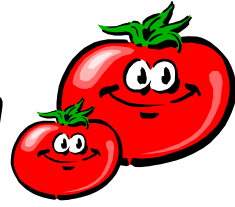


"5 par jour"



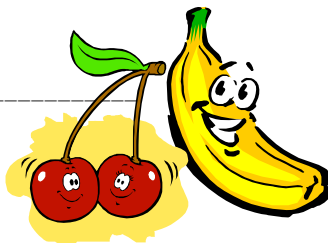
⇒ En utilisant ce tableau essaie de consommer au moins 5 portions de fruits et de légumes chaque jour

⇒ Chaque fois que tu as mangé une portion de fruits ou de légumes, place ou colle une image dans une case

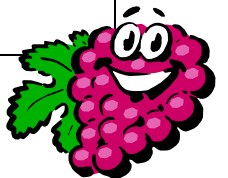
Vérifie en fin de journée si tu as atteins l'objectif de «5 par jour »!

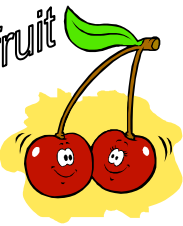

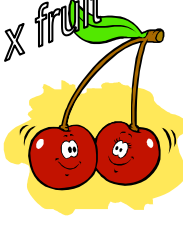
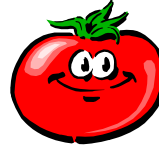




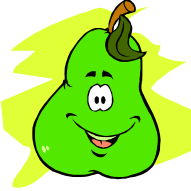

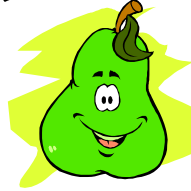

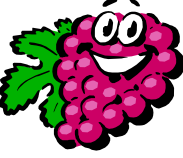

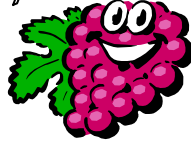


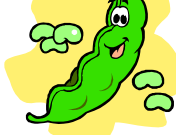
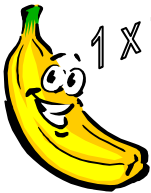
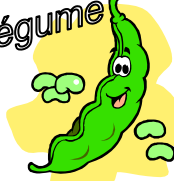
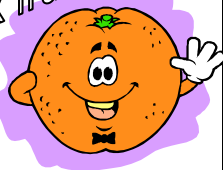


	1 ^{er} Jour	2 ^{ème} Jour	3 ^{ème} Jour
1x			
2x			
3x			
4x			
5x			

Nom:



© HER



1 x fruit 	1 x légume 	1 x fruit 	1 x légume 
1 x fruit 	1 x légume 	1 x fruit 	1 x légume 
1 x fruit 	1 x légume 	1 x fruit 	1 x légume 
1 x fruit 	1 x légume 	1 x fruit 	1 x légume 
1 x fruit 	1 x légume 	1 x fruit 	1 x légume 
1 x fruit 	1 x légume 	1 x fruit 	1 x légume 