

**Taste of life (classe V B - S.Primaria "Luca Seri" Mogliano)**

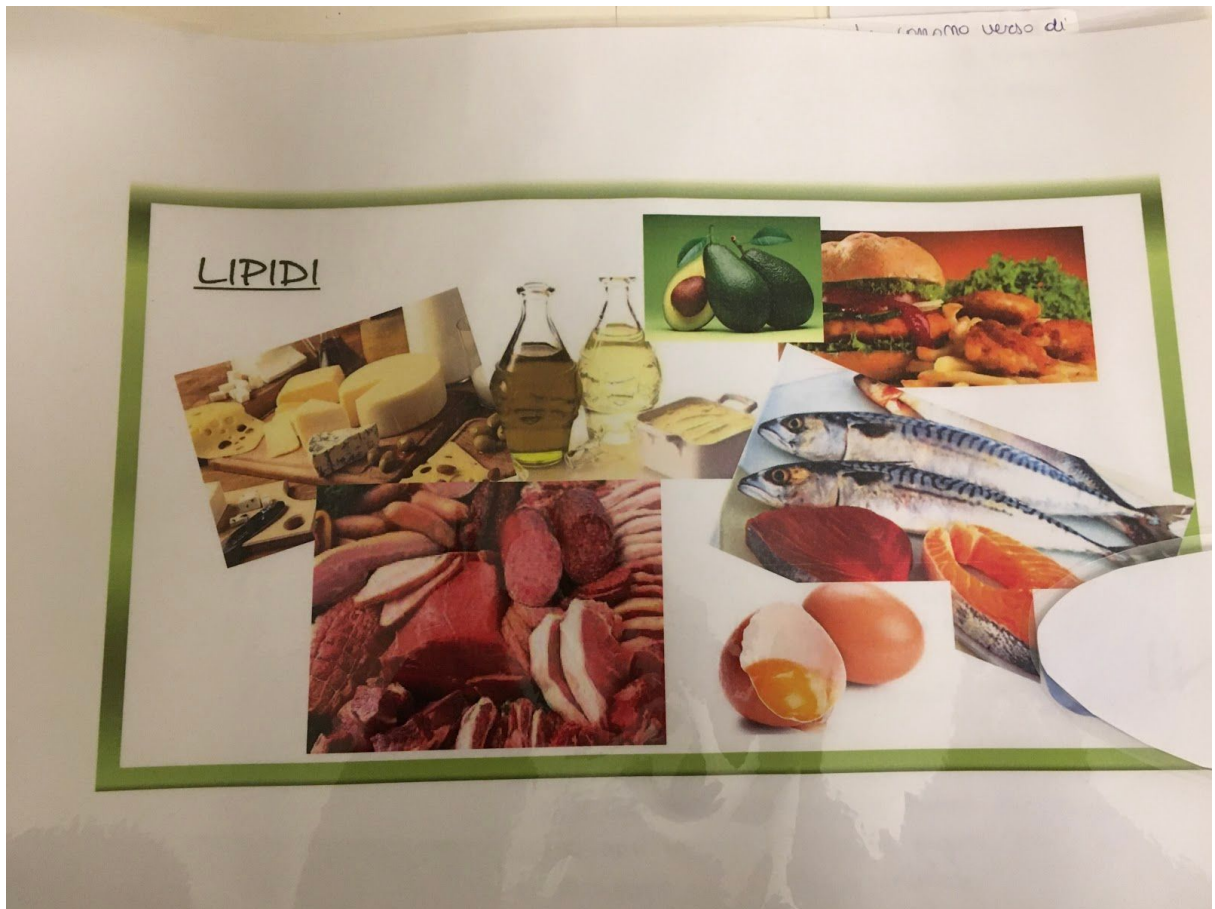




FOOD FOR FUN - ERASMUS +  
Let's go shopping at the museum!  
It sounds funny, does it?

But if you want to have a healthy diet, you have to choose the right products at the supermarket. the MUSEO DEL BALI in Saltara (nearby the city of Pesaro in the north area of the Marche) helps you to make the right choice by playing a team game with your shopping trolleys and the right information.  
Let's have a look!







The class V B of the Scuola Primaria Luca Seri in Mogliano has carried on the activity even in the classroom. Now pupils know what they most need, in which food they can find the nutrients and how often they should eat each category of food per day, if they want to be healthy.

30 - 10 - 2019

# you are what you eat

Proteins • Vitamin C • helps our skin • Help build strong muscles •  
 Heals cuts and infections • Builds strong teeth and bones • Helps us  
 see in the dark • Calcium • Carbohydrates • Vitamin A • Give us energy  
 • Contain fibre: help us digest our food

GROUP	Pasta, bread and grains	Fruit	Veggies	Milk	Meats, beans and nuts
NUTRIENTS:	carbohydrates Contain fibre: help us digest our food	vitamin c	Vitamin A	calcium	proteins
GOOD BECAUSE:	Give us energy	Heals cuts and infections	Helps us see in the dark Helps our skin	Builds strong teeth and bones	Help build strong muscles

