

# LA PIRAMIDE ALIMENTARE

e le buone abitudini

Giochiamo  
a mangiare  
bene!



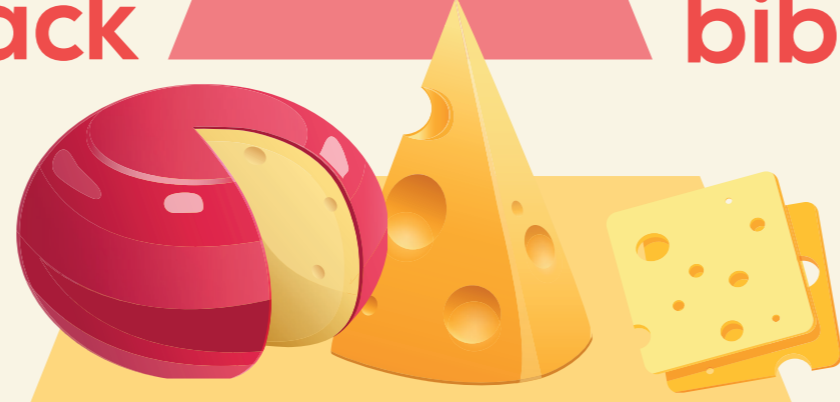
**camst:**  
ristorazione Scolastica

dolci, snack



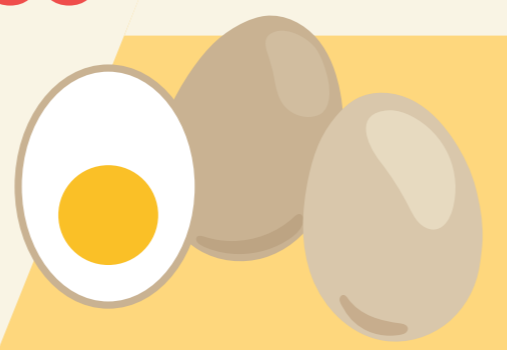
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formaggi



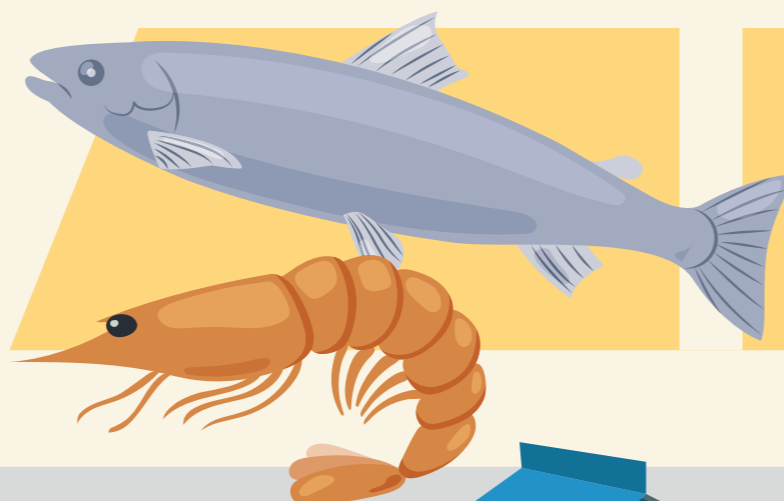
condimenti

uova



carne

pesce



legumi

latte

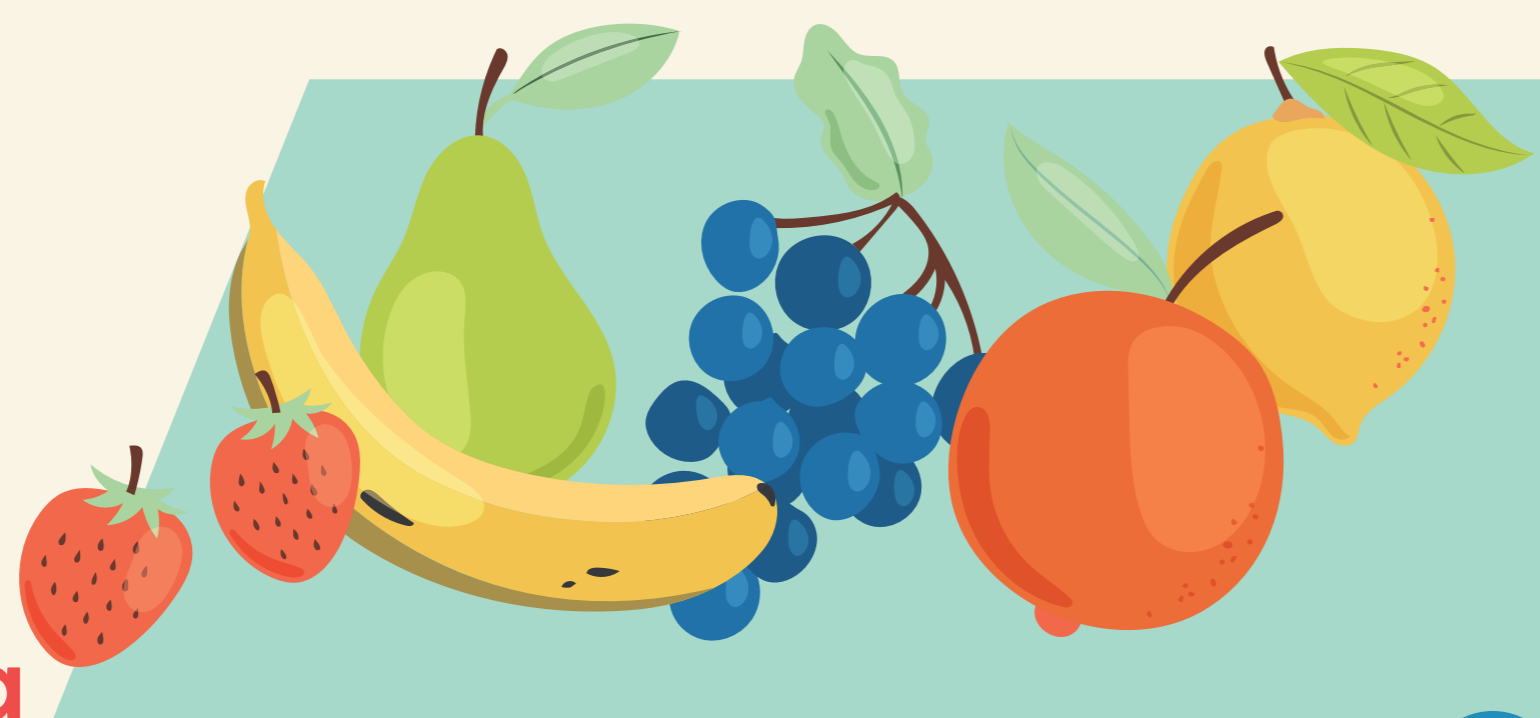


yogurt

cereali



frutta



verdura



acqua



attività fisica



adeguato riposo

