

MANGIANDO... IN RIMA!

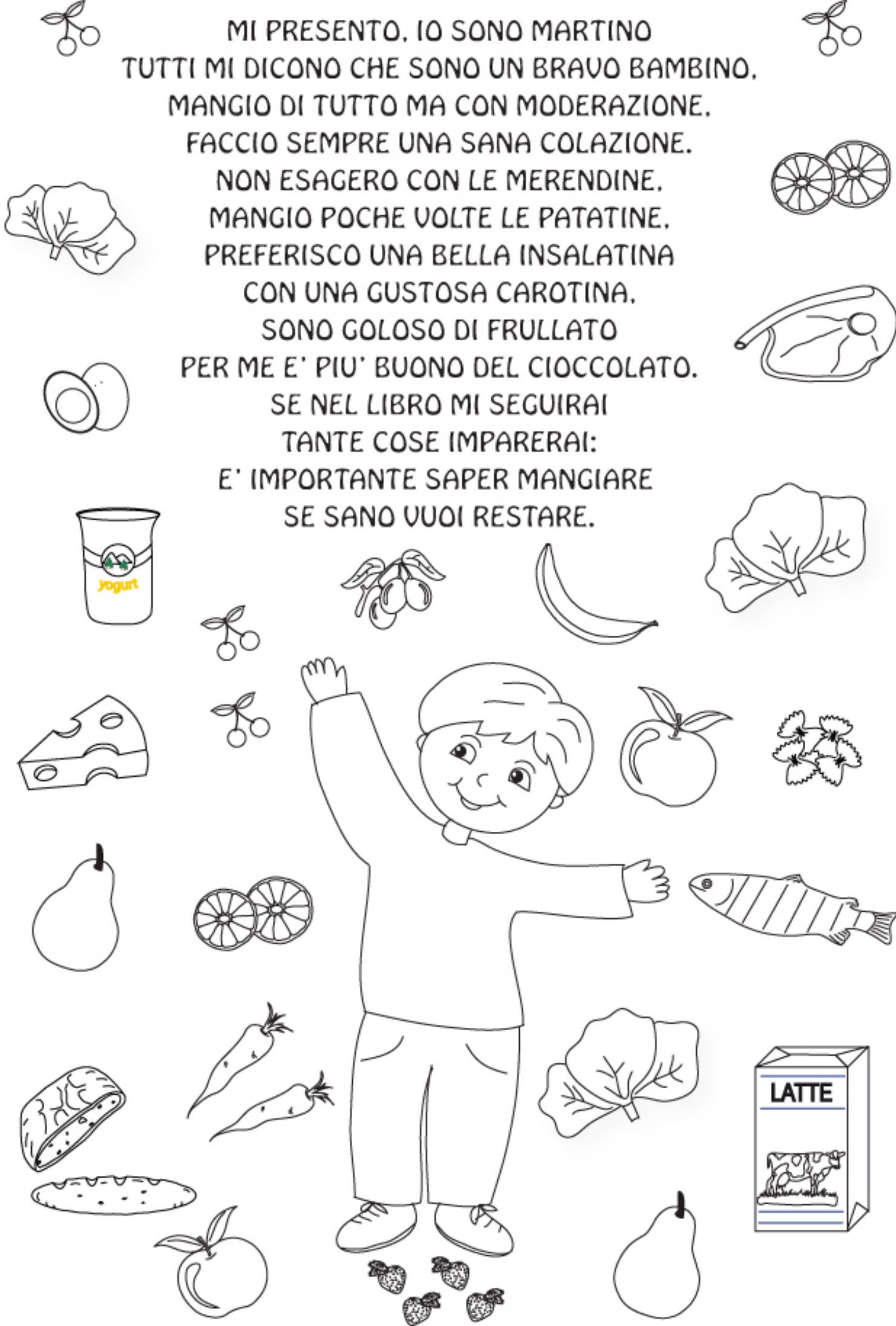


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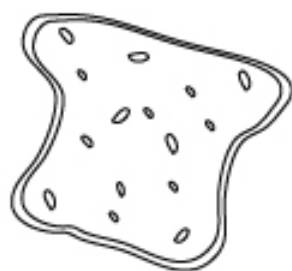
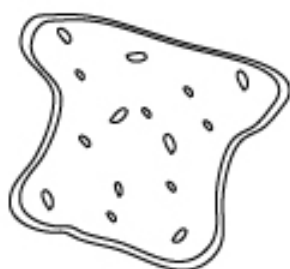
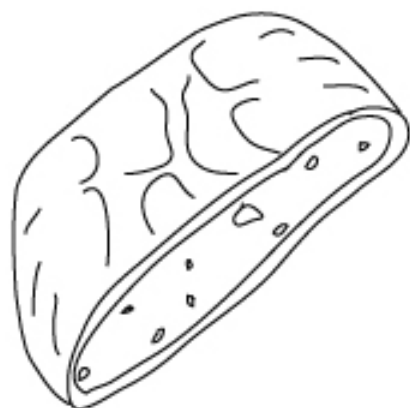
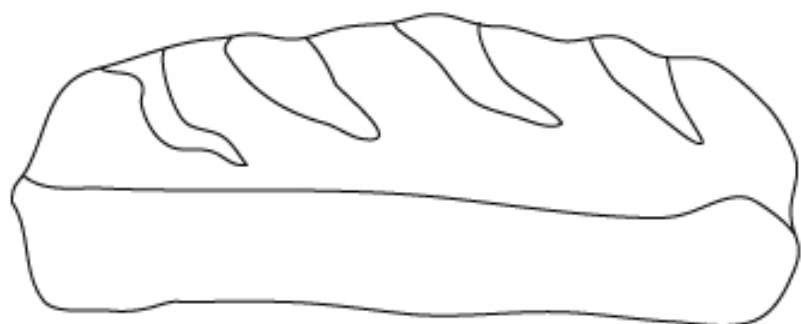
PROGETTO DI RITA SABATINI

MI PRESENTO, IO SONO MARTINO
TUTTI MI DICONO CHE SONO UN BRAVO BAMBINO,
MANGIO DI TUTTO MA CON MODERAZIONE.
FACCIO SEMPRE UNA SANA COLAZIONE.
NON ESAGERO CON LE MERENDINE,
MANGIO POCHE VOLTE LE PATATINE,
PREFERISCO UNA BELLA INSALATINA
CON UNA GUSTOSA CAROTINA,
SONO GOLOSO DI FRULLATO
PER ME E' PIU' BUONO DEL CIOCCOLATO.
SE NEL LIBRO MI SEGUIRAI
TANTE COSE IMPARERAI:
E' IMPORTANTE SAPER MANGIARE
SE SANO VUOI RESTARE.



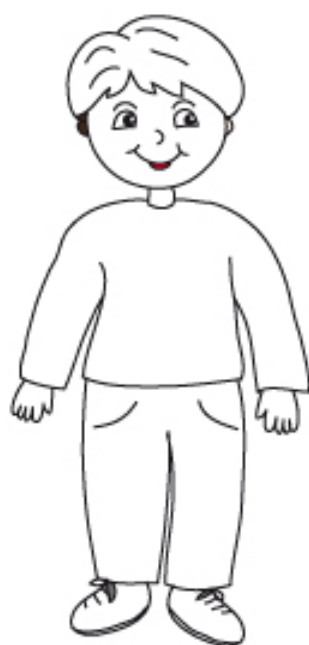


PANE E PASTA CHE ALLEGRIA
SE LI MANGI IN COMPAGNIA!



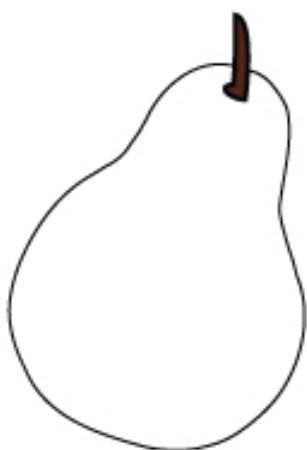
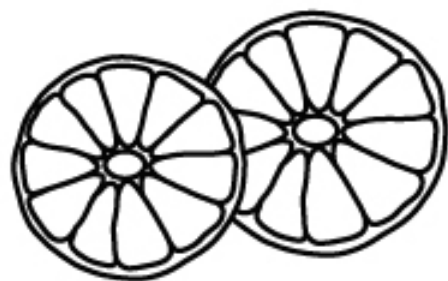


NELLA VERDURA TU LO SAI
TANTE VITAMINE TROVERAI.



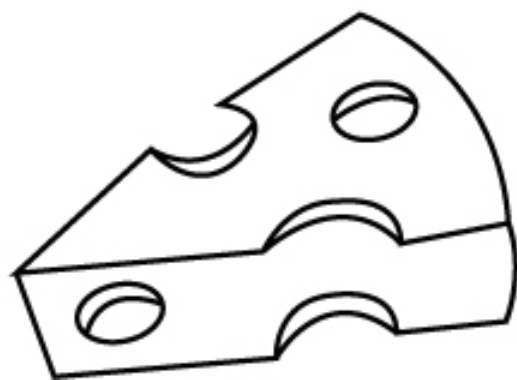
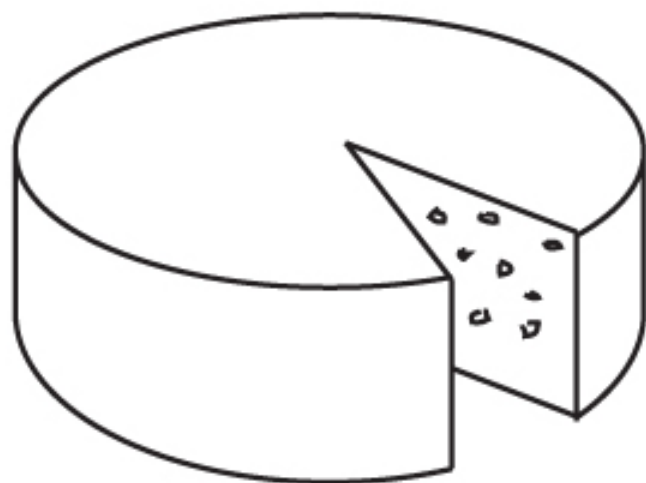
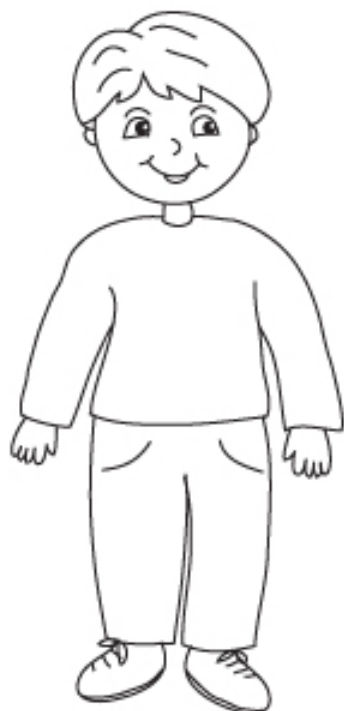


EVVIVA LA FRUTTA
MANGIAMOLA TUTTA!



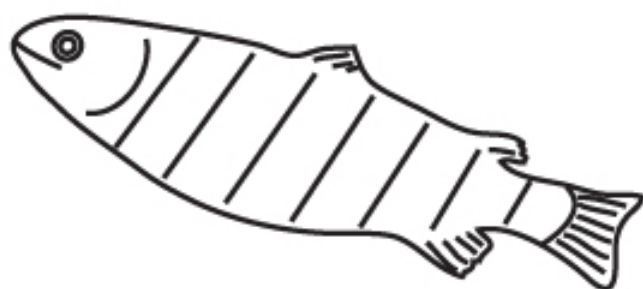
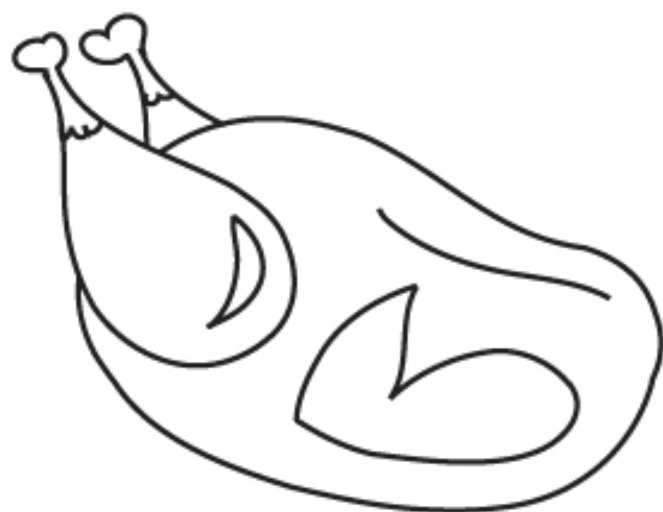
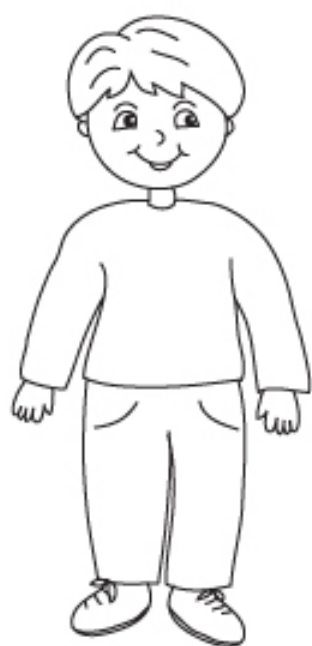


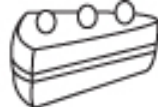
BEVI IL LATTE A COLAZIONE
E SARAI FORTE COME UN LEONE.



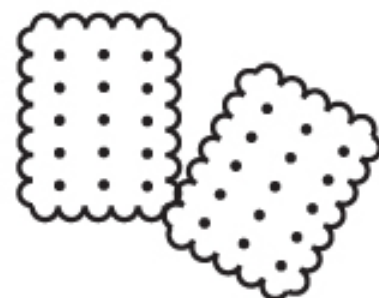
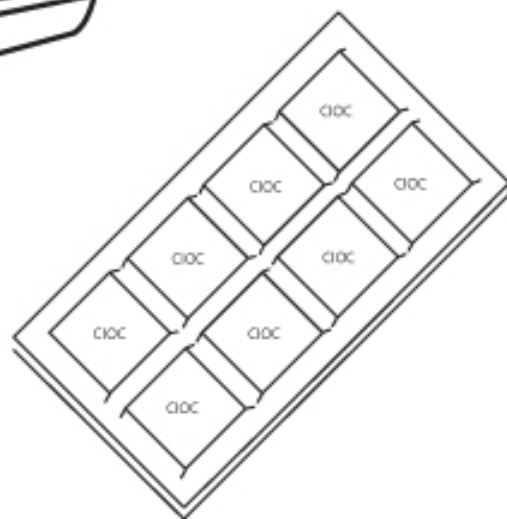
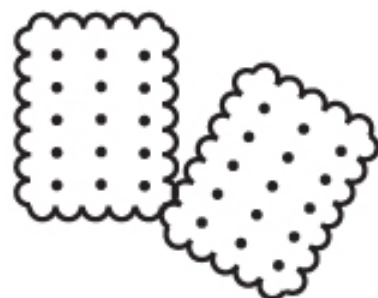
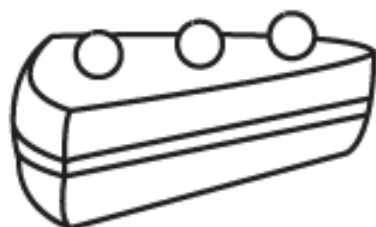
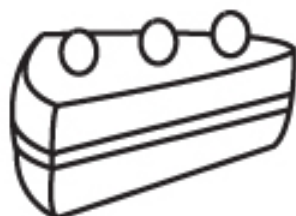
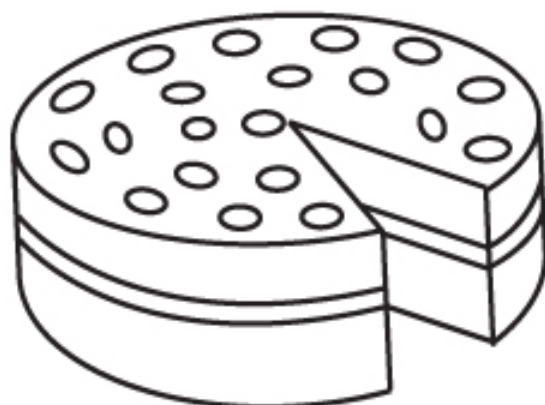
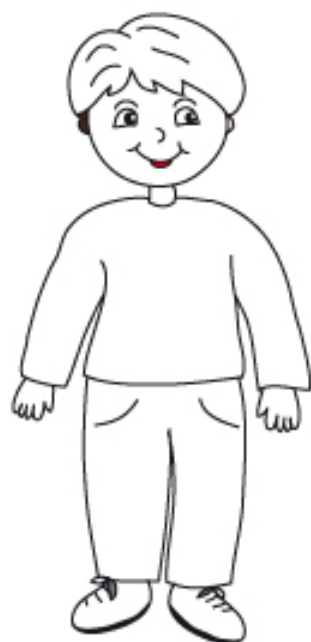


LE PROTEINE DI CARNE, UOVA E PESCE
SONO INDISPENSABILI PER CHI CRESCE.



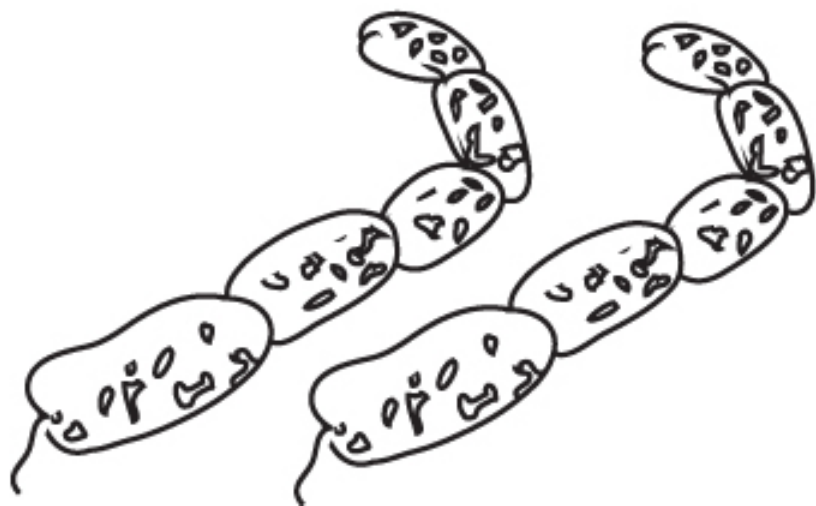
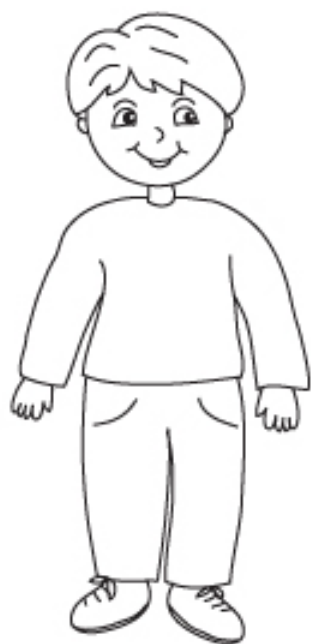


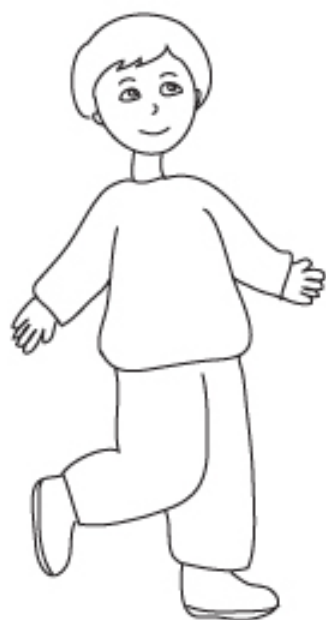
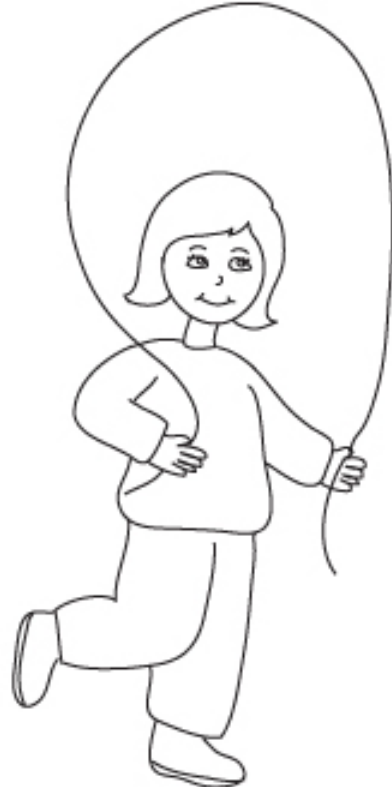
CONSUMA GLI ZUCCHERI CON MODERAZIONE,
MEGLIO MANGIARLI A COLAZIONE.





NON MANGIARE GRASSI IN QUANTITA'
O AVRAI IL PROBLEMA DELL'OBESITA'.





**E PER MANTENERTI SANO E CONTENTO
FAI SEMPRE TANTO MOVIMENTO.**

