Projet de sciences 10-4

La santé au menu!

Objectif: Développer ses habiletés à planifier et à préparer des repas

**Étape 1 : Planification de mon menu**

Planifier 5 repas complets et nutritifs pour mon dîner en respectant un budget.

Quelques idées intéressantes…



Dans ma boite à lunch…

Voici mon menu :

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| **Lundi** | **Mardi** | **Mercredi** | **Jeudi** | **vendredi** |
| PCLFVSPLAA | PCLFVSPLAA | PCLFVSPLAA | PCLFVSPLAA | PCLFVSPLAA |

**Ma liste d’épicerie**

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| Fruits et légumes* ­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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 | Viandes et substituts* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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| Produits céréaliers* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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 | Produits laitiers* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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| Autres* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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