

Cross-curricular project: *A HEALTHY DIET*

TEAM

| Meal | Food | Mass (gr) | Energy (kcal) | Proteins (gr) | Carbohydrates (gr) | Fats (gr) |
|--------------|------|-----------|---------------|---------------|--------------------|-----------|
| breakfast | | | | | | |
| | | | | | | |
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| | | | | | | |
| break | | | | | | |
| | | | | | | |
| | | | | | | |
| lunch | | | | | | |
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| tea time | | | | | | |
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| | | | | | | |
| | | | | | | |
| dinner | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Total | | | | | | |