

SKŁADNIKI POKARMOWE

Rozpoznaj i przyporządkuj produkty do grup:
woda, tłuszcze, cukry (węglowodany), witaminy, sole mineralne, białka.



pieczywo



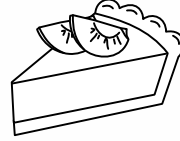
ryż



makarony



ziemniaki



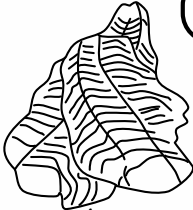
ciasta



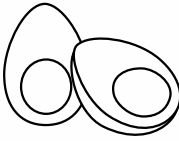
miód



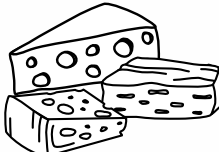
mięso



ryby



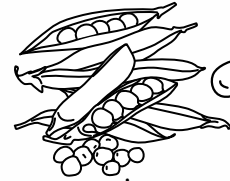
jaja



sery



mleko



groch



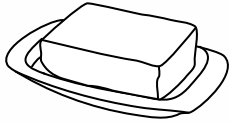
fasola



oliwa



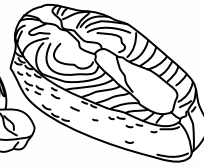
olej



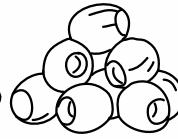
masło



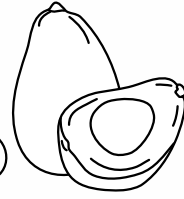
orzechy



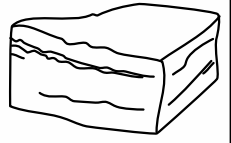
ryby



oliwki



awokado



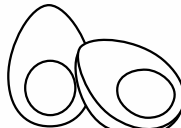
śtonina



warzywa



owoce



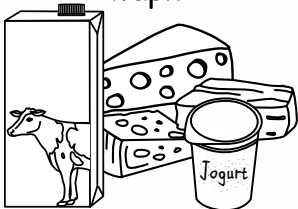
jaja



mleko



mięso



wapń



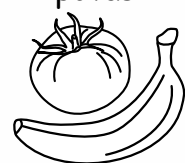
żelazo



magnez

orzechy
migdały

pestki
dyni



potas

sód

sól



woda



herbata



owoce (np. arbuz, pomarańcze)



warzywa (np. ogórki)