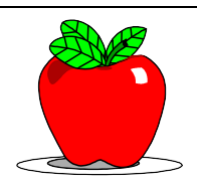
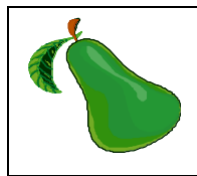
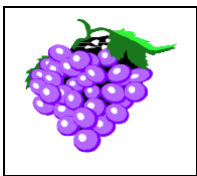
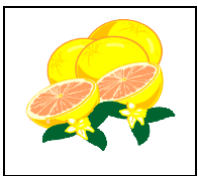
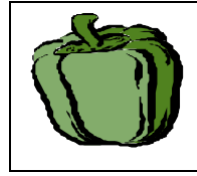
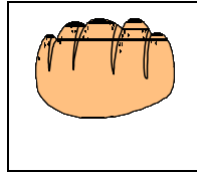
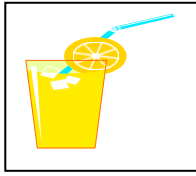
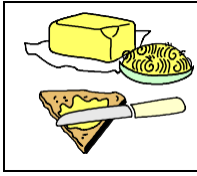
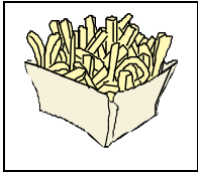
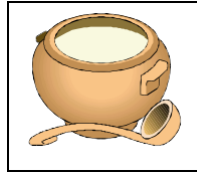
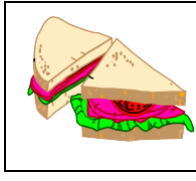
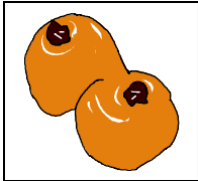
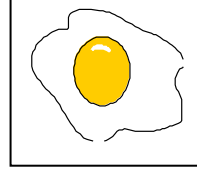
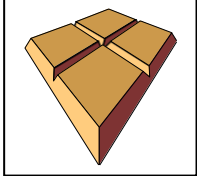
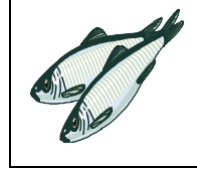
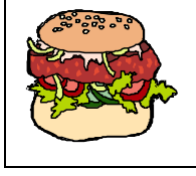
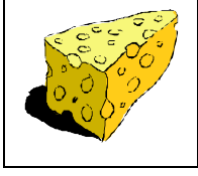


## DENGELİ ve DÜZENLİ BESLENELİM

Aşağıda yer alan besinlerden, sağlıklı ve dengeli birer kahvaltılık, öğle yemeği ve akşam yemeği menüsü oluşturun



Sabah Kahvaltısı

Öğle Yemeği

Akşam Yemeği

Aşağıdaki cümleyi tamamlayın.

Dengeli ve düzenli beslenirsem ;.....  
.....

CEVAP ANAHTARI

Sabah Kahvaltısı

Yumurta  
Peynir  
Tereyađı  
Ekmek

Öđle Yemeđi

Tavuk  
Salata

Akşam Yemeđi

Çorba  
Salata  
Balık

\*Sađlıklı olurum,hastalıklardan korunurum.....