**ISTRAŽIVAČKI – PRAKTIČNI RAD**

Tema: Pravilna prehrana

Razred: 1.c

Ime i prezime: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rok za izradu rada: **25.5.2022.**

**OSMISLI SVOJ IDEALAN JELOVNIK ZA VIKEND.**

Za svaki glavni obrok i užinu nacrtaj što bi najviše tada htio/htjela jesti, oboji to i napiši ime jela. Ne zaboravi da trebaš i neku tekućinu dodati uz glavne obroke u danu.

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| **SUBOTA** | | | |
| **DORUČAK** | **RUČAK** | | **VEČERA** |
| **UŽINA PRIJEPODNE** | | **UŽINA POSLIJEPODNE** | |
| **NEDJELJA** | | | |
| **DORUČAK** | **RUČAK** | | **VEČERA** |
| **UŽINA PRIJEPODNE** | | **UŽINA POSLIJEPODNE** | |

**Smisli i napiši 5 načina na koje možemo potrošiti višak hrane koji smo unijeli u organizam:**

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**Imenuj svoja 3 omiljena voća. Imenuj svoja 3 omiljena povrća. Imenuj svoja 3 omiljena slatkiša.**

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**Kako ti možeš voditi brigu o svom zdravlju?**

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Pripremi si različite kataloge. **Iz kataloga izreži po 5 sličica za ono što se traži.**

**POVRĆE**

**VOĆE**

**ŽITARICE**

**VRSTA MESA**