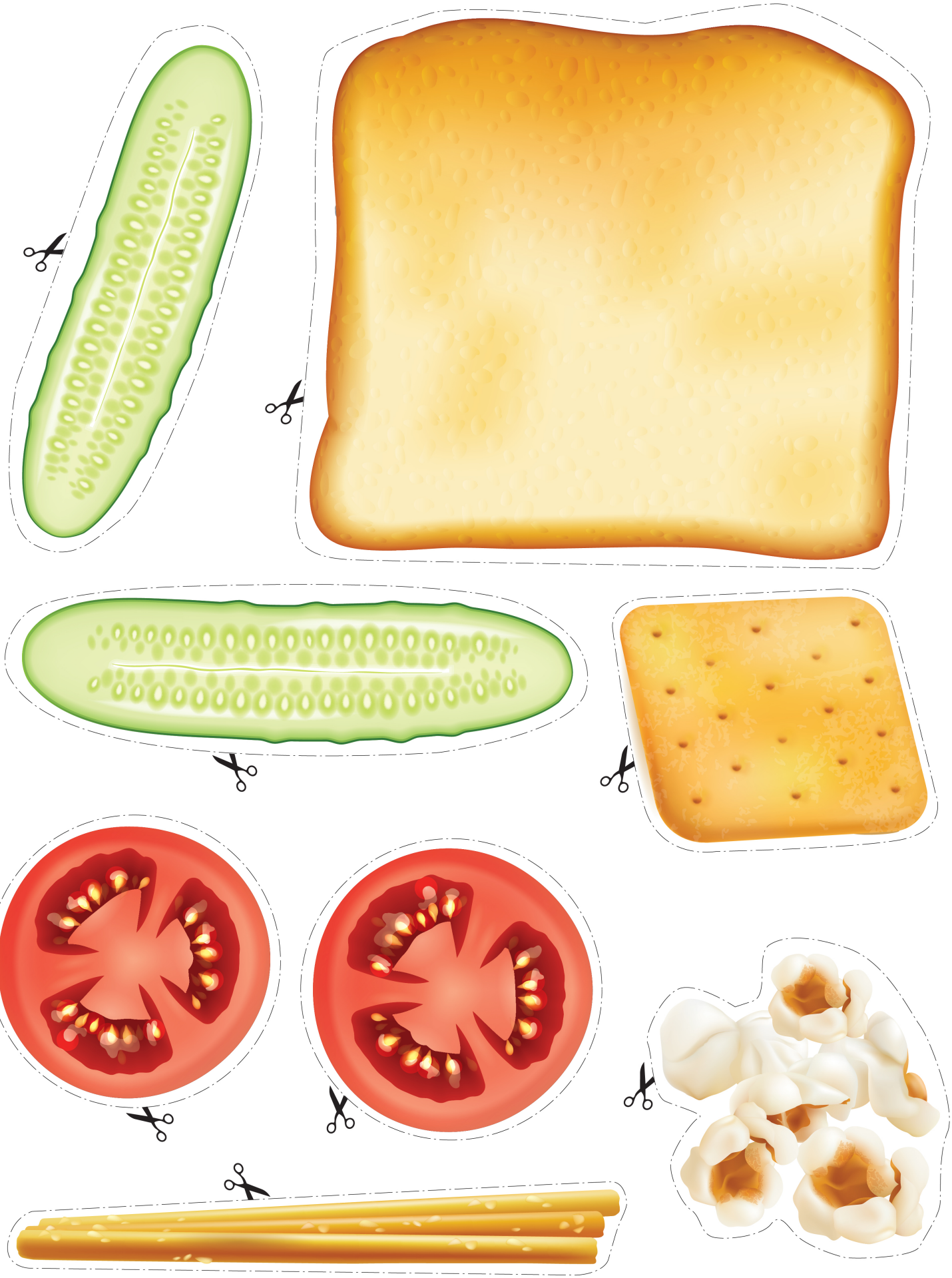
هيّا بنا
نفْهمُ الغِذاء الصِّحي.



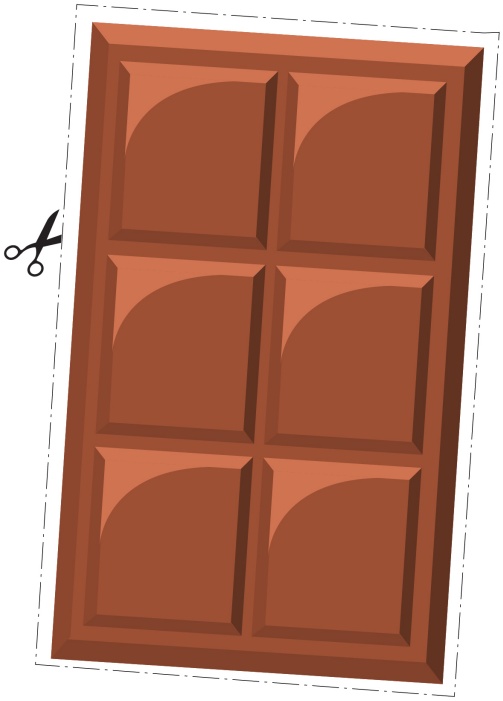
مع

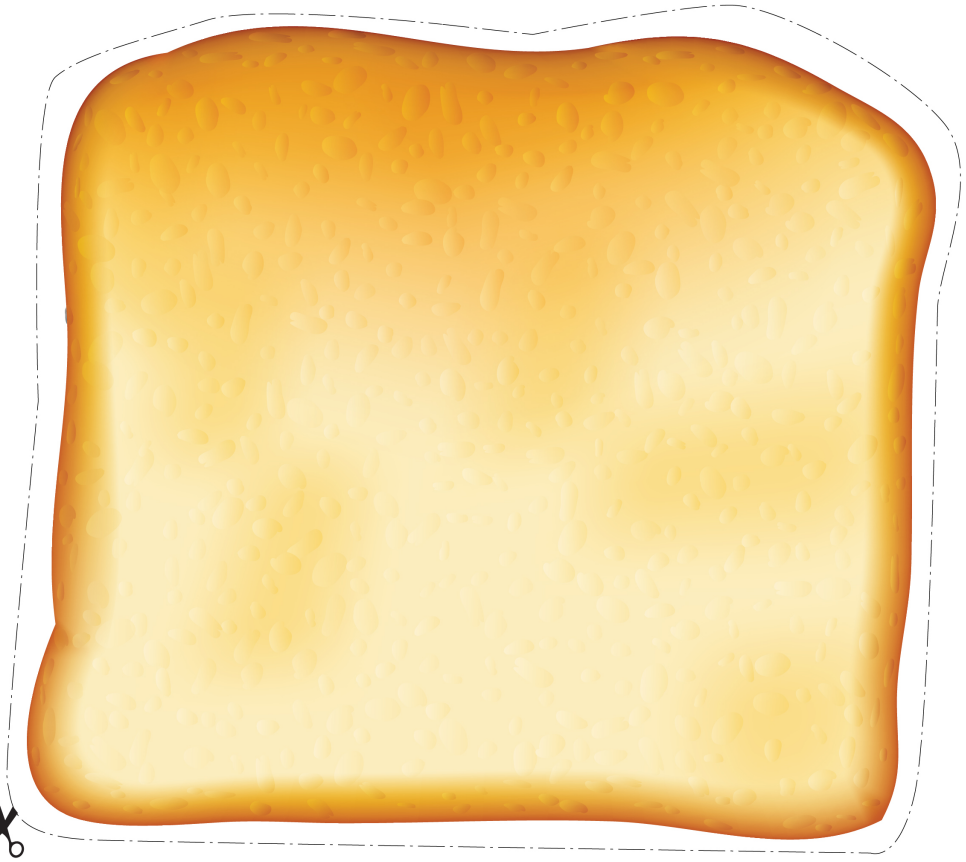
عـزوزوجـود

أقُصُّ الطَّعامَ و أَصْنَعُ شَطِيرَةً لذِيذةً.

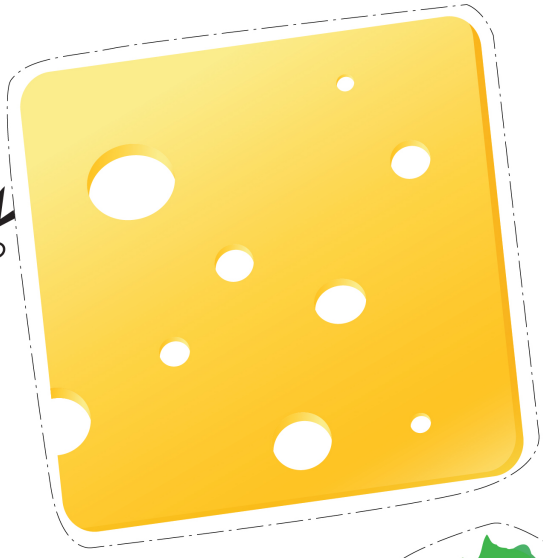


أقُصُّ الطَّعامَ و أَصْنَعُ شَطِيرَةً لذِيذةً.

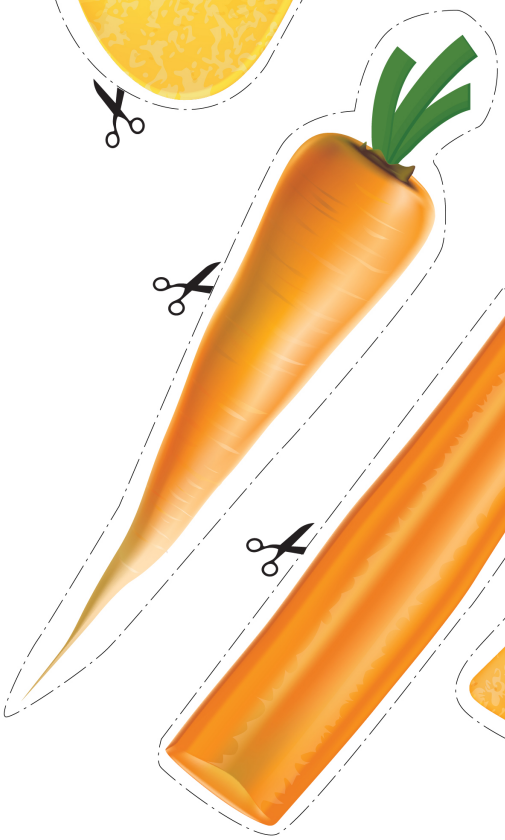


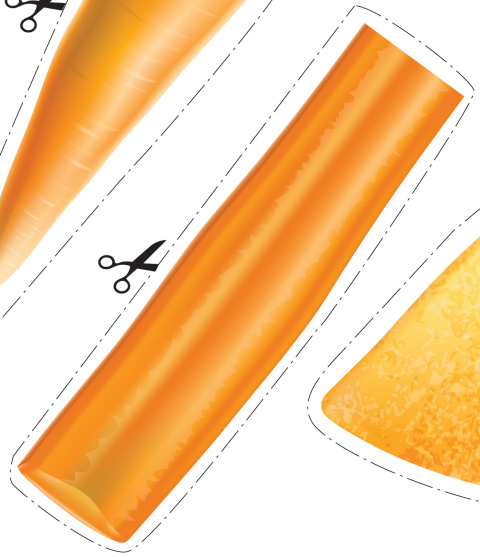


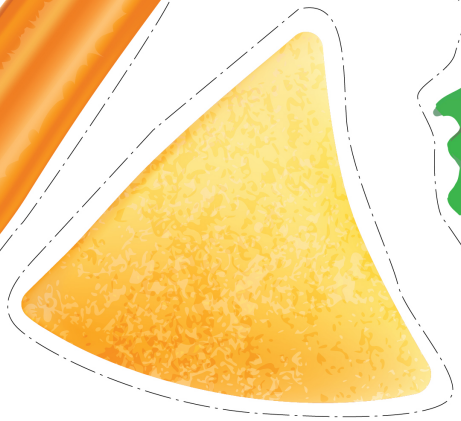


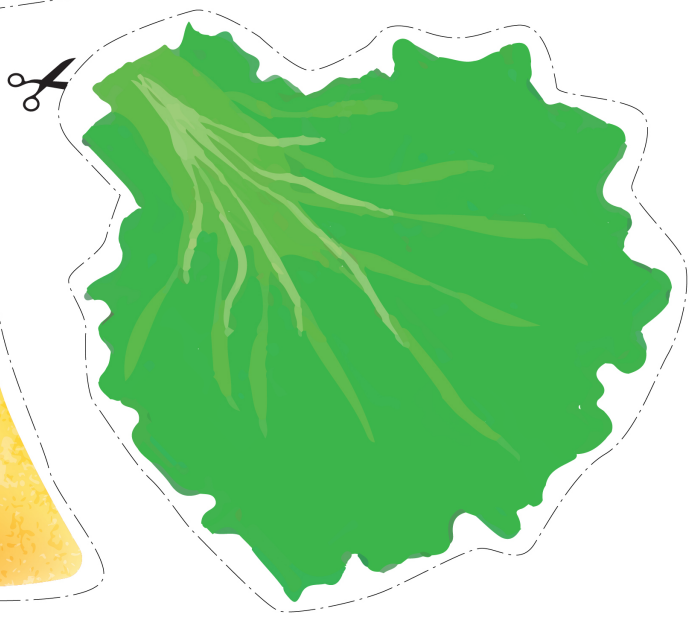




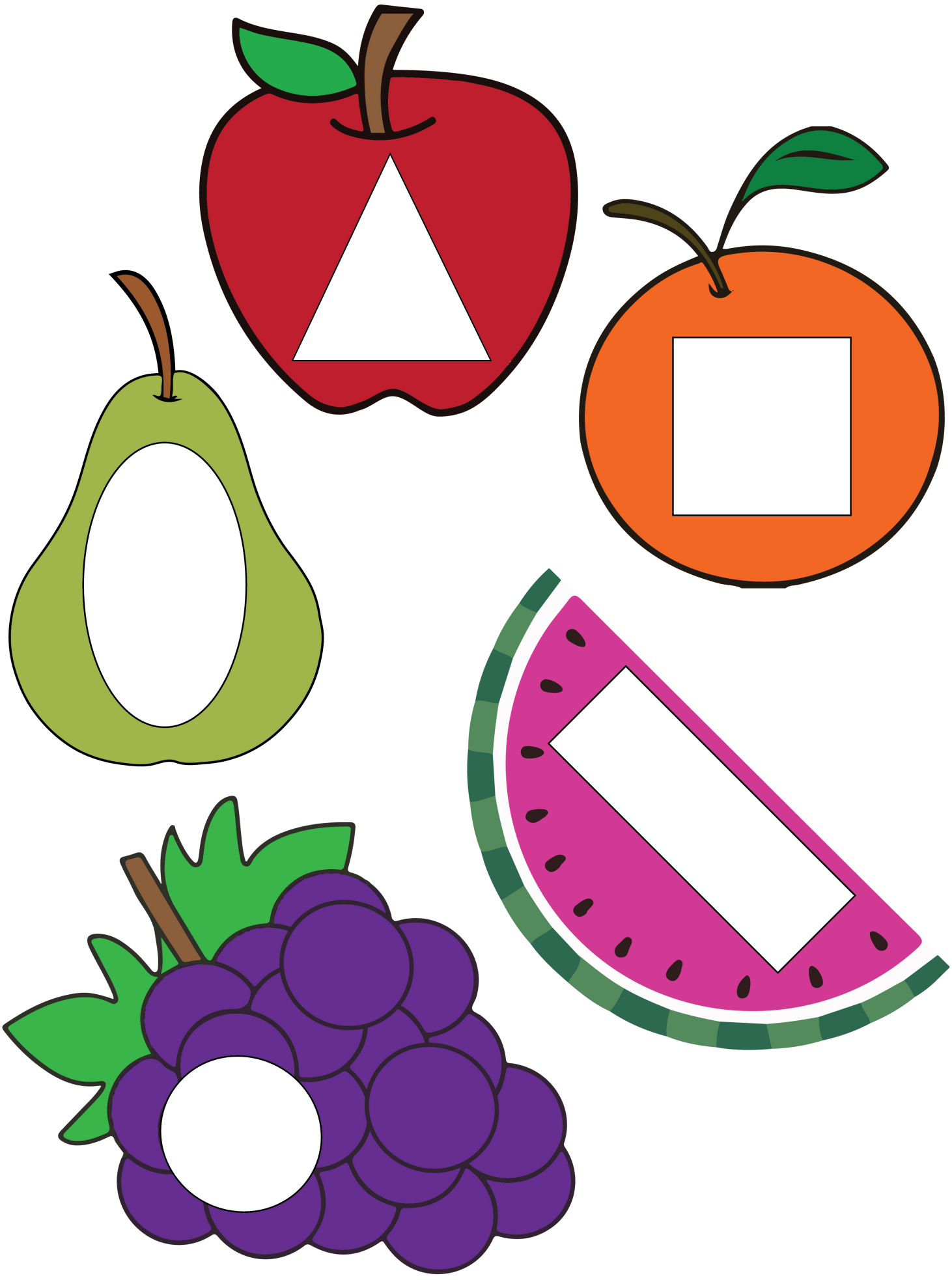








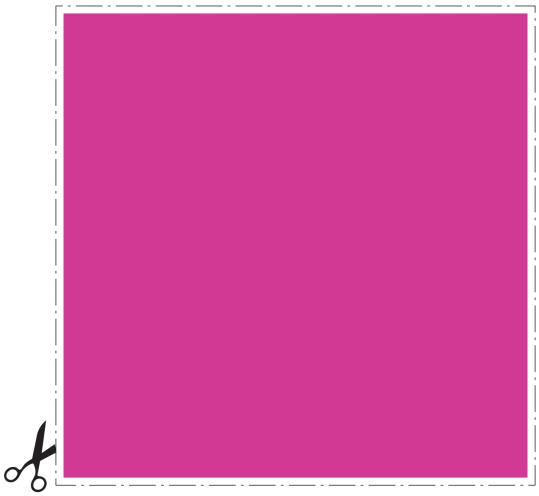
أُلْصِقُ الشَّكْلَ المُناسِبَ في مكانِهِ و لَونِهِ المُناسِب.

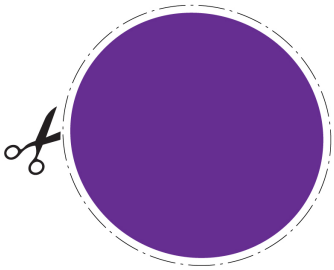


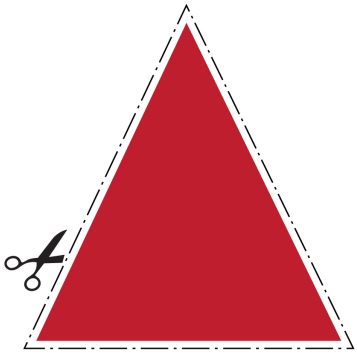
أَقُصُّ الشَّكلَ ثُمَّ أُلْصِقُهُ في مَكانِهِ المُناسِب.

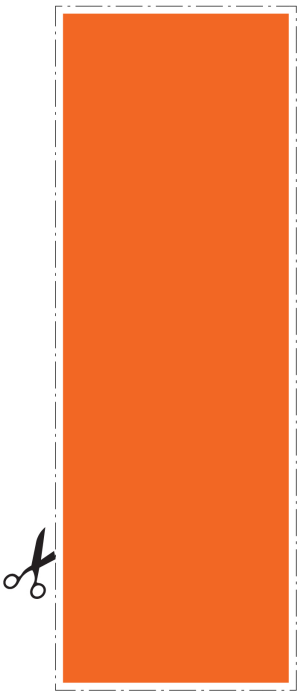


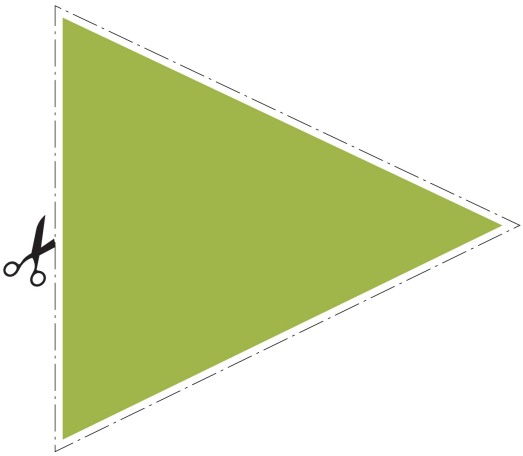


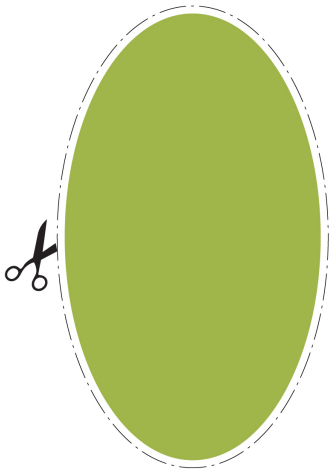










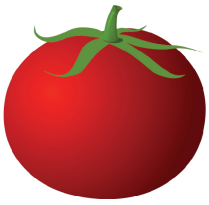




أَرْسُمُ خَطّاً يَصِلُ الظِّلَّ مَعَ شَكْلِ المُطابِق له.

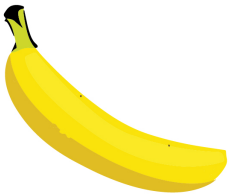




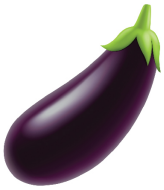


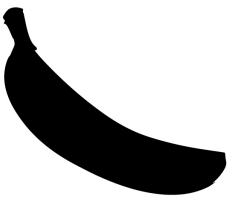








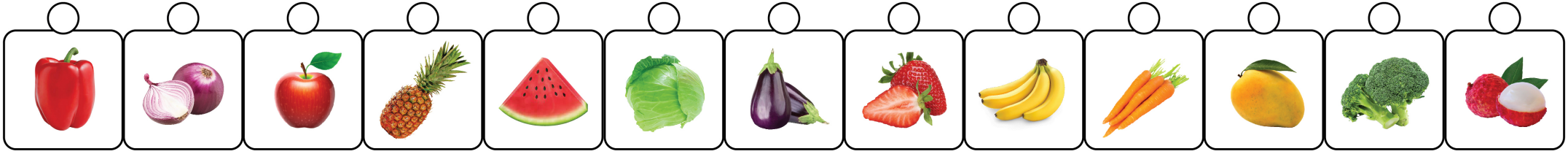


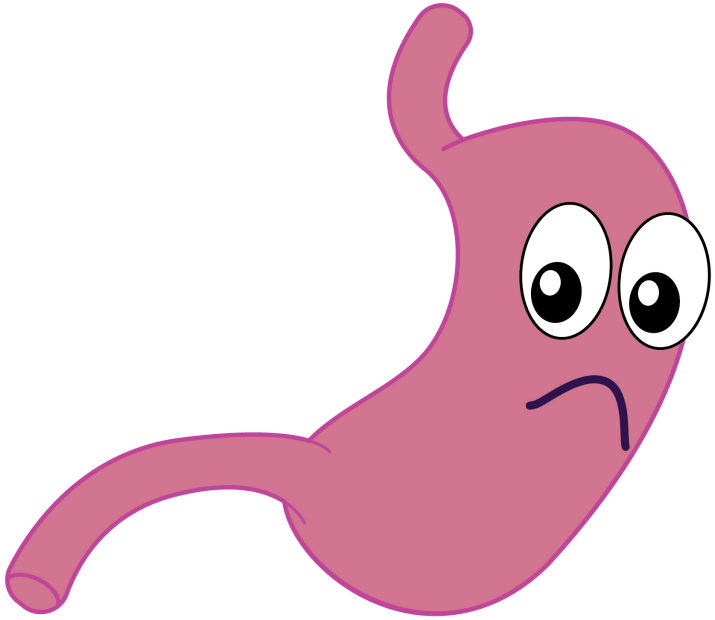
أُصنِّفُ الفَوَاكِهَ و الخُضْرَوَات في الكْيسِ الخاصّ بكُلٍّ منها برسْمِ خطٍّ يصِلُ بين كُلِّ نَوْعٍ و كِيسِه..



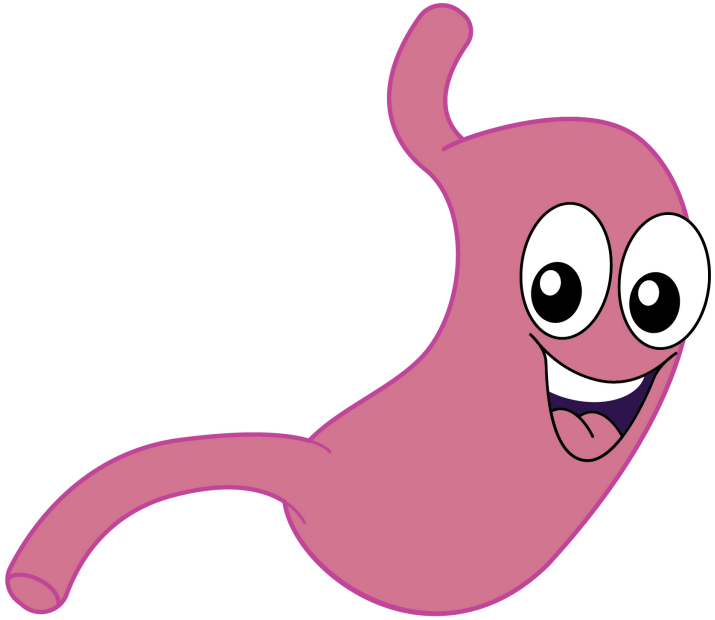


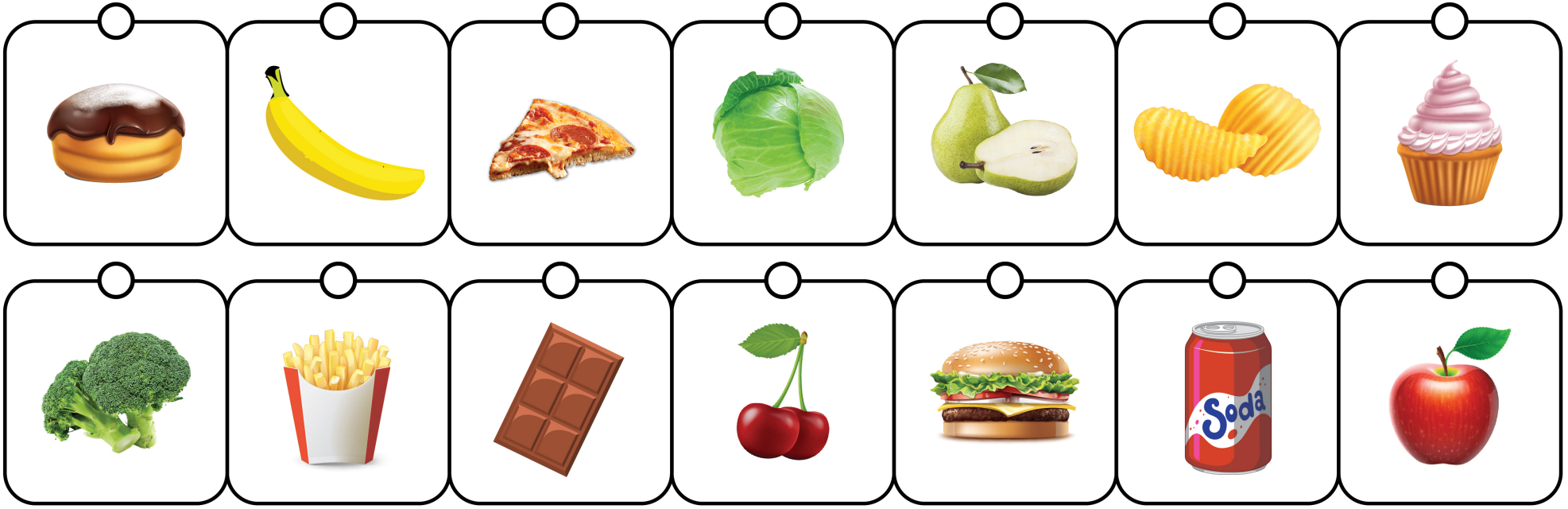


أرسمُ خطّاً يصِلُ بينَ المعدةَ المَريضة و الغذاء غير الصِّحي.



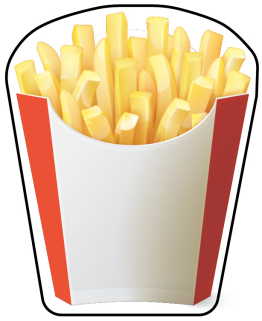
أرسم خطّاً يصلُ بينَ المَعِدَةَ الصِّحِيَّة و الغذاء الصِّحي.



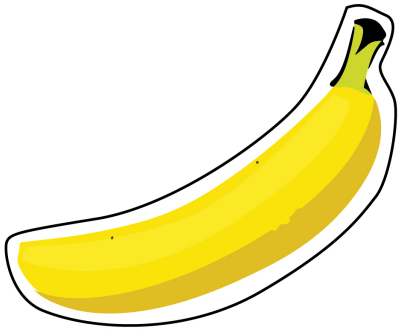


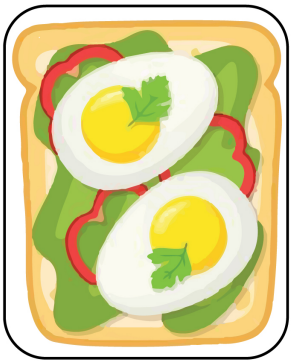
أقص الغذاء الصحي و ألصقه في صندوق الغذاء المدرسي.

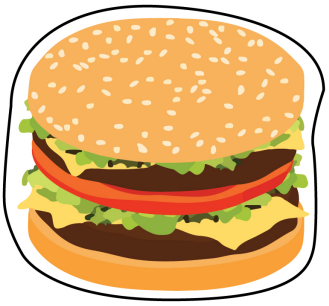


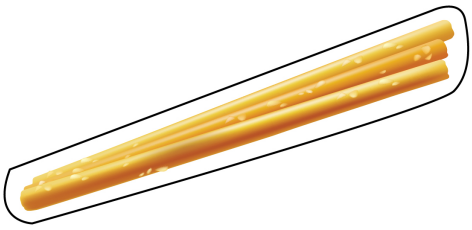


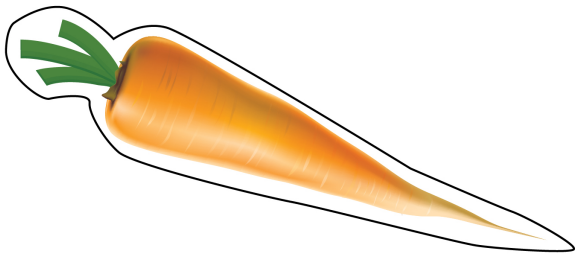






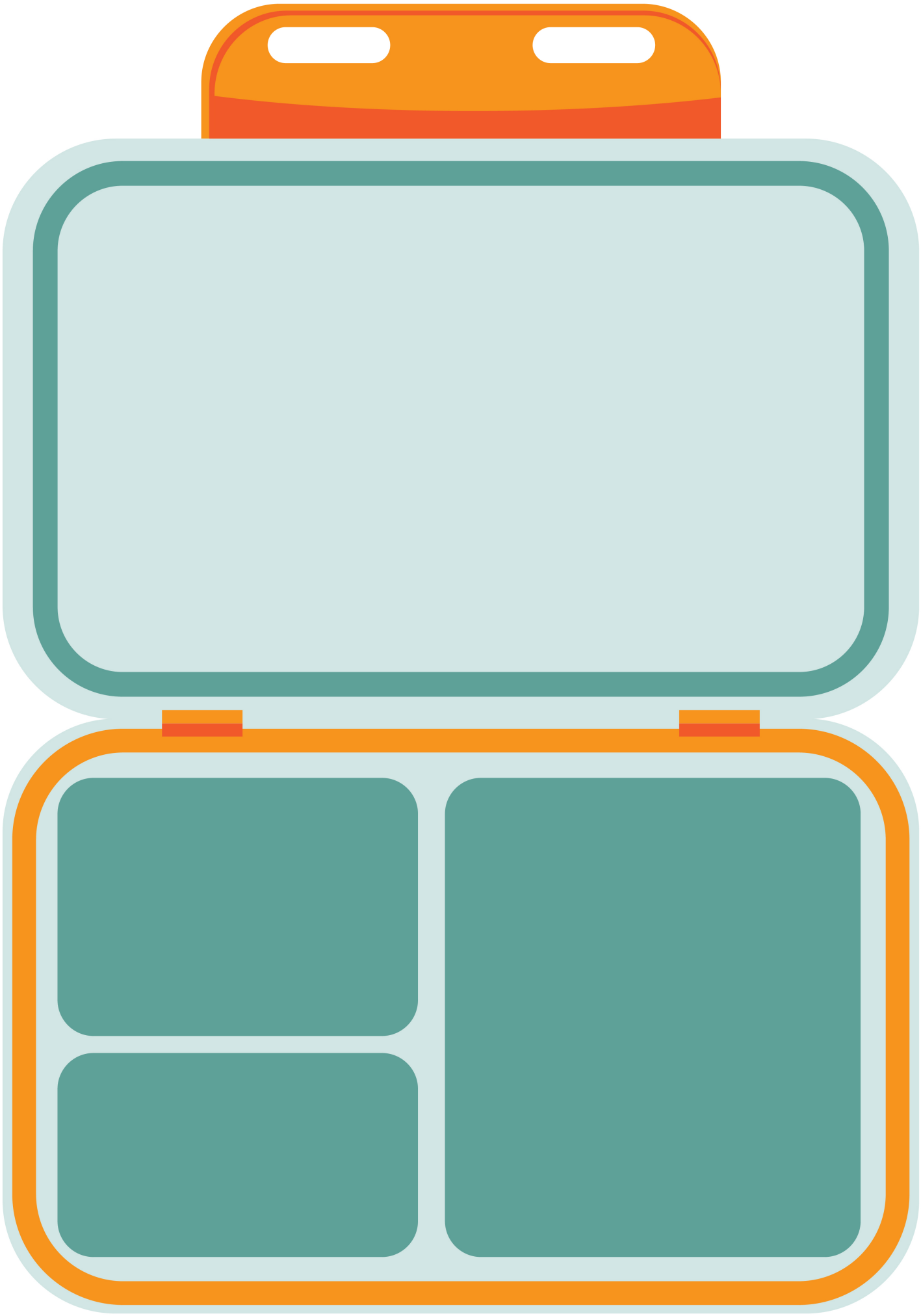














أُحِبُّ أنْ آكُلَ _____