

## INSTRUCTIONS

1. Découpez chaque aliment.
2. Ajoutez d'autres aliments au besoin.
3. Sélectionnez des aliments que vous avez sous la main le matin même.
4. Aidez votre enfant à choisir au moins un aliment par colonne.
5. Mangez dans le plaisir!



# MENU

**Fruits et  
légumes**

Choisis-en 1

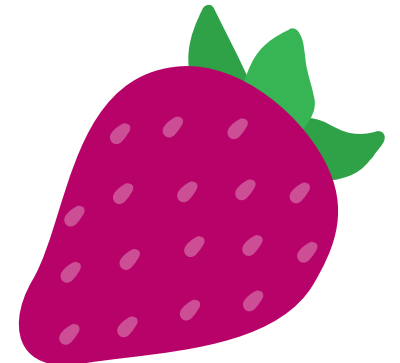
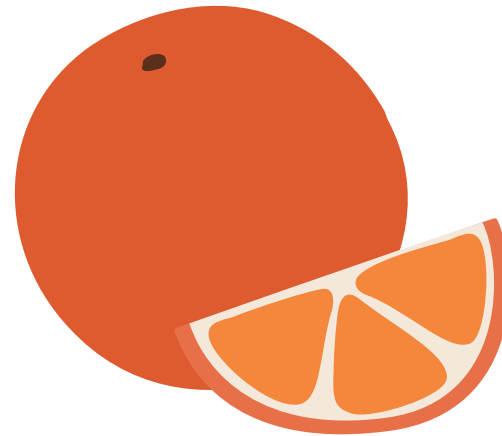
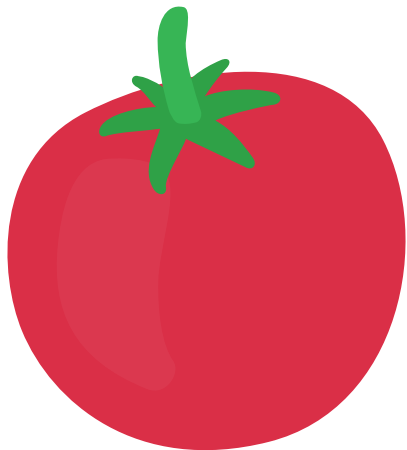
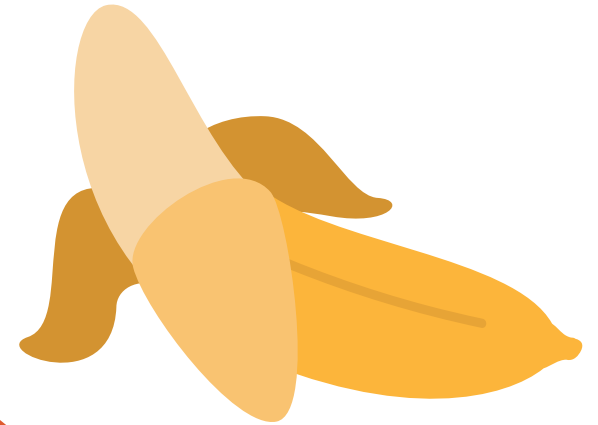
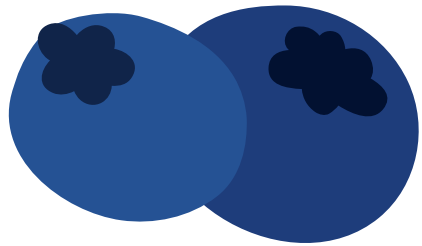
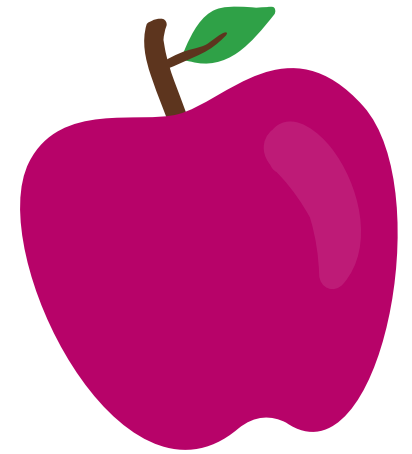
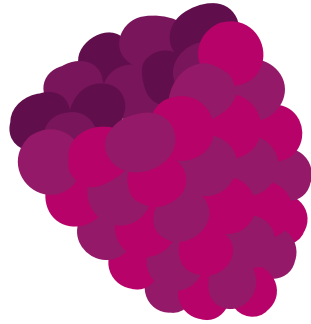
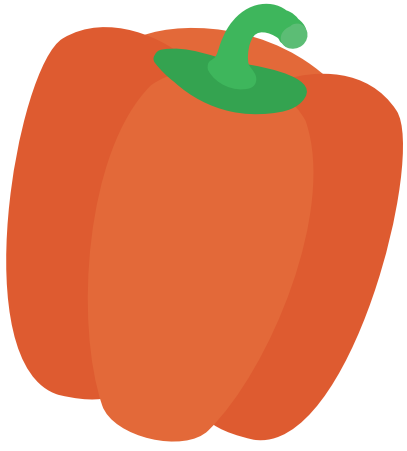
**Produits  
céréaliés**

Choisis-en 1

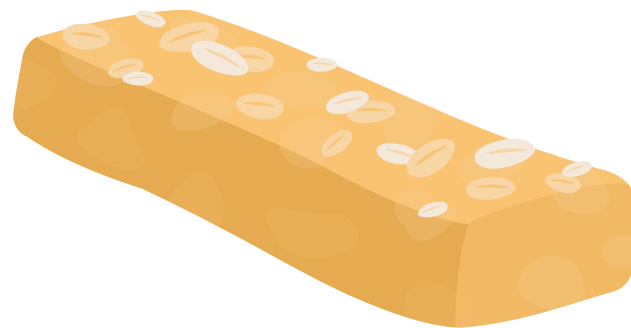
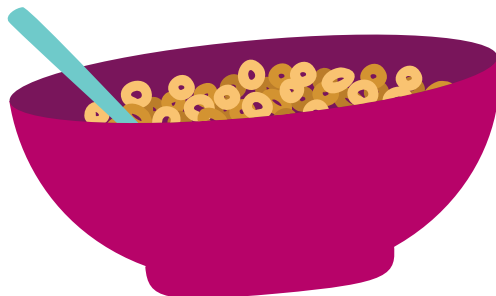
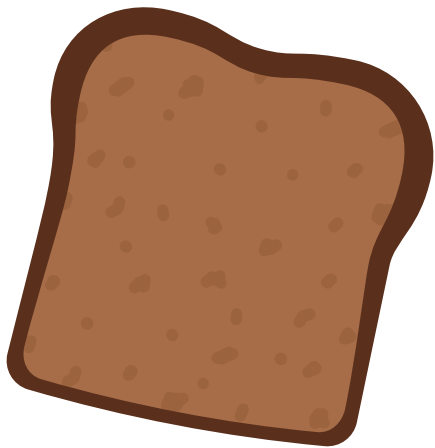
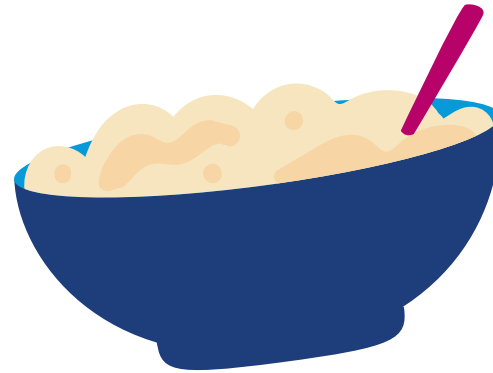
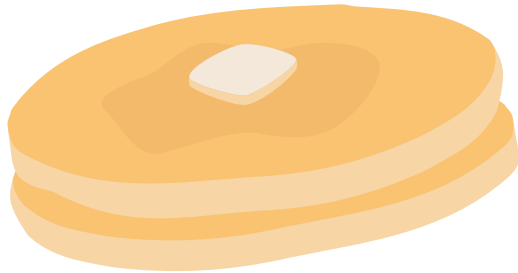
**Aliments  
protéinés**

Choisis-en 1

# Fruits et légumes



# Produits céréaliers



# Aliments protéinés

