

Actividad 2: Formación-Información

Ejercicio 2: Investiga en la red y comparte uno o dos entornos webs que informen o formen sobre nutrición.

SITIO WEB PARA CREAR MENÚS SEMANALES (EN FRANCÉS)

<http://www.mangerbouger.fr/Manger-Mieux/Vos-outils/Fabrique-a-menu>

The screenshot shows the 'La Fabrique à menus' website interface. At the top, there's a header with the title 'La Fabrique à menus' and a sub-header 'MA FABRIQUE PERSO'. Below this, there are filters for '7 jours', 'À partir du?' (11/04), 'Vous serez?' (2), and 'Repas' (Express, Sans porc). There are also buttons for 'S'INSCRIRE' and 'SE CONNECTER'. The main content area displays a weekly menu planner with columns for 'JEUDI', 'VENDREDI', 'SAMEDI', 'DIMANCHE', 'LUNDI', 'MARDI', and 'MERCREDI'. Each column lists breakfast options ('DÉJEUNERS') for that day. For example, on Thursday, the options include 'Salade de maïs et de betteraves', 'Côtes d'agneau sautées', 'Riz au lait de coco et fruits rouges (maison)', and 'Pain'. The website also features a search bar at the bottom left and a system tray at the bottom right showing the date and time.



