

# Secuencia Didactica Alimentacion Y Nutricion Para Quinto Grado

**Lilia Sánchez,Mario Martínez**

*Curso De Nutrición Y Salud Para Quinto De Primaria* Lilia Sánchez,Mario Martínez,2015-07-17 A través de este libro, se concientiza a los alumnos sobre el impacto familiar y social de enfermedades derivadas de la mala nutrición y falta de ejercicio; se les informa acerca de las acciones y medidas que han tomado diversas instituciones, como la Organización Mundial de la Salud entre otras, orientándoles para contribuir con ellas con proyectos o actividades específicas, generando el beneficio propio y el de los demás. Este texto, incluye lecciones donde los alumnos aprenden cómo llevar una buena alimentación y la elaboración de programas de ejercicio y bitcoras en forma particularizada. Con todo ello, los chicos fortalecen su conocimiento sobre los nutrientes, grupos de alimentos, pirámides de alimentación, actividad física y estilo de vida, identificando la importancia de todos esos aspectos para prevenir el sobrepeso, la obesidad y la diabetes.

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