

DESCARGABLE

Recurso gratuito para una Educación Física Competencial

EJERCICIO + PLATO ¡COMPLETA TU BARAJA!



¿Tu alumnado se aburre cuando trabajas **alimentación**?

Seguro que has probado con el plato de **Harvard**, pero...¿casi todos los ejercicios te salen en hileras?

Eso era lo que me ocurría a mí, hasta que puse en práctica esta dinámica de **ejercicio+plato**

Ahora tienen que ganar sus cartas, **canjeando a otra pareja mediante ejercicio**,

Los paneles de ejercicio quedan esparcidos por todo el pabellón y la práctica es simultánea. A su vez, cada pareja tiene un aro (**plato**) referencia, donde depositar las cartas

EJERCICIO + PLATO = ¡COMPLETA TU BARAJA!

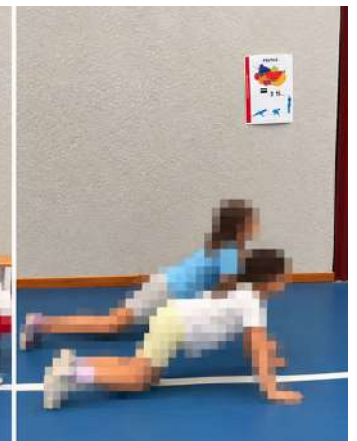


Canjea cartas con otras parejas a través del ejercicio correspondiente. Forma tu plato con los **8 alimentos del Plato de Harvard (2 por grupo alimenticio)** y colócalos en el aro.

¿Cómo se juega?

- 1) Cada pareja comienza con un aro y 8 cartas
- 2) Dentro del aro tiene que formar un plato de Harvard con 2 alimentos de cada segmento (frutas, vegetales, grano integral y proteína saludable)
- 3) Las parejas deben buscar otras parejas que tengan los alimentos que a ellos les faltan.
- 4) Cuando los encuentren se produce un “canjeo” de alimentos tras la realización de ejercicio.
- 5) Los ejercicios son distribuidos en distintas zonas del pabellón con pósters. Se va a esas zonas, se realiza el ejercicio y se vuelve al aro para hacer el canjeo

***Recomendación:** entrega a las parejas 8 cartas del mismo grupo alimenticio, de esa forma tendrán que encontrar 3 grupos diferentes y hacer por duplicado sus ejercicios)



**PÓSTER
PARA
EXPLICAR**

EJERCICIO + PLATO = ¡COMPLETA TU BARAJA!



Canjea cartas con otra pareja a través del ejercicio correspondiente.
Forma tu baraja con los 8 alimentos del Plato de Harvard (2 por grupo alimenticio)

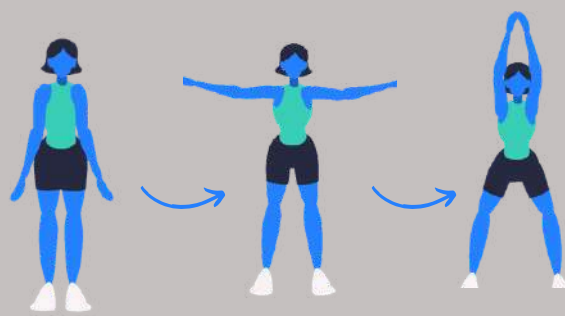
¿Cómo se juega?

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



PROTEÍNA SALUDABLE
HEALTHY PROTEIN

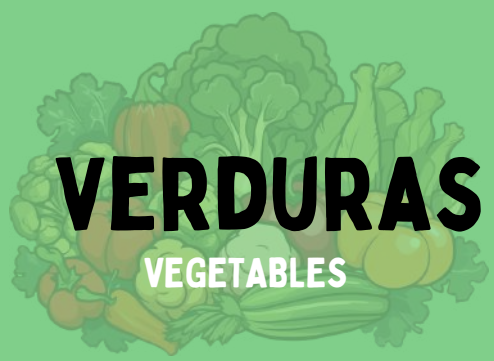
× 15



× 40



GRANO INTEGRAL
WHOLEGRAIN

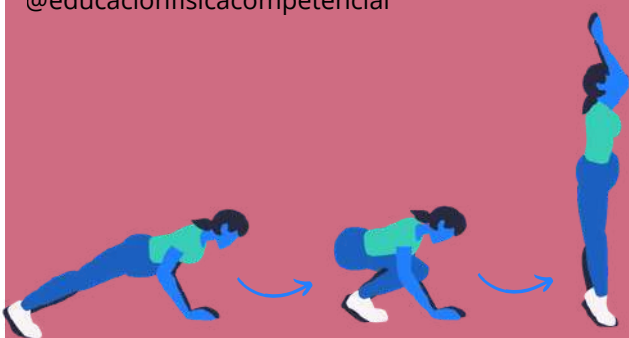


VERDURAS
VEGETABLES

× 25



@educacionfisicacompetencial



× 15



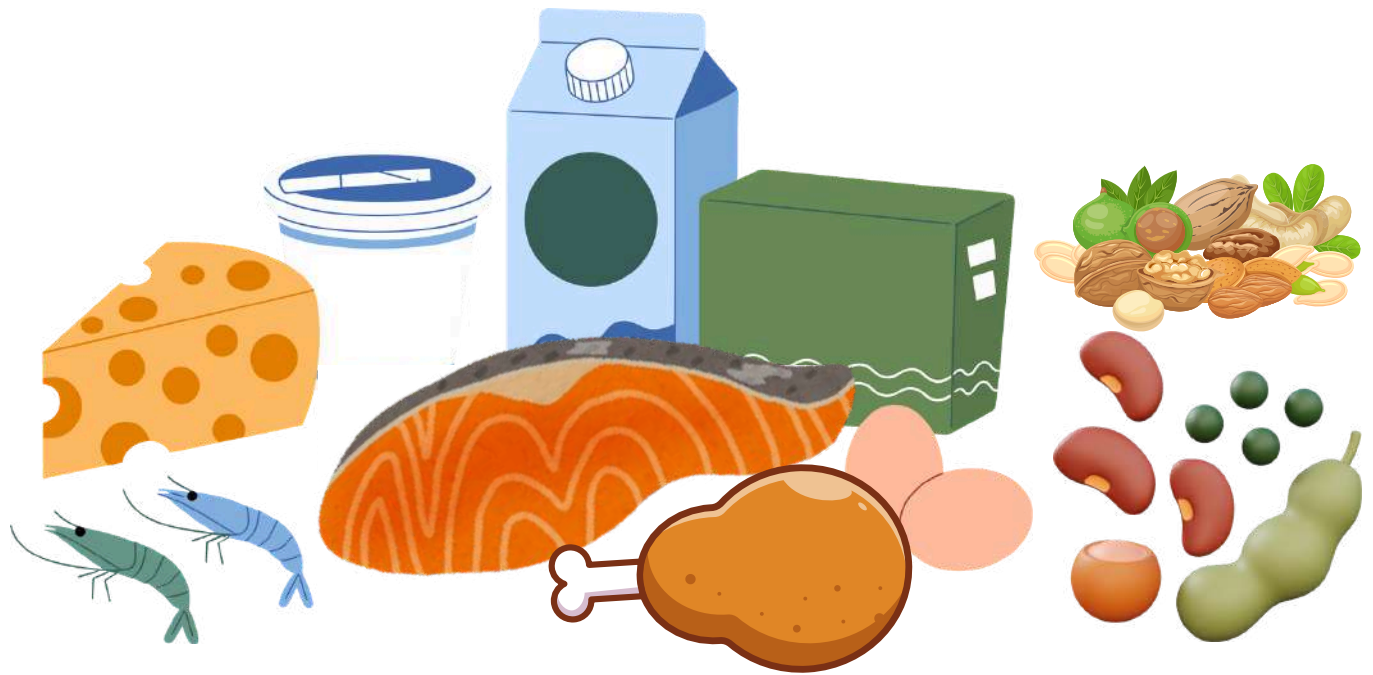
FRUTAS
FRUITS

CARTELES

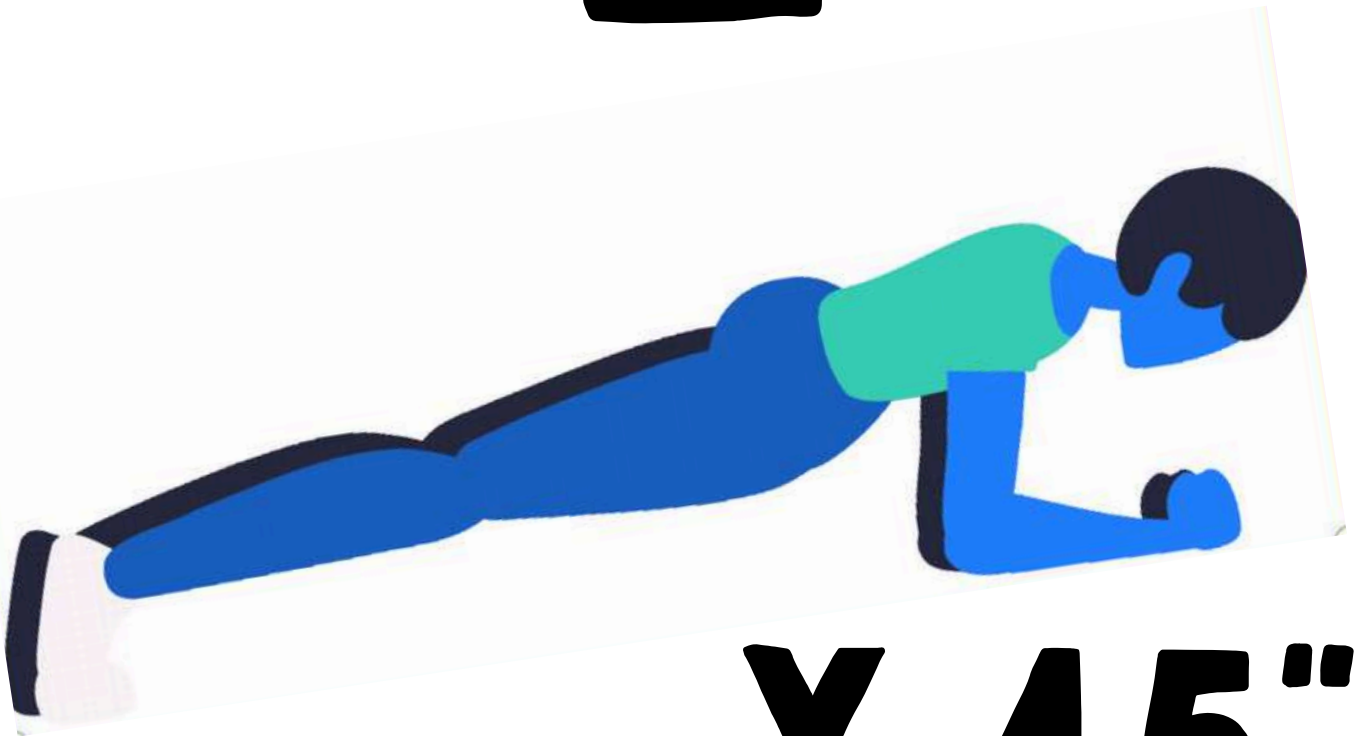
ZONAS

PROTEÍNA SALUDABLE

HEALTHY PROTEIN



=



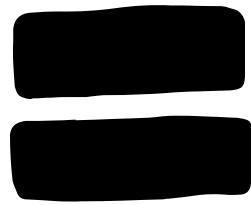
X 45"



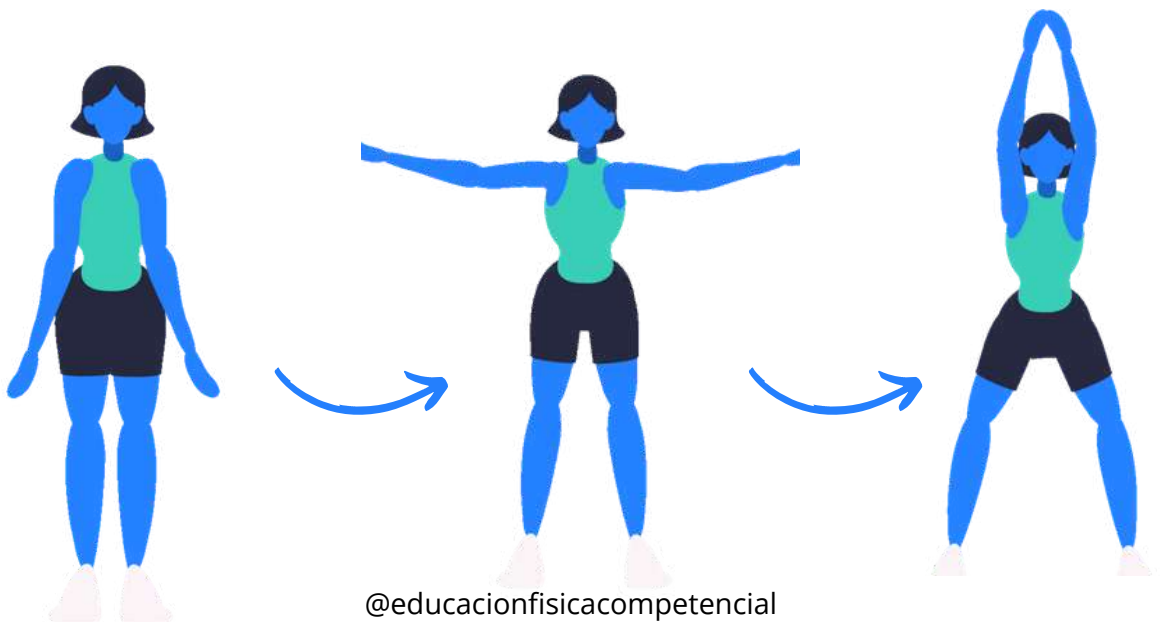
EJERCICIO + PLATO = ¡COMPLETA TU BARAJA!

GRANO INTEGRAL

WHOLE GRAIN



X 40 REPS



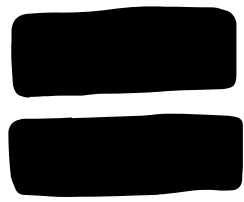
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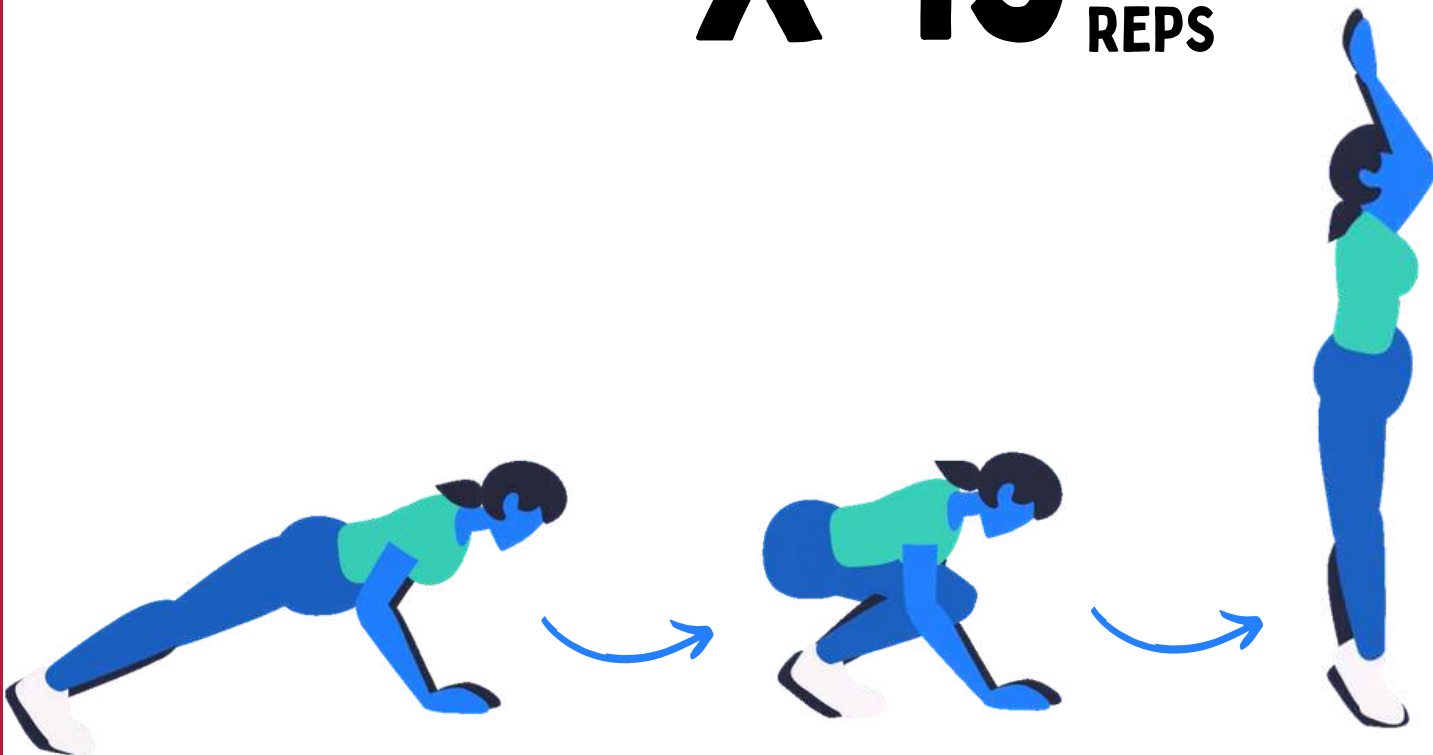
EJERCICIO + PLATO = ¡COMPLETA TU BARAJA!

FRUTAS

FRUITS



X 15 REPS



VERDURAS

VEGETABLES



= X 25_{REPS}

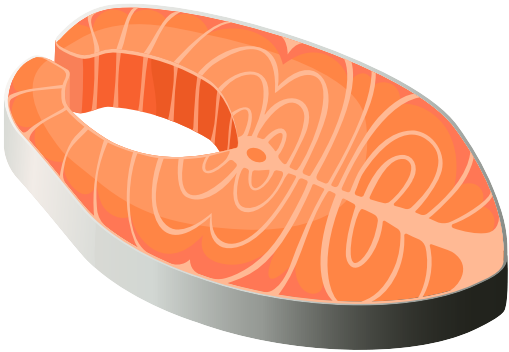


PARA IMPRIMIR



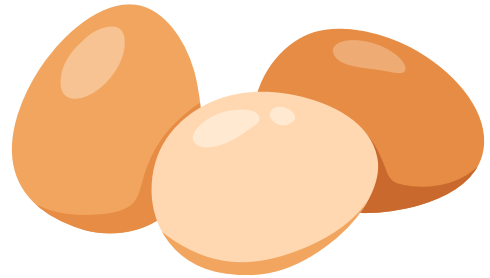
PROTEÍNA SALUDABLE

SALMON



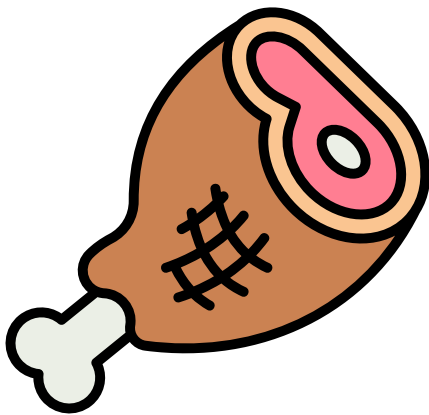
SALMÓN

EGG



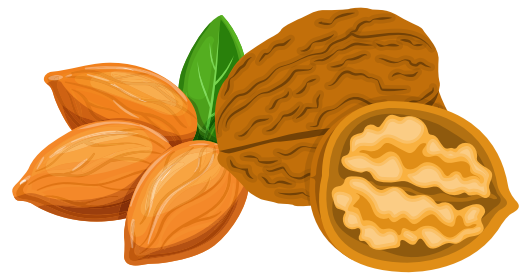
HUEVO

TURKEY



PAVO

NUTS



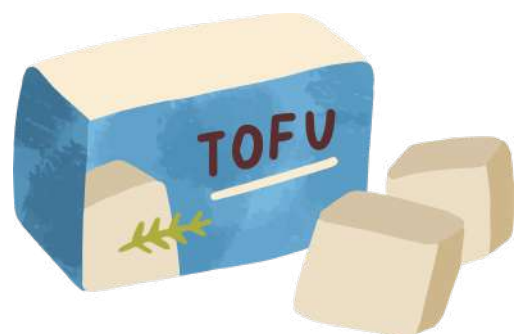
FRUTOS SECOS

SEAFOOD



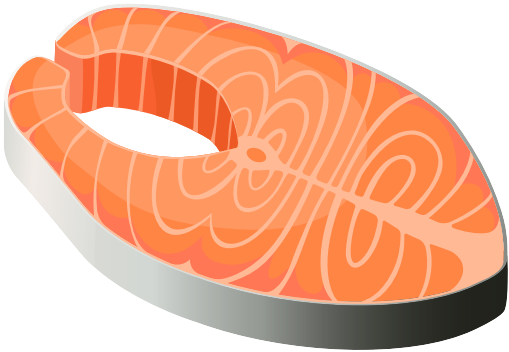
MARISCO

TOFU



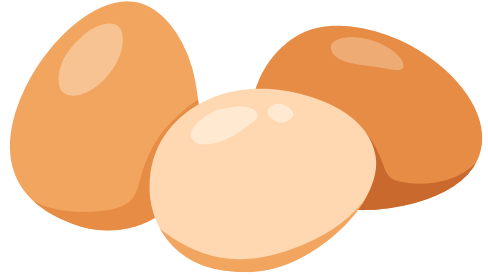
SOJA/TOFU

SALMON



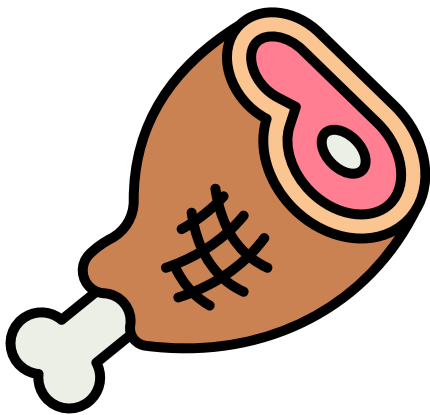
SALMÓN

EGG



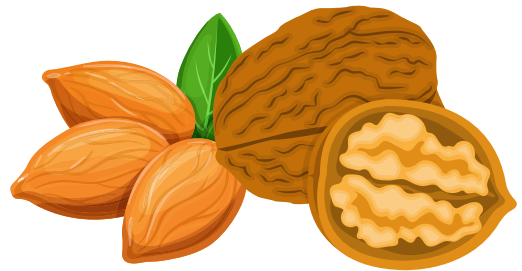
HUEVO

TURKEY



PAVO

NUTS



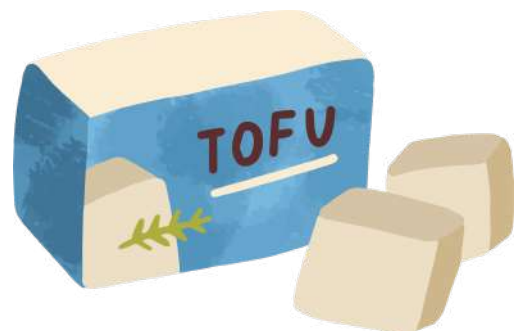
FRUTOS SECOS

SEAFOOD



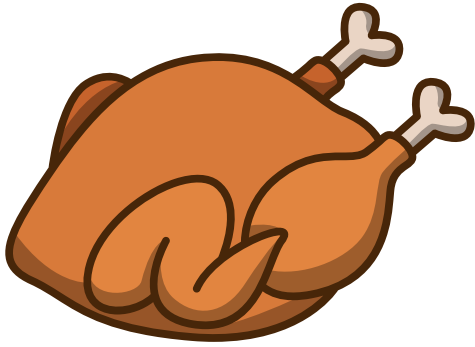
MARISCO

TOFU



SOJA/TOFU

CHICKEN



POLLO

SUSHI



SUSHI

CHEESE / YOGURT



QUESO/YOGUR

LENTILS



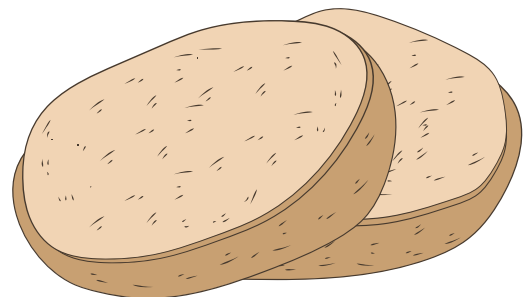
LENTEJAS

HUMMUS



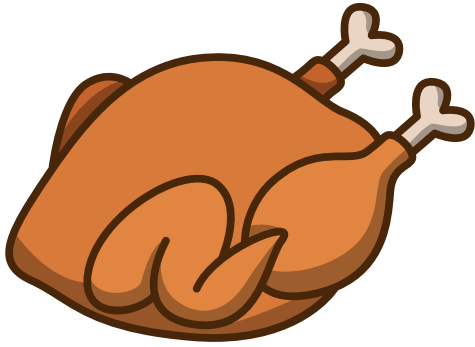
HUMMUS

SEITAN



SEITÁN

CHICKEN



POLLO

SUSHI



SUSHI

CHEESE / YOGURT



QUESO/YOGUR

LENTILS



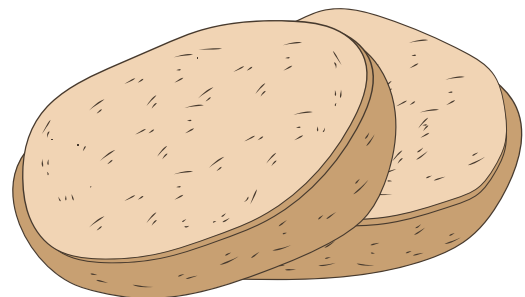
LENTEJAS

HUMMUS



HUMMUS

SEITAN



SEITÁN

PARA IMPRIMIR



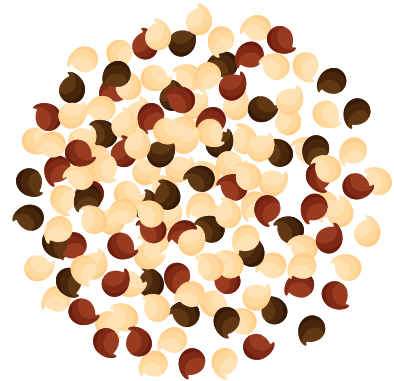
GRANO INTEGRAL

MACARONI



MACARRONES

QUINOA



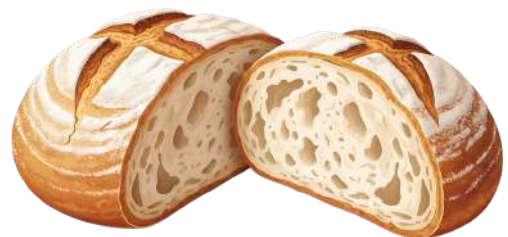
QUINOA

WHOLEGRAIN BREAD



PAN INTEGRAL

SOURDOUGH BREAD



**PAN DE MASA
MADRE**

SLICED BREAD



PAN DE MOLDE

OAT GRAINS



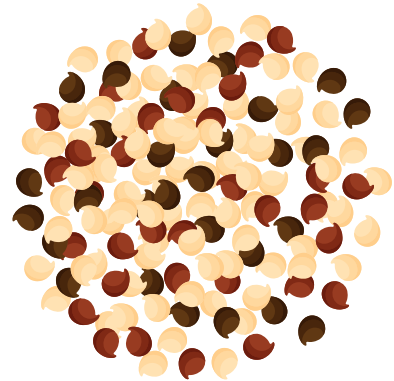
AVENA

MACARONI



MACARRONES

QUINOA



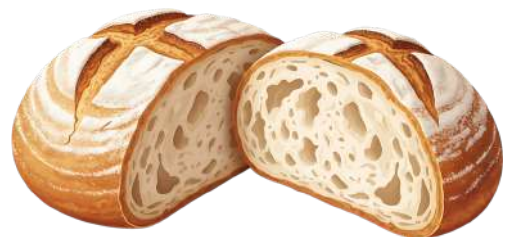
QUINOA

WHOLEGRAIN BREAD



PAN INTEGRAL

SOURDOUGH BREAD



**PAN DE MASA
MADRE**

SLICED BREAD



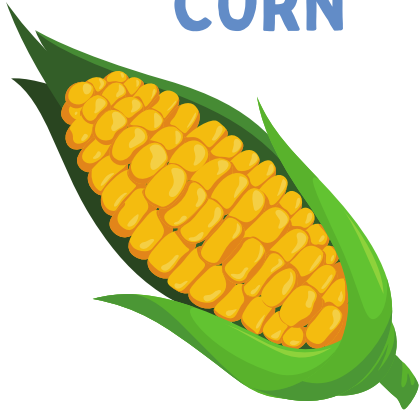
PAN DE MOLDE

OAT GRAINS



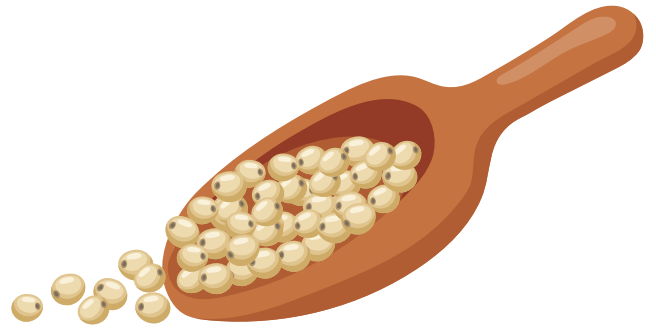
AVENA

CORN



MAIZ

MILLET CEREAL



MIJO

BUCKWHEAT



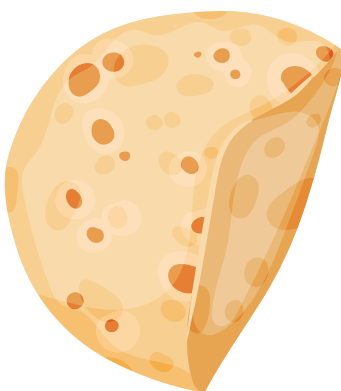
**TRIGO
SARRACENO**

POPCORN



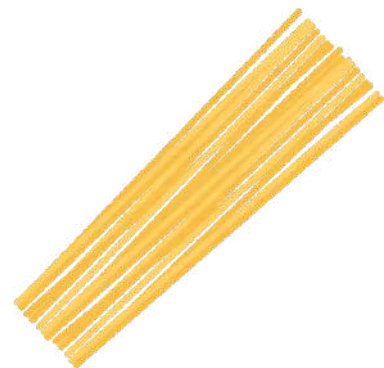
PALOMITAS

WHEAT TORTILLA



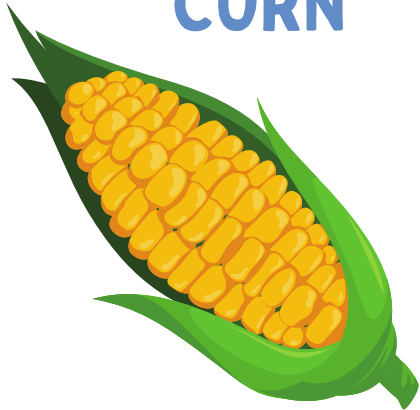
TORTILLA DE TRIGO

SPAGHETTI



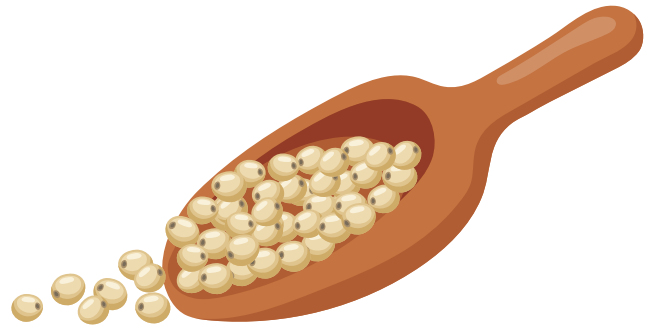
ESPAGUETIS

CORN



MAIZ

MILLET CEREAL



MIJO

BUCKWHEAT



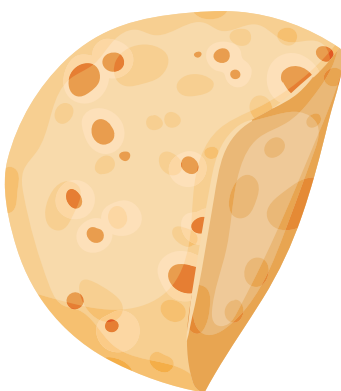
**TRIGO
SARRACENO**

POPCORN



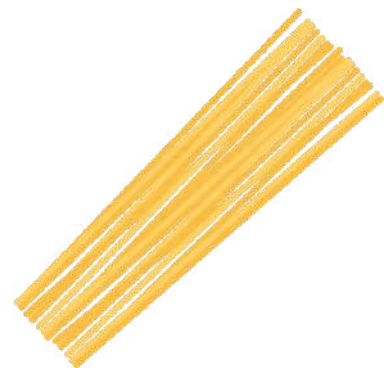
PALOMITAS

WHEAT TORTILLA



TORTILLA DE TRIGO

SPAGHETTI



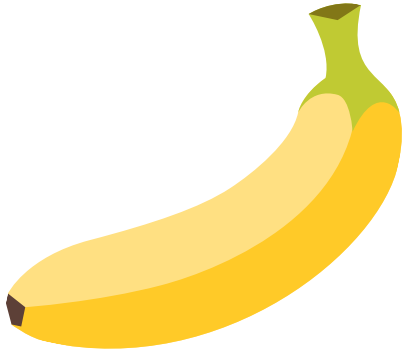
ESPAGUETIS

PARA IMPRIMIR



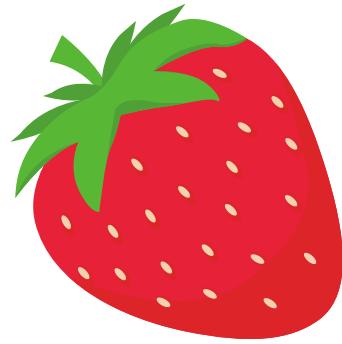
FRUTAS

BANANA



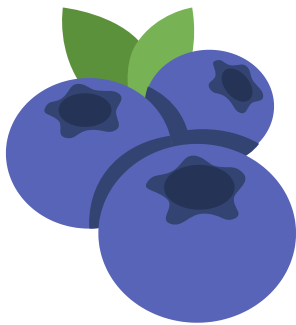
PLÁTANO

STRAWBERRY



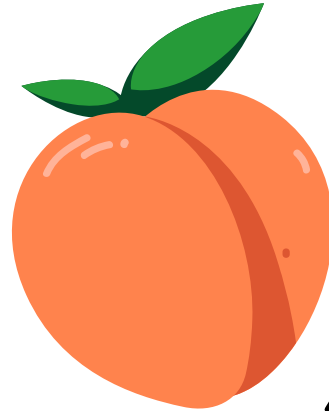
FRESA

BLUEBERRIES



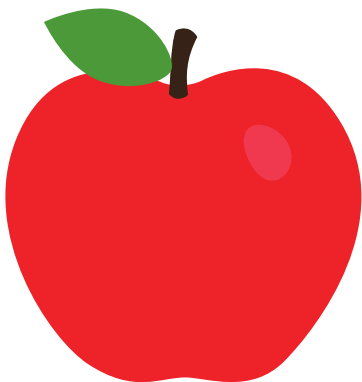
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PEACH



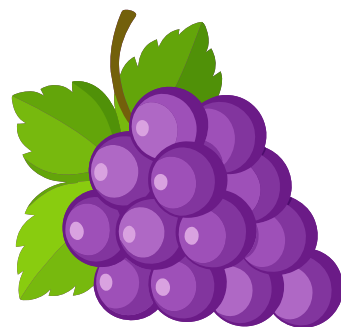
MELOCOTÓN

APPLE



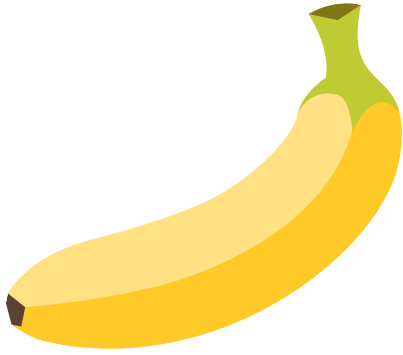
MANZANA

GRAPES



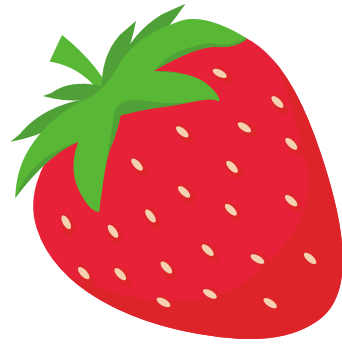
UVA

BANANA



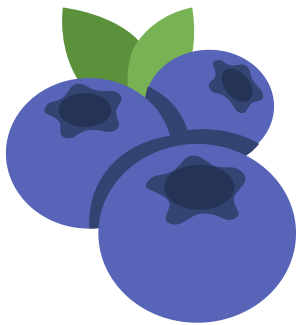
PLÁTANO

STRAWBERRY



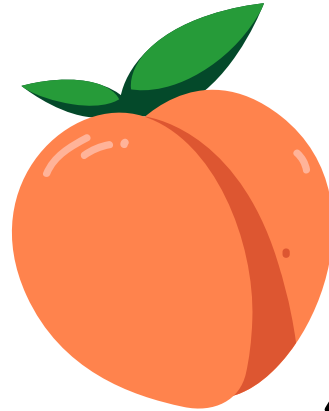
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BLUEBERRIES



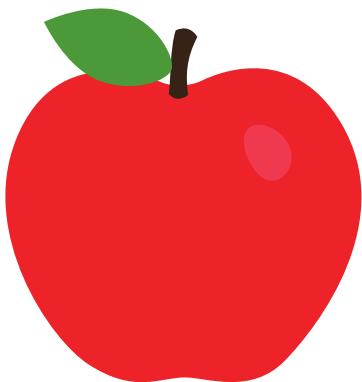
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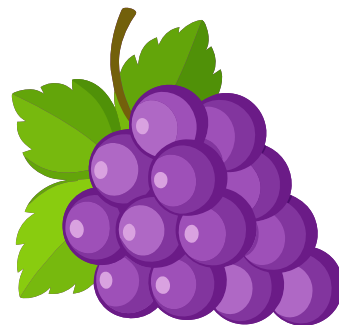
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APPLE



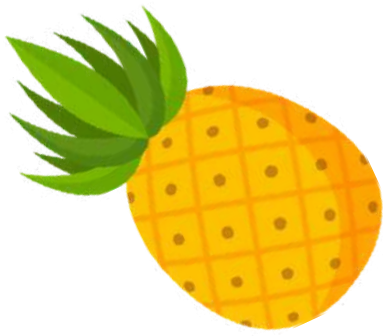
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GRAPES



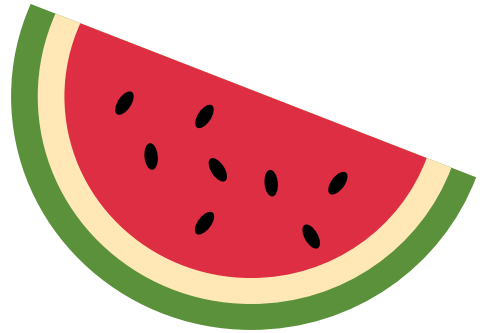
UVA

PINEAPPLE



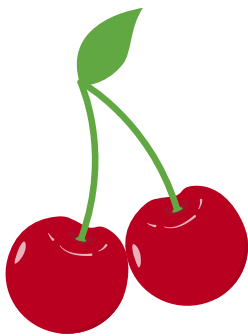
PIÑA

WATERMELON



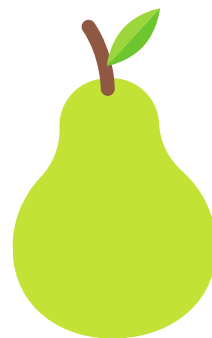
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CHERRIES



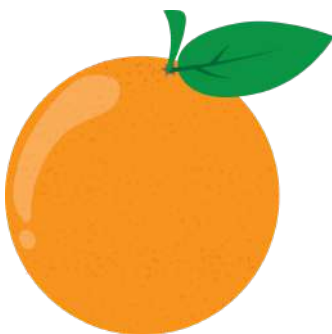
CEREZAS

PEAR



PERA

ORANGE



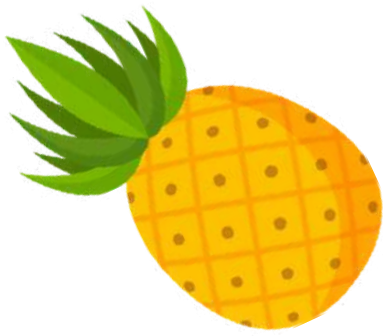
NARANJA

POMEGRANATE



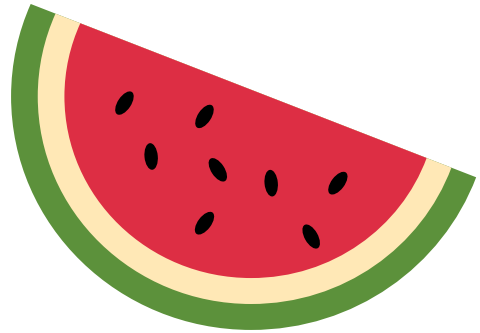
GRANADA

PINEAPPLE



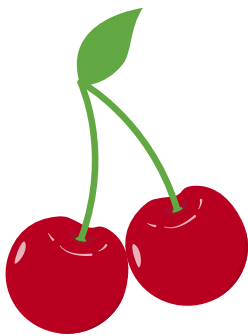
PIÑA

WATERMELON



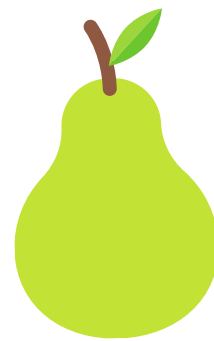
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CHERRIES



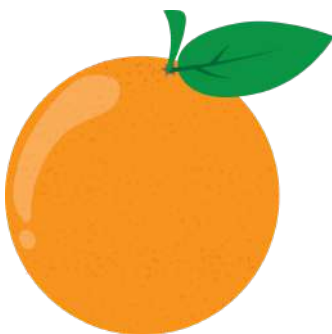
CEREZAS

PEAR



PERA

ORANGE



NARANJA

POMEGRANATE



GRANADA

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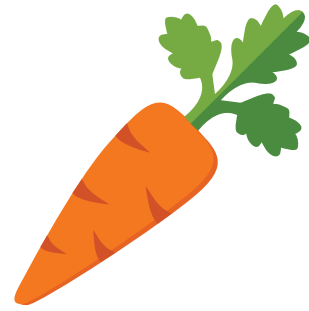
VERDURAS

SPINACH



ESPINACA

CARROT



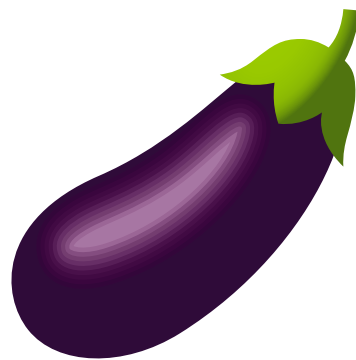
ZANAHORIA

GARLIC



AJO

EGGPLANT



BERENJENA

MUSHROOMS



CHAMPIÑONES

AVOCADO



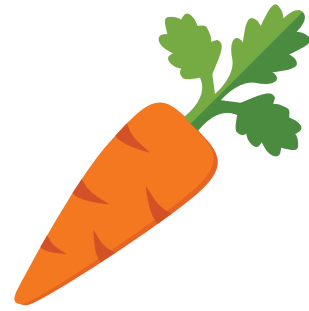
AGUACATE

SPINACH



ESPINACA

CARROT



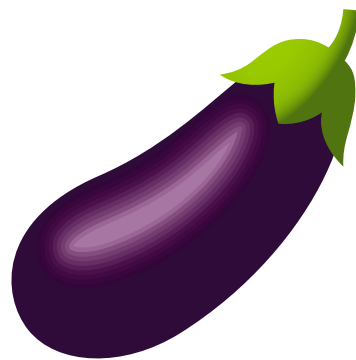
ZANAHORIA

GARLIC



AJO

EGGPLANT



BERENJENA

MUSHROOMS



CHAMPIÑONES

AVOCADO



AGUACATE

CABBAGE



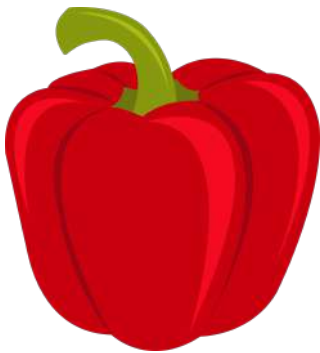
REPOLLO

PEAS



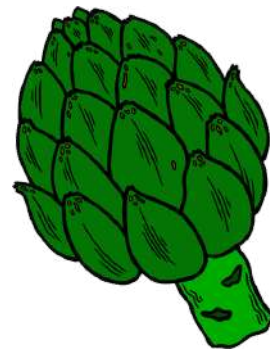
GUISANTES

RED PEPPER



PIMIENTO ROJO

ARTICHOKE



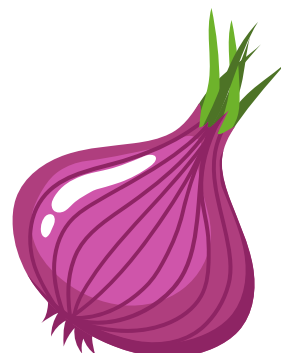
ALCACHOFA

LETTUCE



LECHUGA

ONION



CEBOLLA

CABBAGE



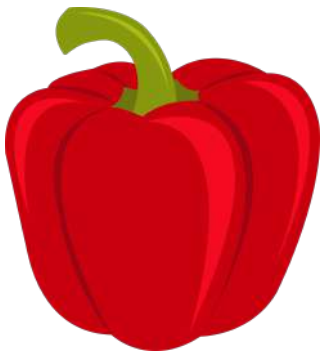
REPOLLO

PEAS



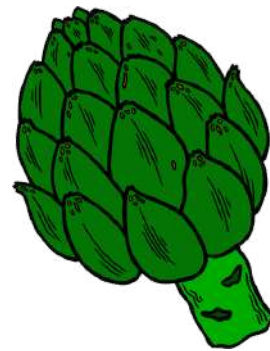
GUISANTES

RED PEPPER



PIMIENTO ROJO

ARTICHOKE



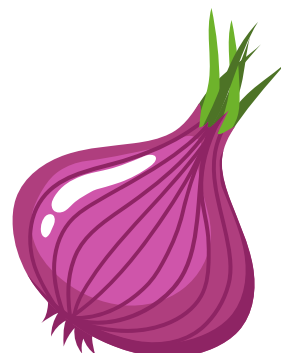
ALCACHOFA

LETTUCE



LECHUGA

ONION



CEBOLLA