

FICHA DO AÇUCAR



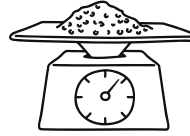
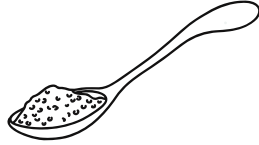
Nome: _____

Turma: _____

Data: ____/____/____

DESCOBRE A QUANTIDADE DE AÇÚCAR PRESENTE NOS ALIMENTOS QUE CONSOMES.

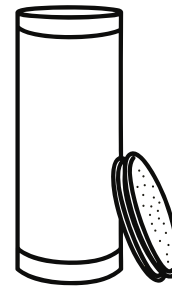
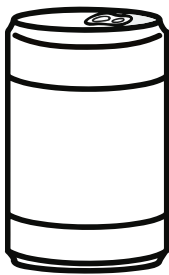
PROCURA NOS RÓTULOS O AÇÚCAR



1 COLHER DE CHÁ

=

5g DE AÇUCAR

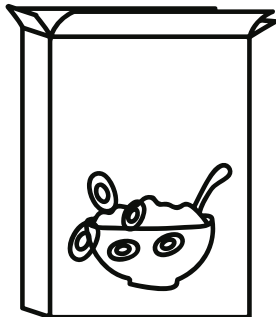


Refrigerante escolhido: _____.

_____ gramas = _____ colheres de açúcar.

Bolachas escolhidas _____.

_____ gramas = _____ colheres de açúcar.

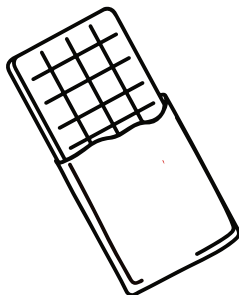


Cereais escolhidos: _____.

_____ gramas = _____ colheres de açúcar.

Panquecas escolhidas: _____.

_____ gramas = _____ colheres de açúcar.



Chocolate escolhido: _____.

_____ gramas = _____ colheres de açúcar.

logurte escolhido: _____.

_____ gramas = _____ colheres de açúcar.