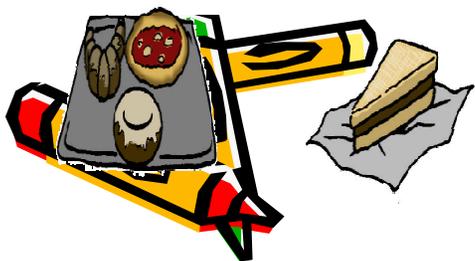
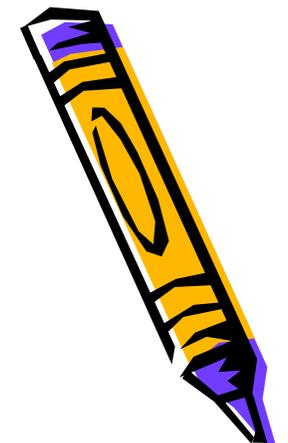


**IMPARIAMO A MANGIARE!!!**



# I PASTI DELLA GIORNATA:



## 1 COLAZIONE



## 2 SPUNTINO

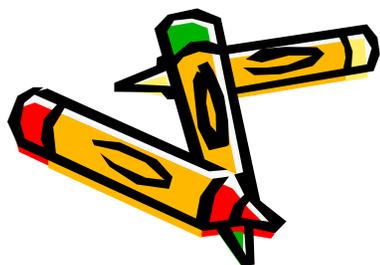
## 3 PRANZO



## 4 MERENDA



## 5 CENA



# COLAZIONE



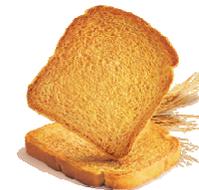
E' il pasto più  
Importante!



Latte o  
yogurt



Cereali o biscotti o fette  
biscottate



Frutta





# Spuntino o merenda

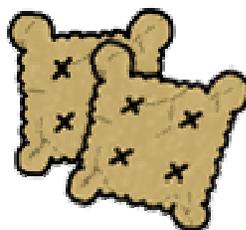
**SCEGLI**

**Leggero!**

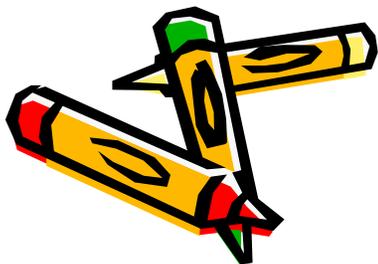
**Frutta**



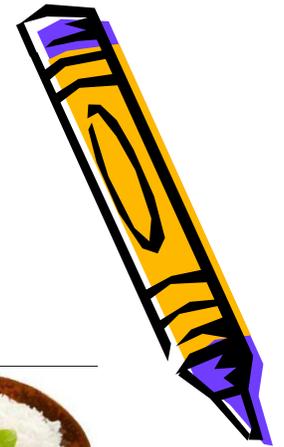
**2-3 biscotti  
secchi**



**2 crackers**

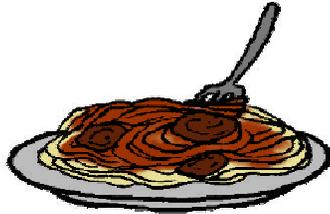


# Pranzo o cena



Scegli:

1 PASTA O PANE O PATATE O RISO



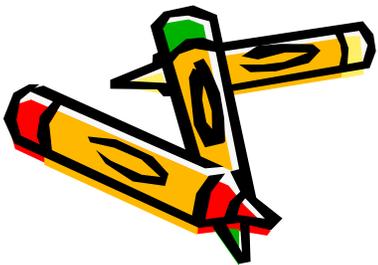
2 SECONDO PIATTO



3 VERDURE (MEGLIO CRUDE)



4 FRUTTA

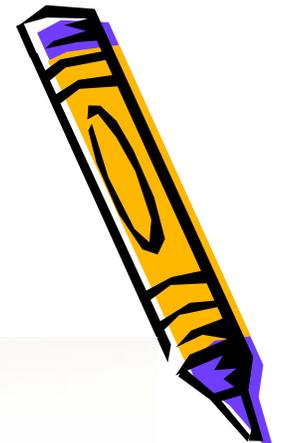
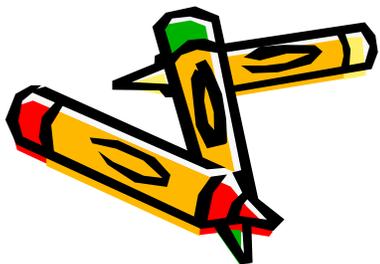


# LA PORZIONE !!



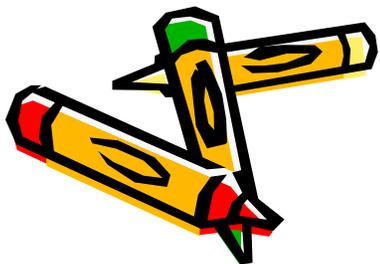
1

*E' COME.....*

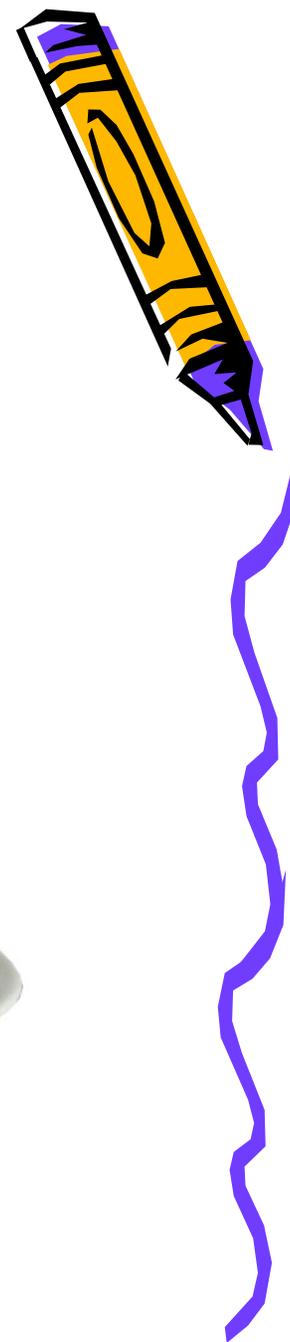


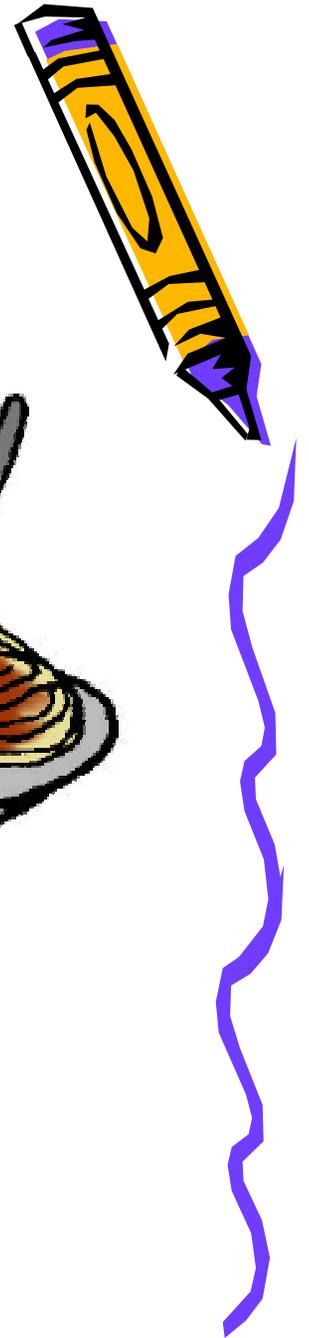
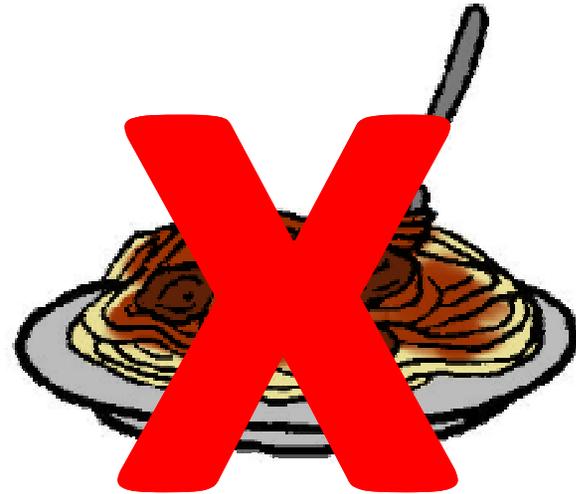
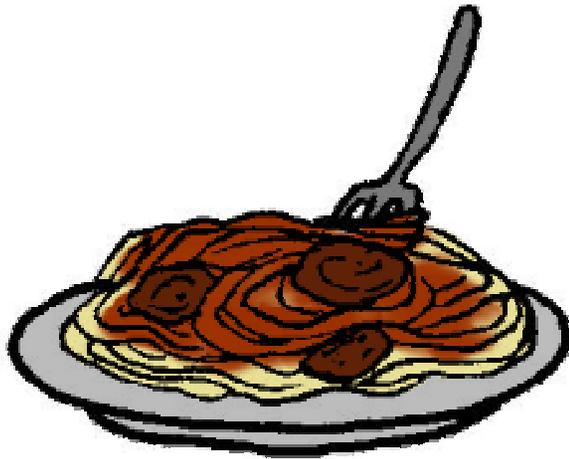


Un fondo di piatto

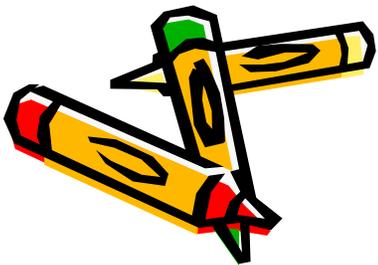


Una tazza





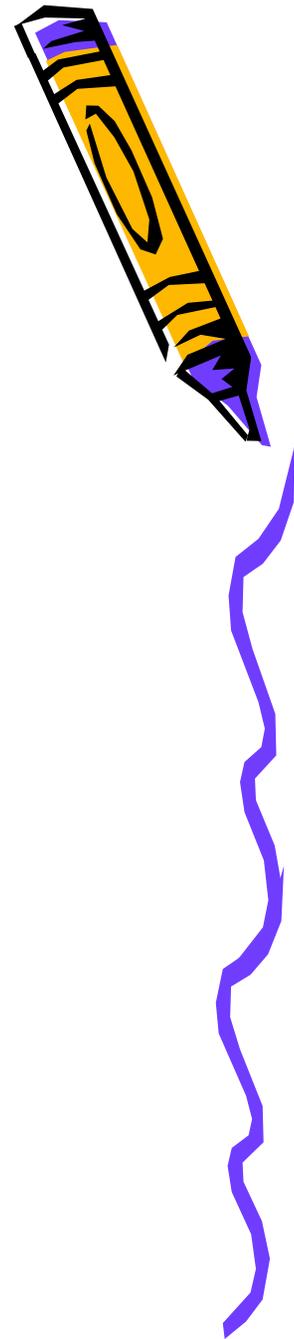
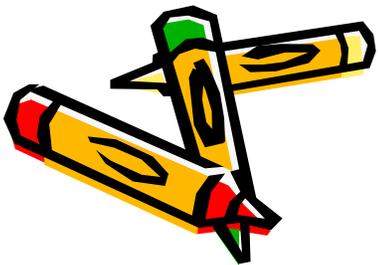
**Non chiedere il  
bis!!!**



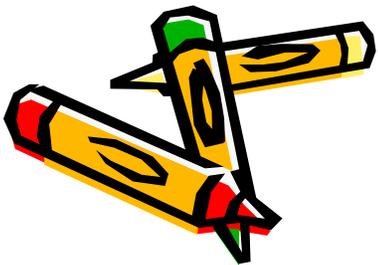
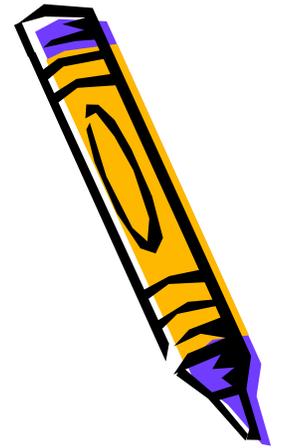
IMPORTANTE:

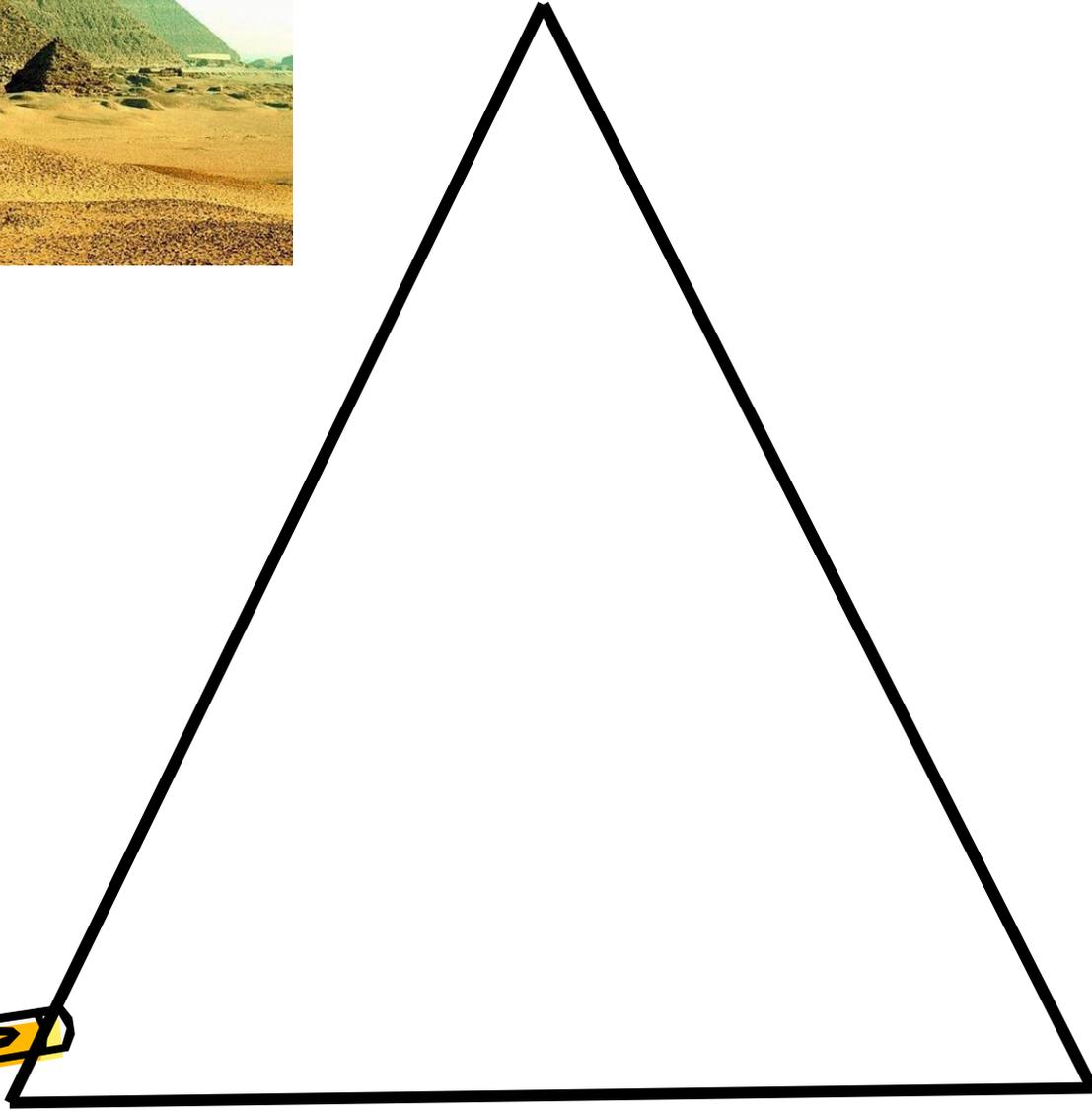
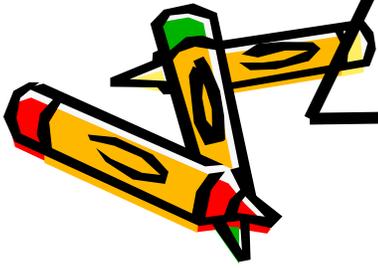
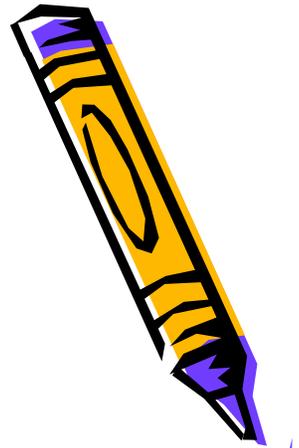


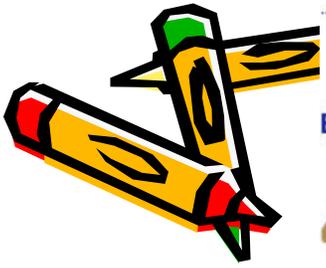
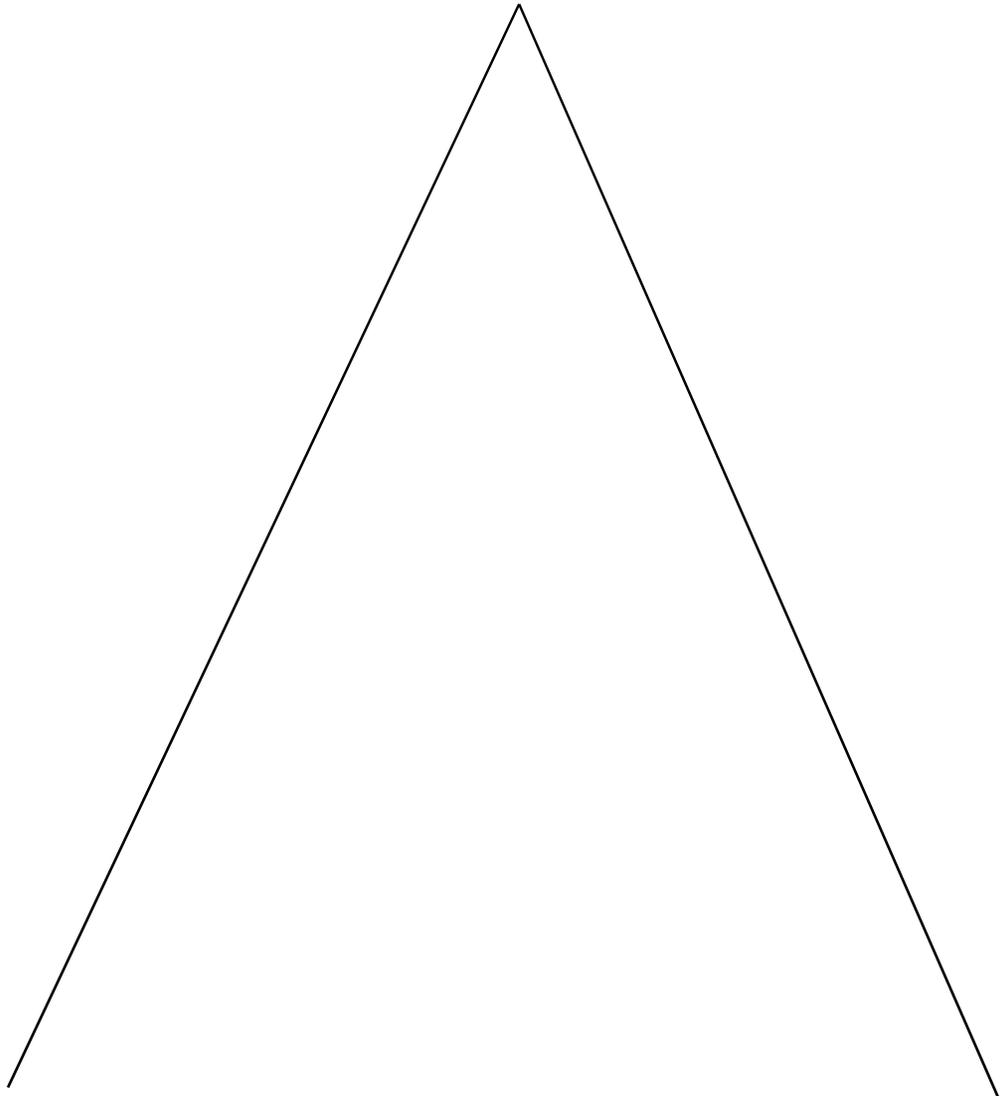
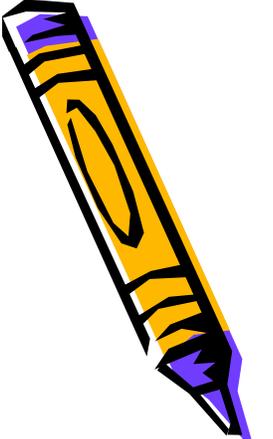
**NON GUARDARE LA TV  
MENTRE SI MANGIA!!!**



# La Piramide alimentare

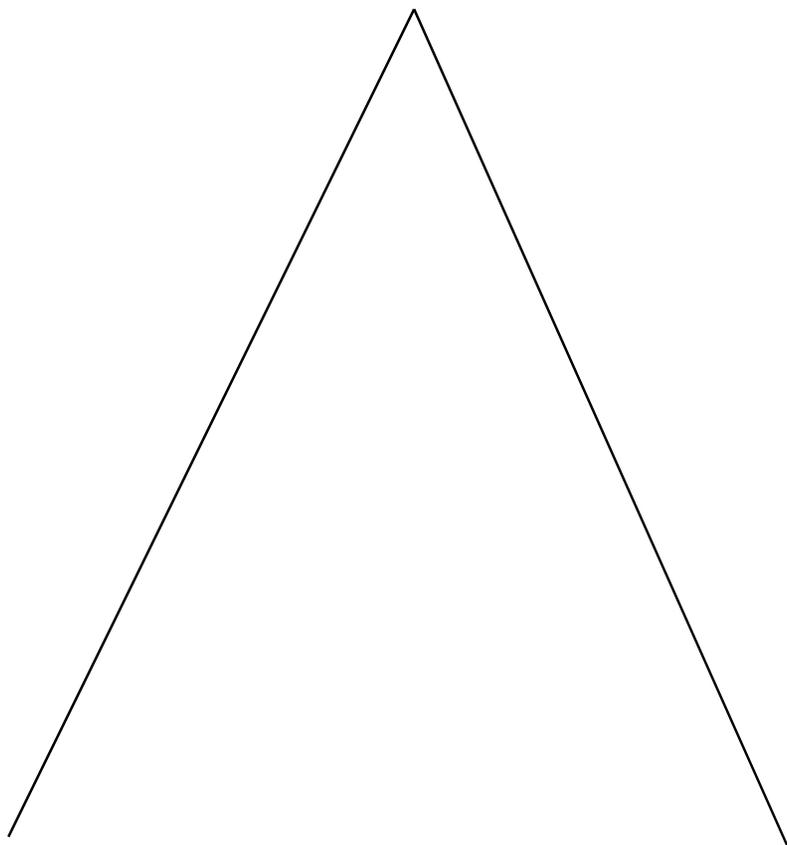
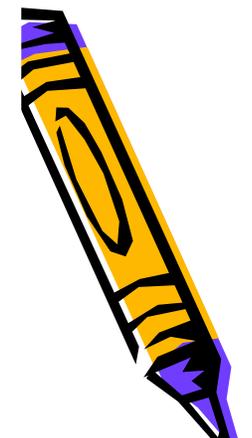






Bevande (acqua, tè senza zucchero)

Ad ogni occasione, distribuite durante il giorno

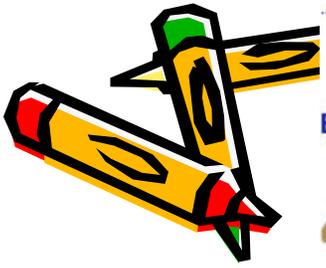


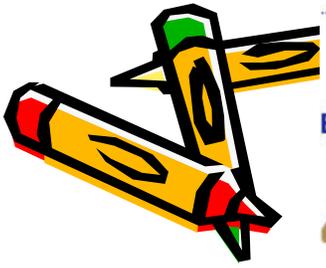
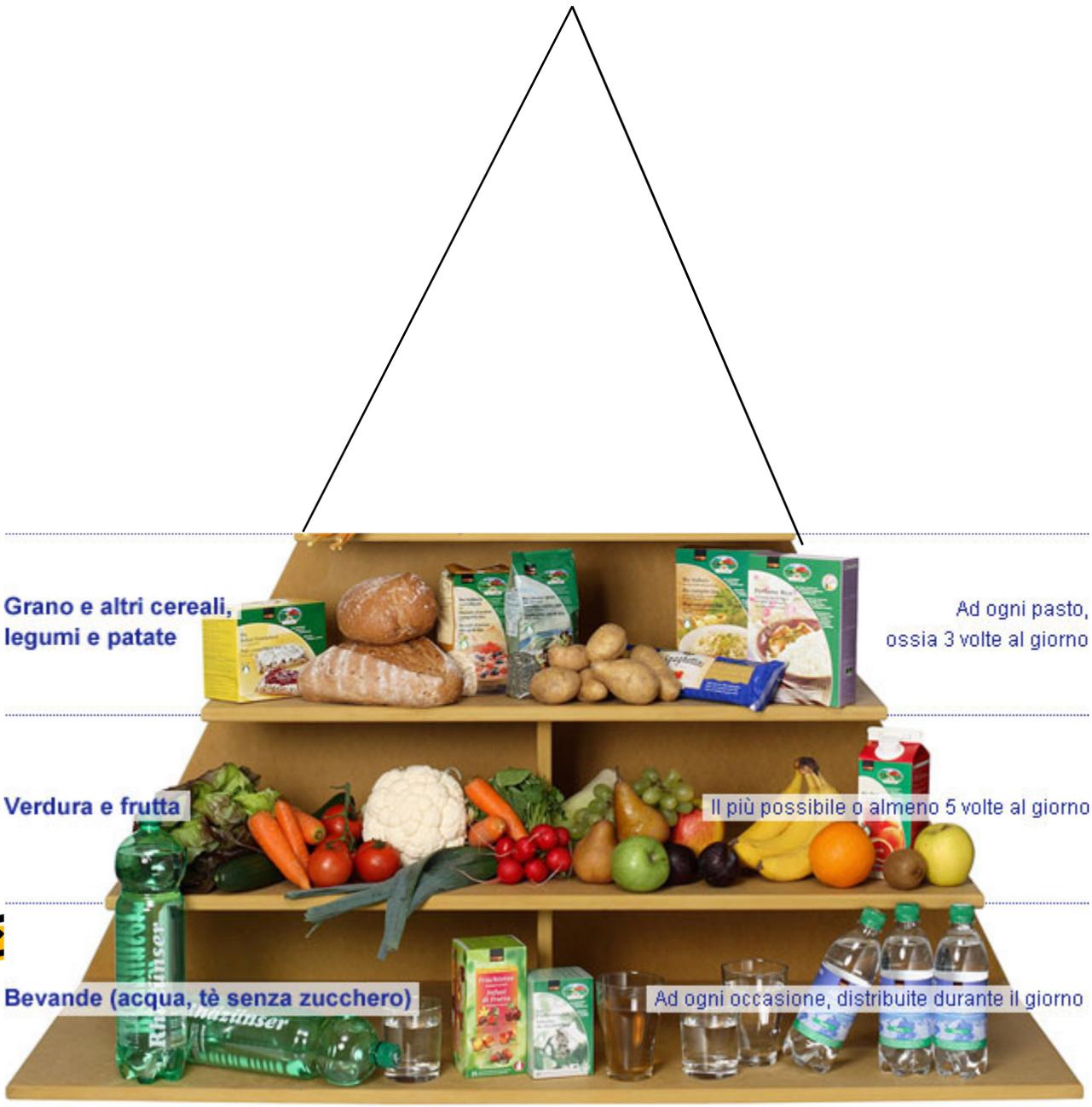
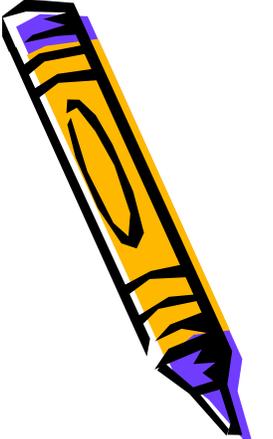
**Verdura e frutta**

**Il più possibile o almeno 5 volte al giorno**

**Bevande (acqua, tè senza zucchero)**

**Ad ogni occasione, distribuite durante il giorno**





Dolci, sal

Oli, grass

Latticini, carne,  
pesce e uova

Alternati, durante la settimana

Grano e altri cereali,  
legumi e patate

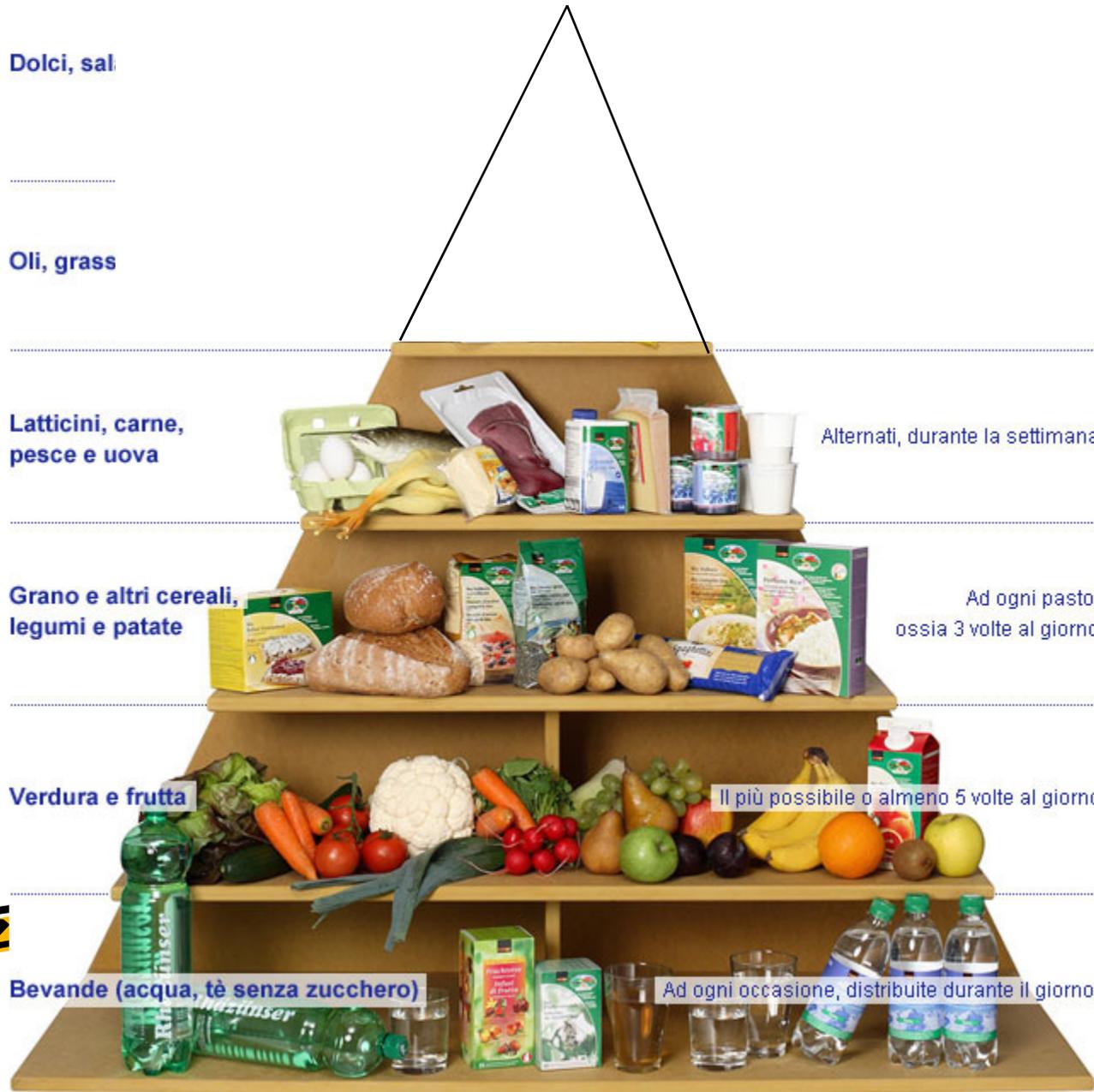
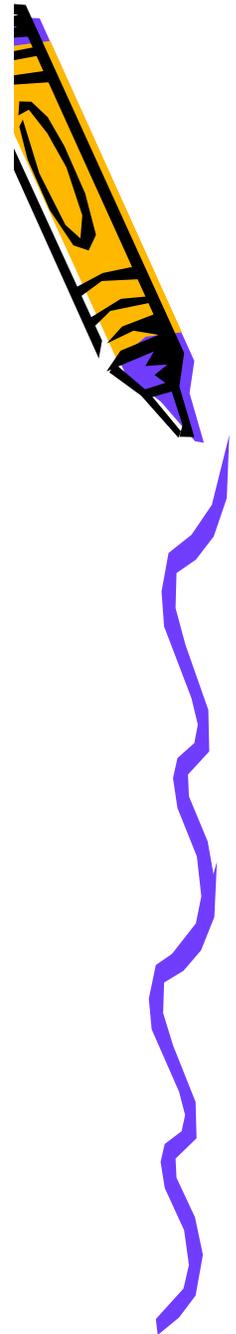
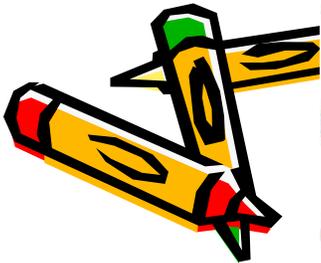
Ad ogni pasto,  
ossia 3 volte al giorno

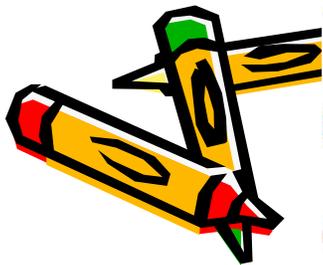
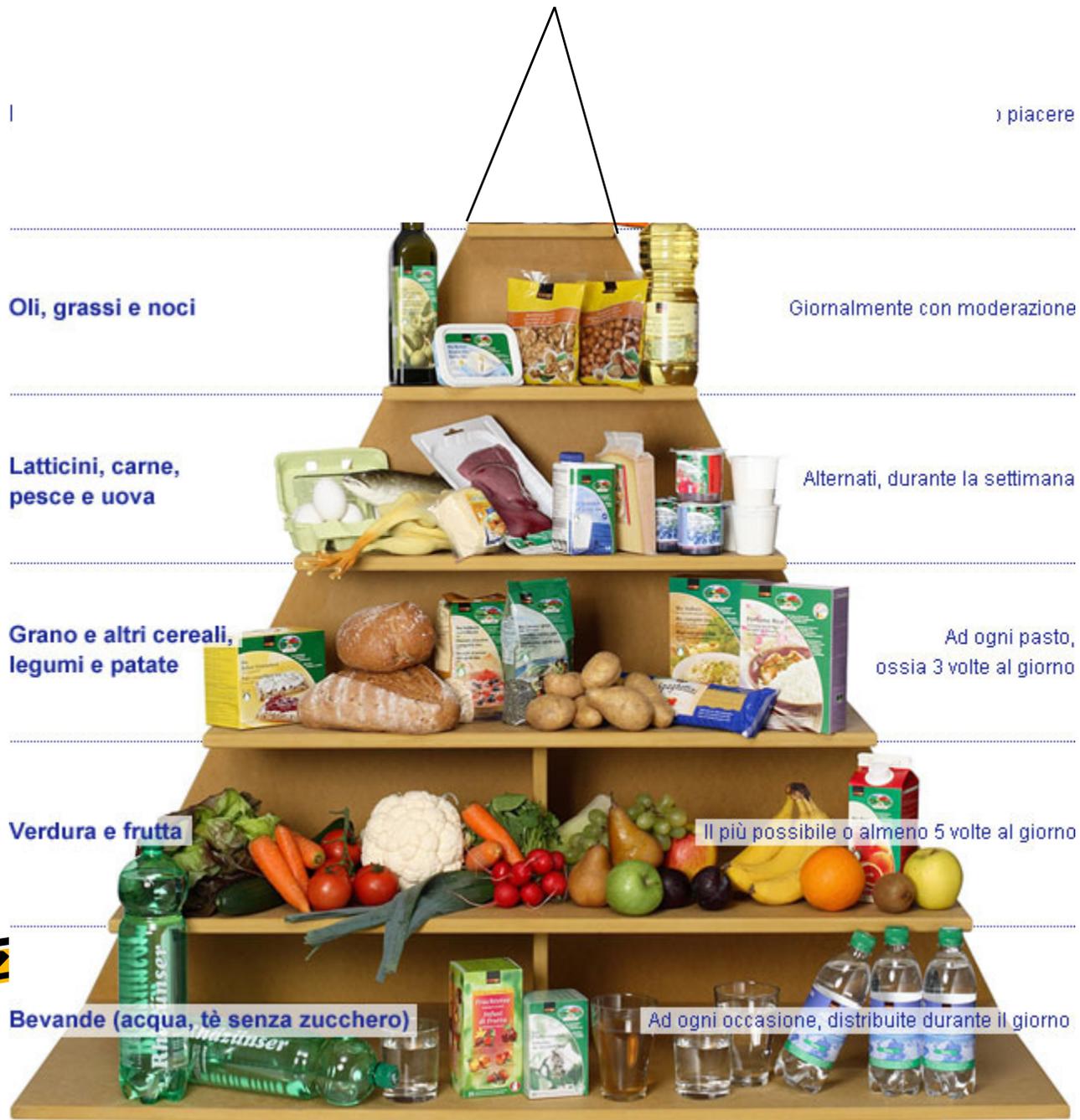
Verdura e frutta

Il più possibile o almeno 5 volte al giorno

Bevande (acqua, tè senza zucchero)

Ad ogni occasione, distribuite durante il giorno





**Dolci, salatini e bibite**

Poco e di rado, per il solo piacere

**Oli, grassi e noci**

Giornalmente con moderazione

**Latticini, carne,  
pesce e uova**

Alternati, durante la settimana

**Grano e altri cereali,  
legumi e patate**

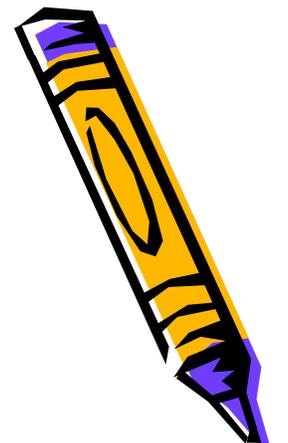
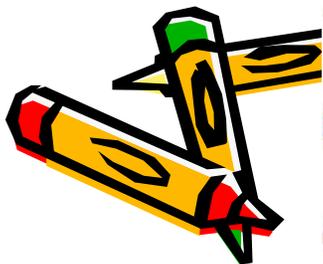
Ad ogni pasto,  
ossia 3 volte al giorno

**Verdura e frutta**

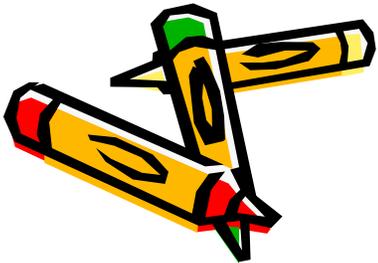
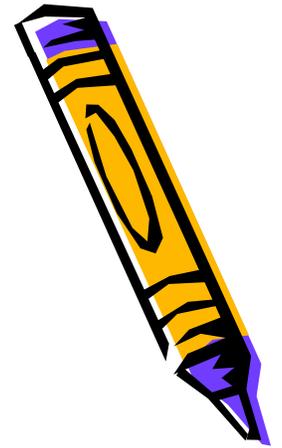
Il più possibile o almeno 5 volte al giorno

**Bevande (acqua, tè senza zucchero)**

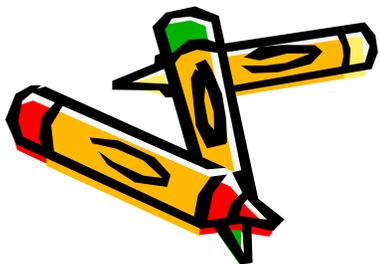
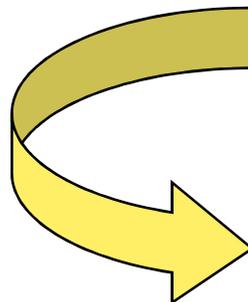
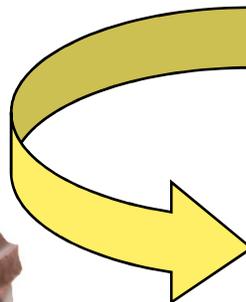
Ad ogni occasione, distribuite durante il giorno

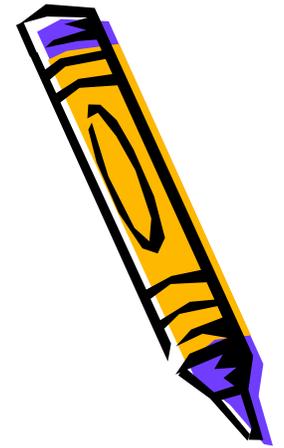


# PERCHE' ??????



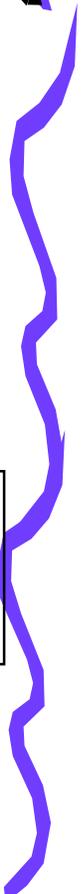
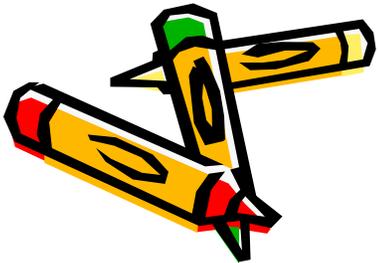
# QUANDO?





**GRAZIE PER  
L'ATTENZIONE!!!**

**CI SONO DOMANDE?**



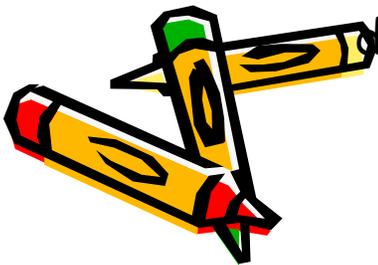
## CONCLUSIONI:

Abbiamo cercato di incidere sulle abitudini alimentari dei bambini mediante un intervento da parte del pediatra di famiglia nelle scuole con il coinvolgimento della famiglia.

Pensiamo che la "sinergia" pediatra, famiglia, scuola sia vincente per modificare comportamenti errati.

Il nostro "studio pilota" è stato solo un seme perché c'è ancora tanto lavoro da svolgere per arrivare a risultati duraturi.

I futuri interventi dovranno essere mirati ad incrementare l'attività fisica quotidiana ed a ridurre i condizionamenti derivanti dai messaggi pubblicitari.





Grazie per l'attenzione