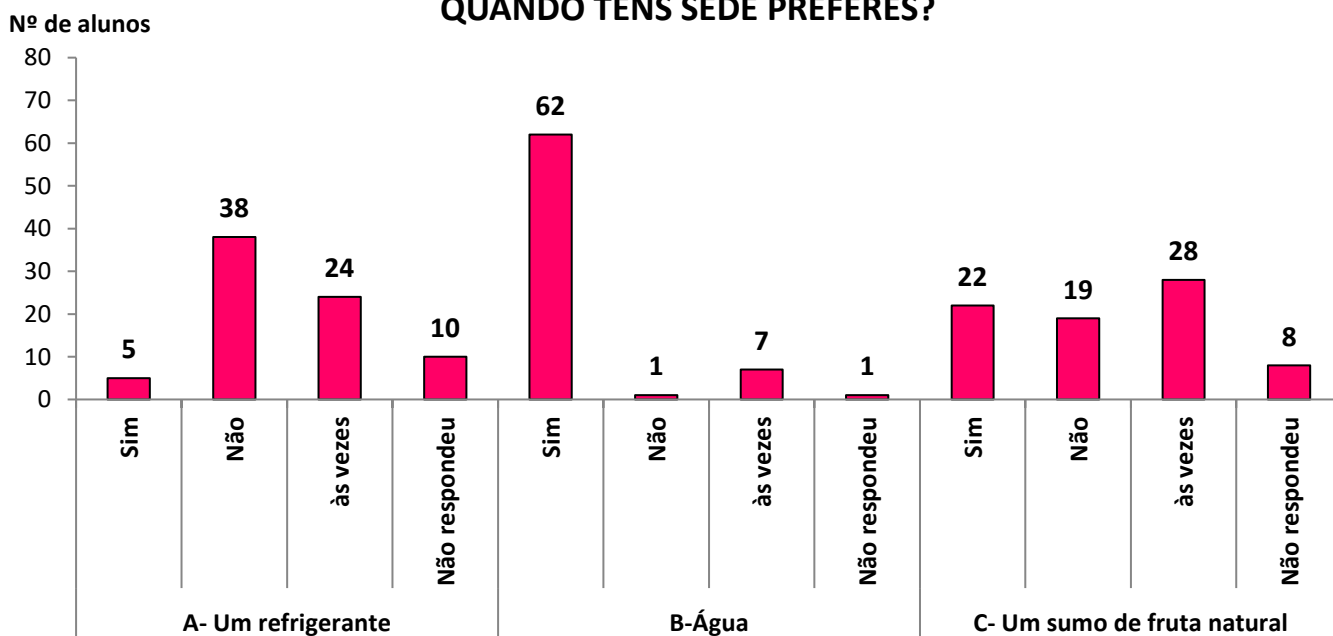
### COSTUMAS USAR AZEITE?



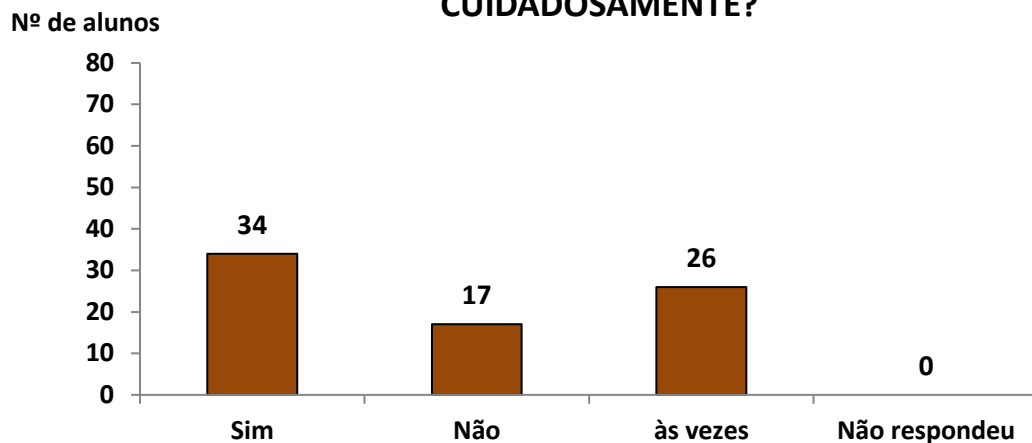
### GOSTAS DE ALIMENTOS SALGADOS?



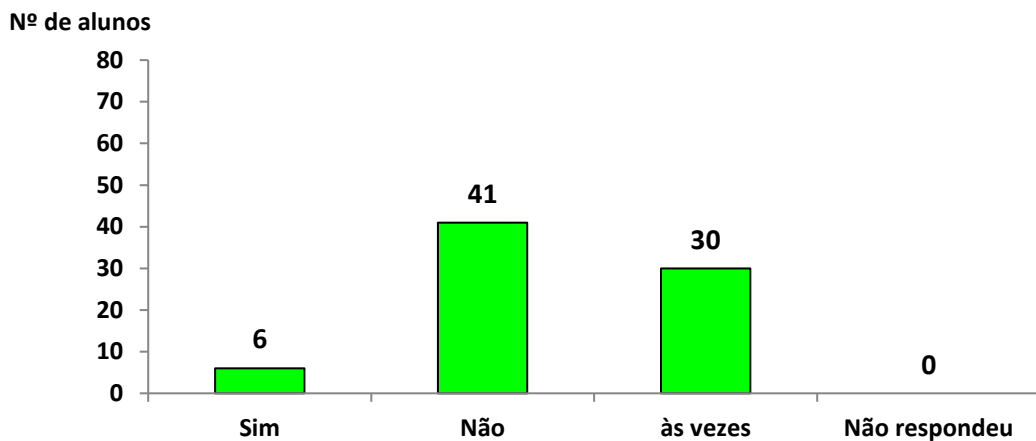
### QUANDO TENS SEDE PREFERES?



## HABITUALMENTE COMES COM CALMA E MASTIGAS CUIDADOSAMENTE?



## NOS INTERVALOS COSTUMAS COMER UM BOLO OU OUTRO ALIMENTO SEMELHANTE?



**COORDENADORA DO PESES 2018-2019**

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**(Maria das Mercês Silva e Sousa de Matos)**