

EJERCICIO + PLATO = ¡COMPLETA TU BARAJA!



Canjea cartas con otra pareja a través del ejercicio correspondiente.
Forma tu baraja con los 4 alimentos del Plato de Harvard

¿Cómo se juega?

1) Encuentra una pareja que tenga alimentos que nos interese canjear. 2) Realizamos los ejercicios 3) Canjeamos y buscamos otra pareja

PROTEÍNA SALUDABLE

$\times 15$

GRANO INTEGRAL

$\times 40$

VERDURAS

$\times 25$

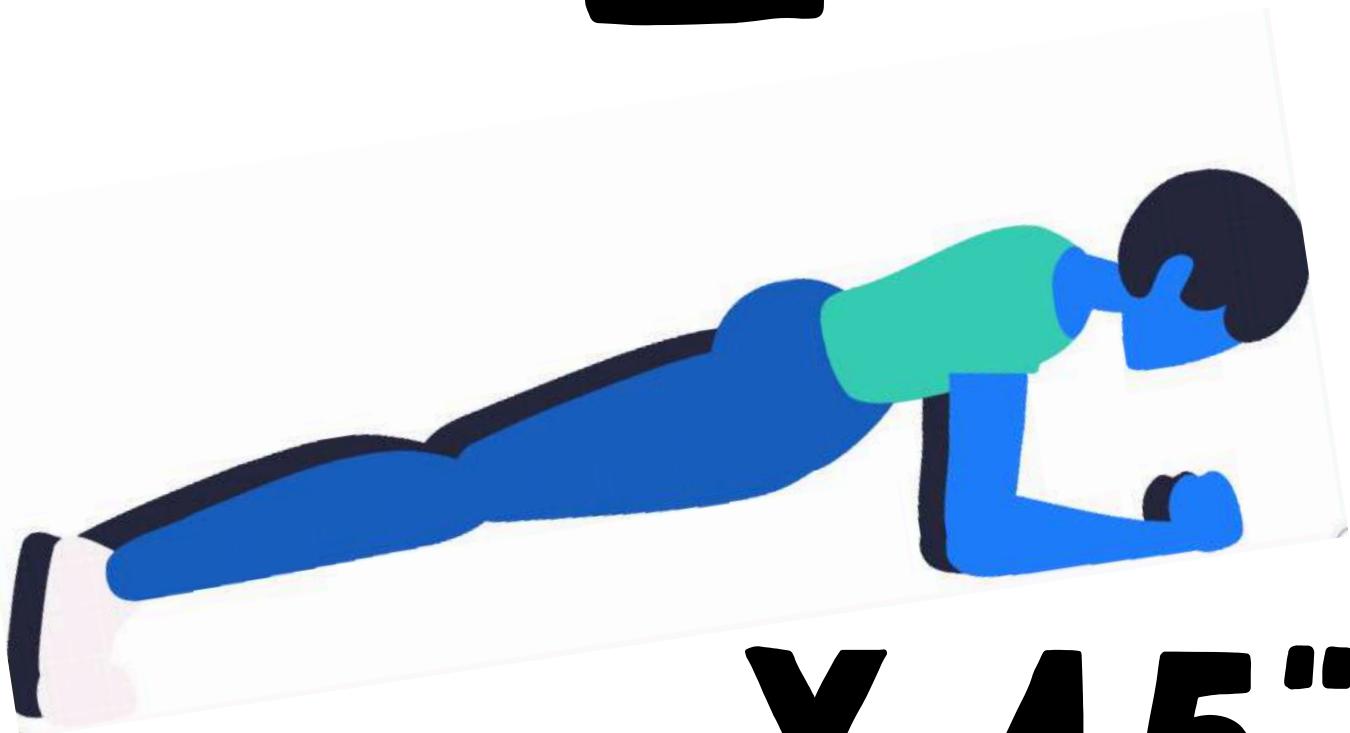
FRUTAS

$\times 15$

PROTEÍNA SALUDABLE



EJERCICIO + PLATO = ¡COMPLETA TU BARAJA!

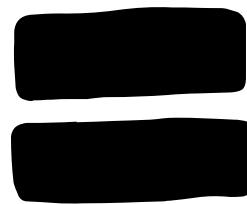


X 45"

GRANO INTEGRAL



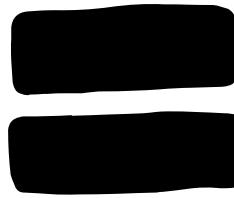
EJERCICIO + PLATO = ¡COMPLETA TU BARAJA!



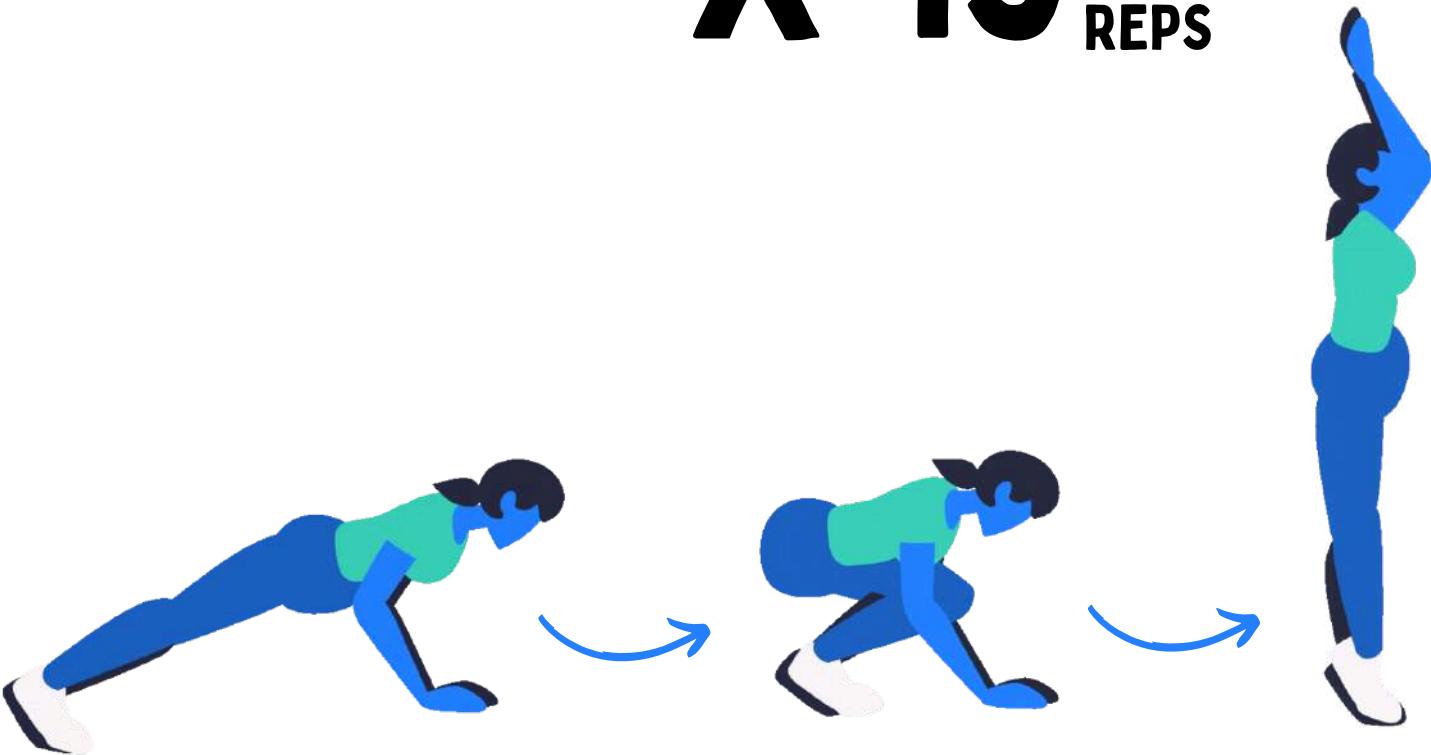
X 40
REPS



FRUTAS



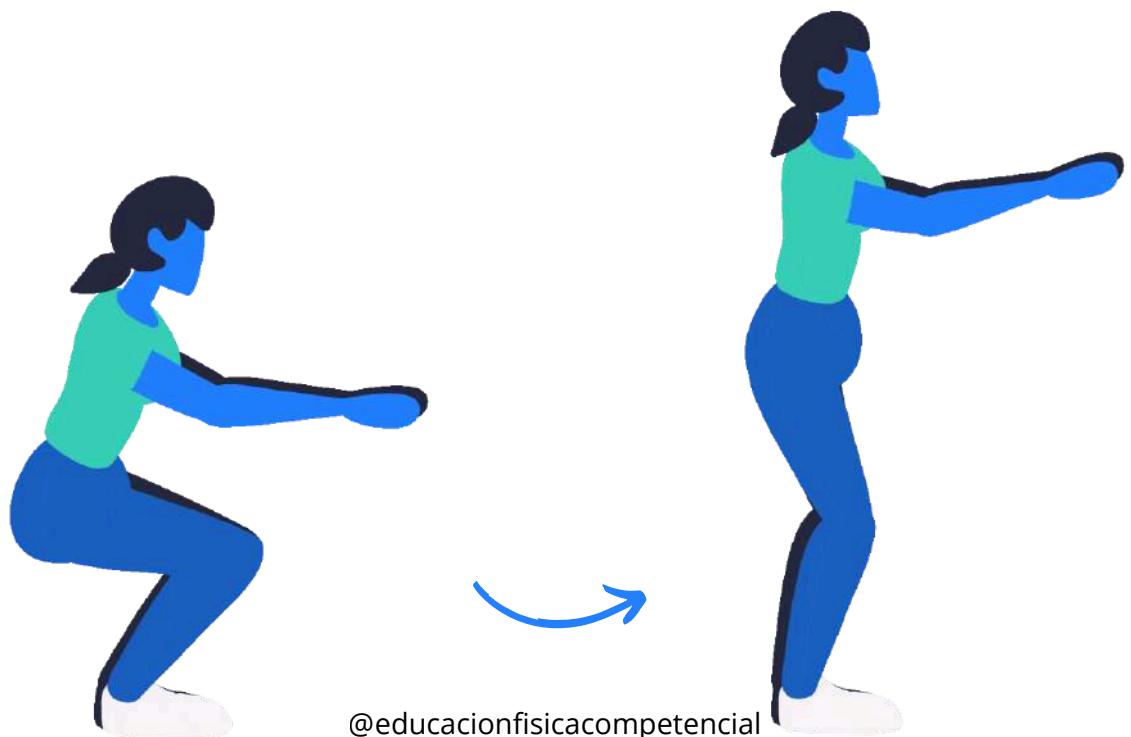
X 15 REPS



VERDURAS



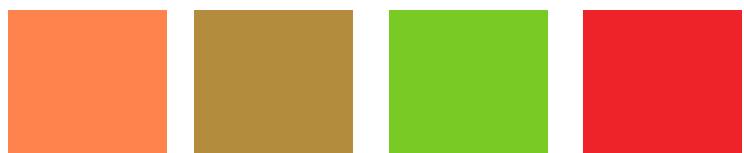
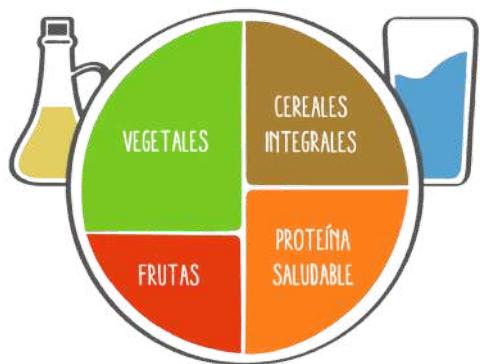
X 25 REPS



EJERCICIO + PLATO = ¡COMPLETA TU BARAJA!



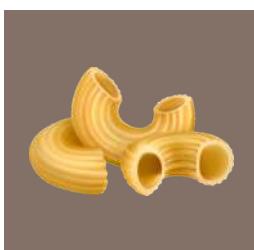
CARTAS



REALIZA PAQUETES DE 4 CARTAS DONDE, AL MENOS 2, REPITAN EL GRUPO ALIMENTICIO



Proteína
Saludable



Grano
Integral



Fruta



Plátano

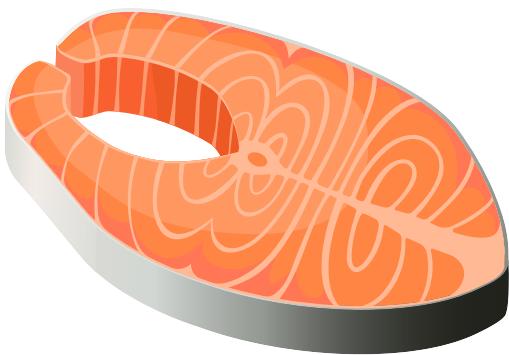
Por ejemplo: la pareja de alumnos que tenga la combinación mostrada arriba, tendrá que buscar a otra que le sobre una carta de verduras

Vigila que se puedan formar **12 combinaciones de Harvard** entre las cartas que repartes en el conjunto de las parejas de clase

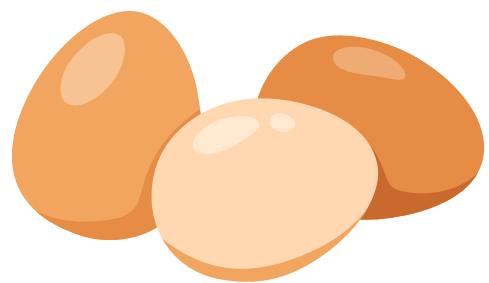
EJERCICIO + PLATO = ¡COMPLETA TU BARAJA!



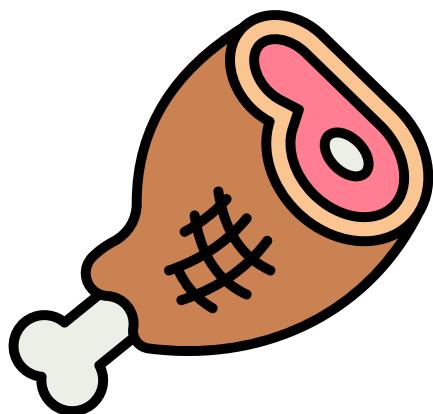
PROTEÍNA SALUDABLE



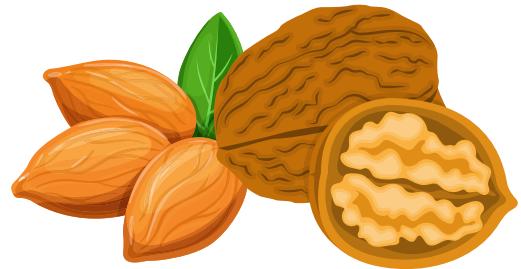
SALMÓN



HUEVO



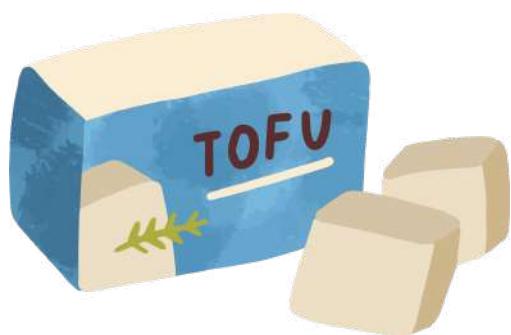
PAVO



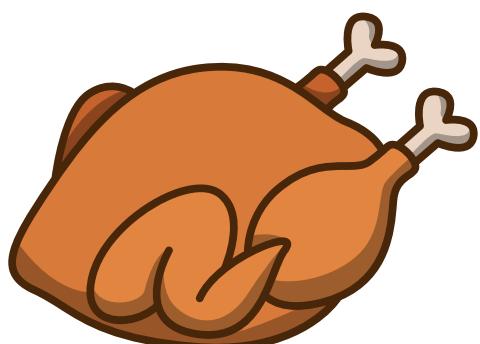
FRUTOS SECOS



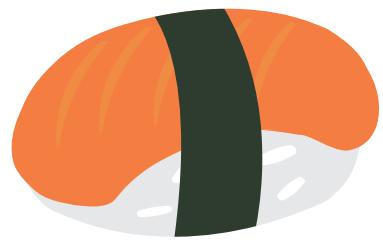
MARISCO



SOJA/TOFU



POLLO



SUSHI



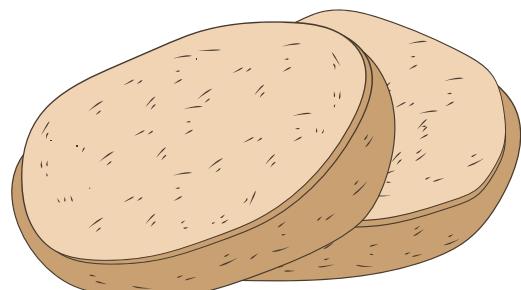
QUESO/YOGUR



LENTEJAS



HUMMUS

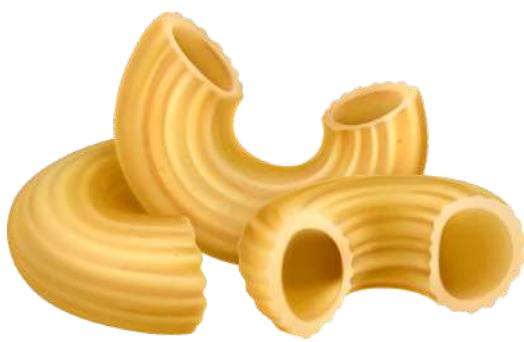


SEITÁN

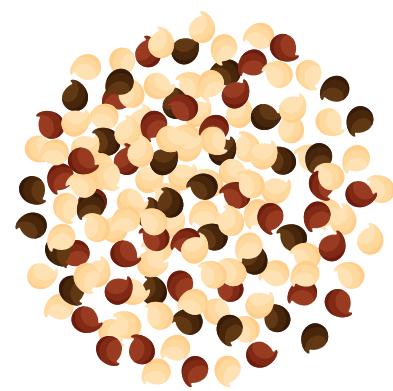
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GRANO INTEGRAL



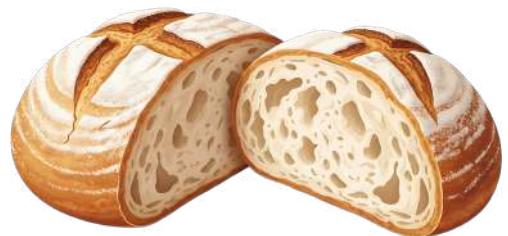
MACARRONES



QUINOA



PAN INTEGRAL



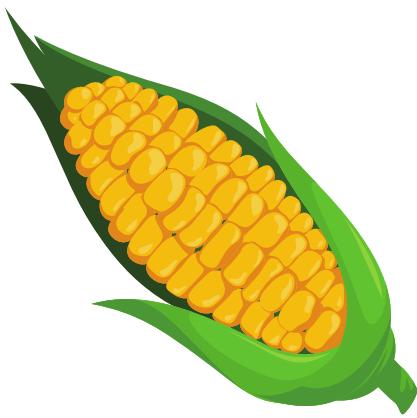
**PAN DE MASA
MADRE**



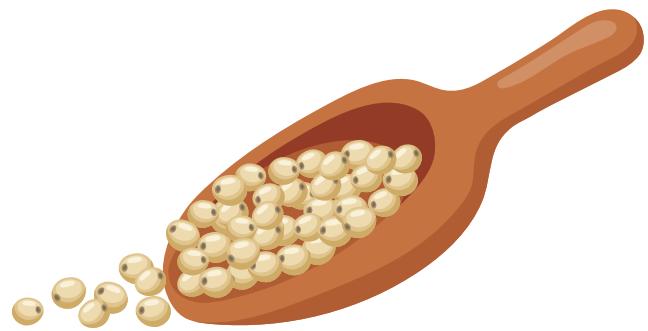
PAN DE MOLDE



AVENA



MAIZ



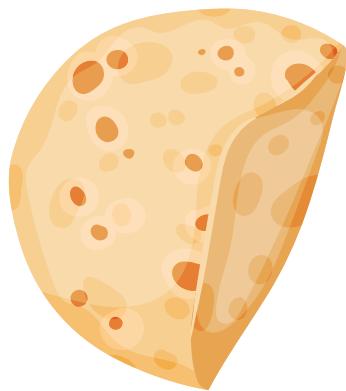
MIJO



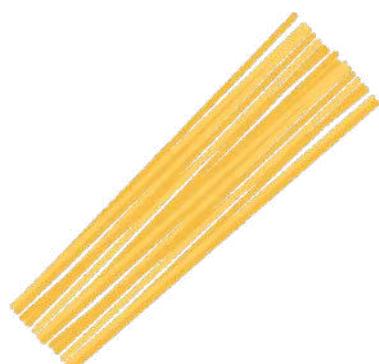
**TRIGO
SARRACENO**



PALOMITAS



TORTILLA DE TRIGO

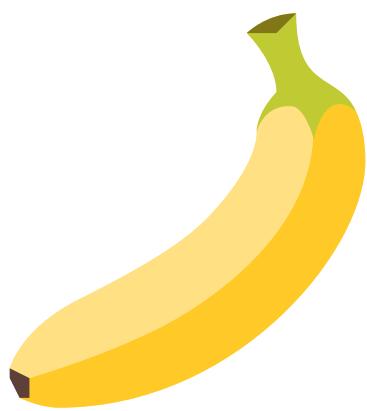


ESPAQUETIS

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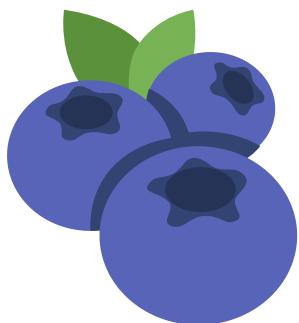
FRUTAS



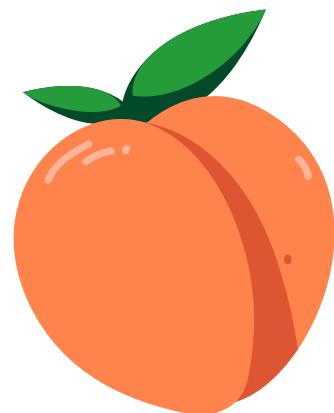
PLÁTANO



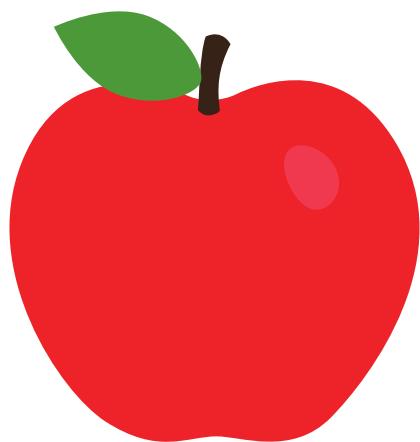
FRESA



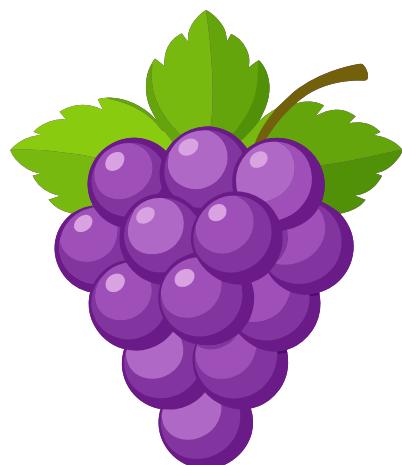
ARÁNDANOS



MELOCOTÓN



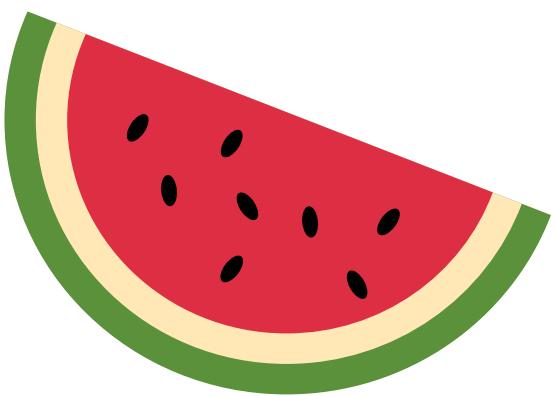
MANZANA



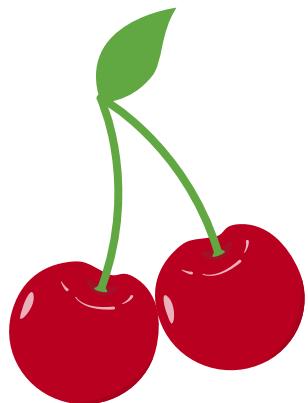
UVA



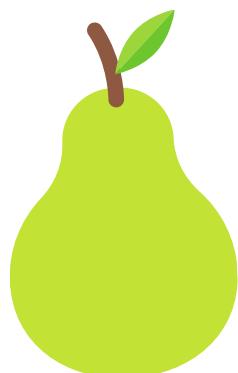
PIÑA



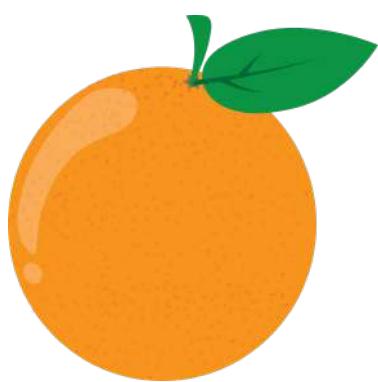
SANDÍA



CEREZAS



PERA



NARANJA



GRANADA

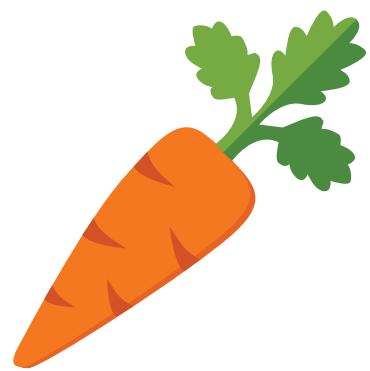
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VERDURAS



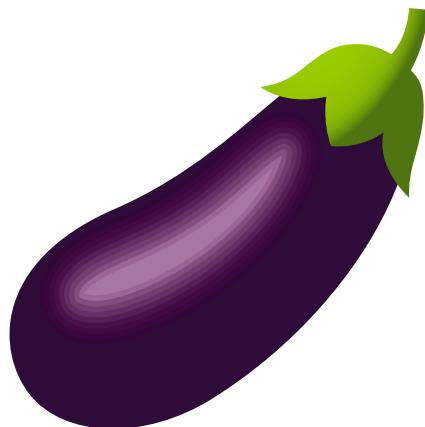
ESPINACA



ZANAHORIA



AJO



BERENJENA



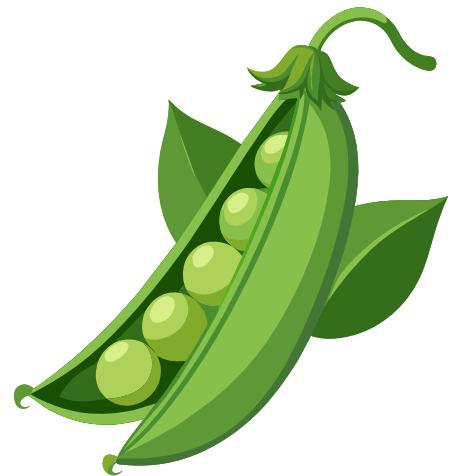
CHAMPIÑONES



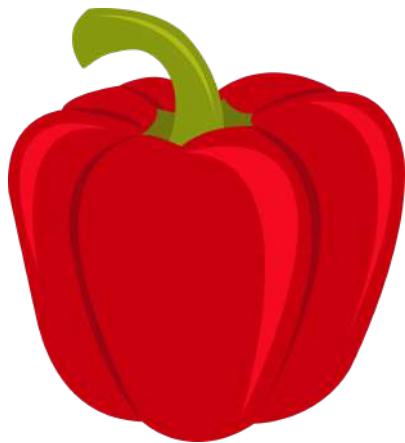
AGUACATE



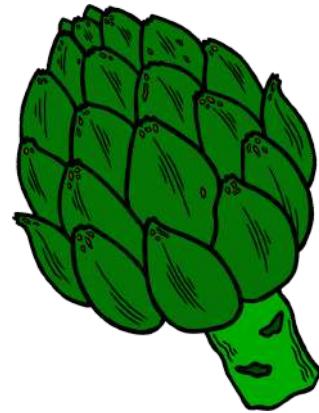
REPOLLO



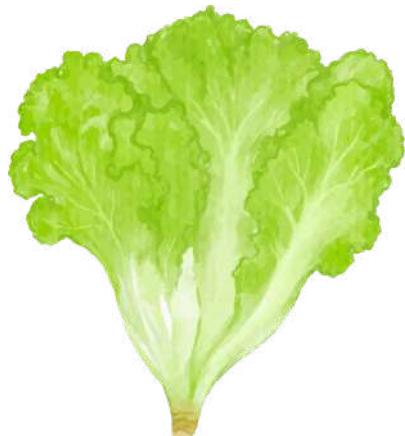
GUISANTE



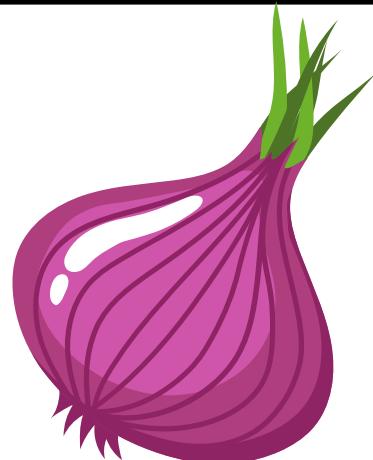
PIMIENTO ROJO



ALCACHOFA



LECHUGA



CEBOLLA

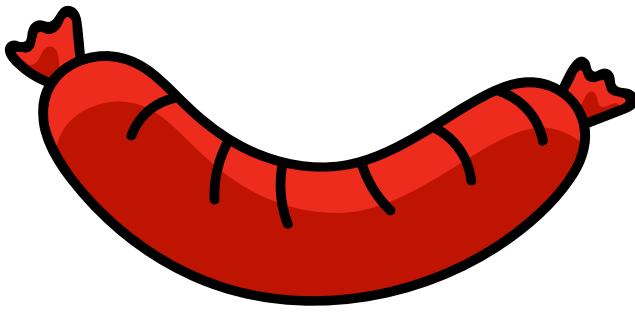
NO SALUDABLES



VÁLIDAS PARA OTROS JUEGOS



NO SALUDABLES



CHORIZO



PATATAS FRITAS



CHOCOLATE



HELADO



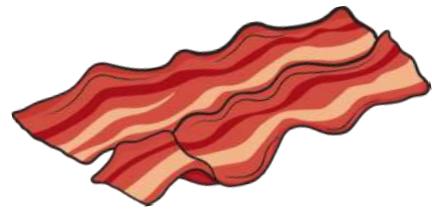
PIRULETA



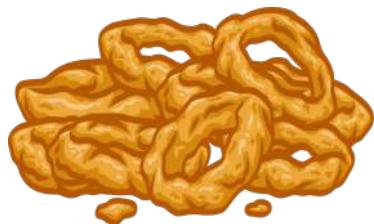
PASTEL



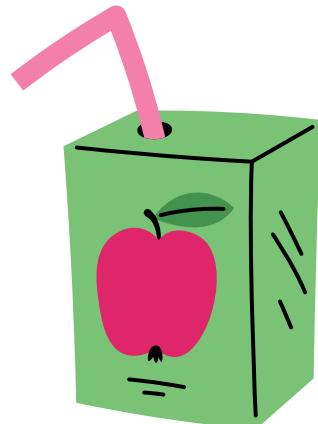
CERVEZA



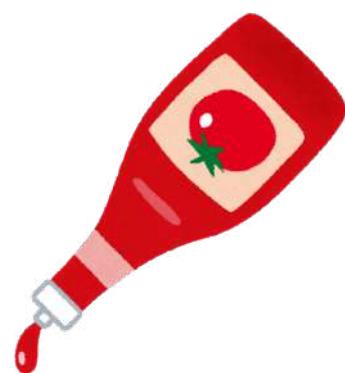
BACON



**AROS FRITOS DE
CEBOLLA**



ZUMO



KETCHUP



**BEBIDAS
AZUCARADAS**