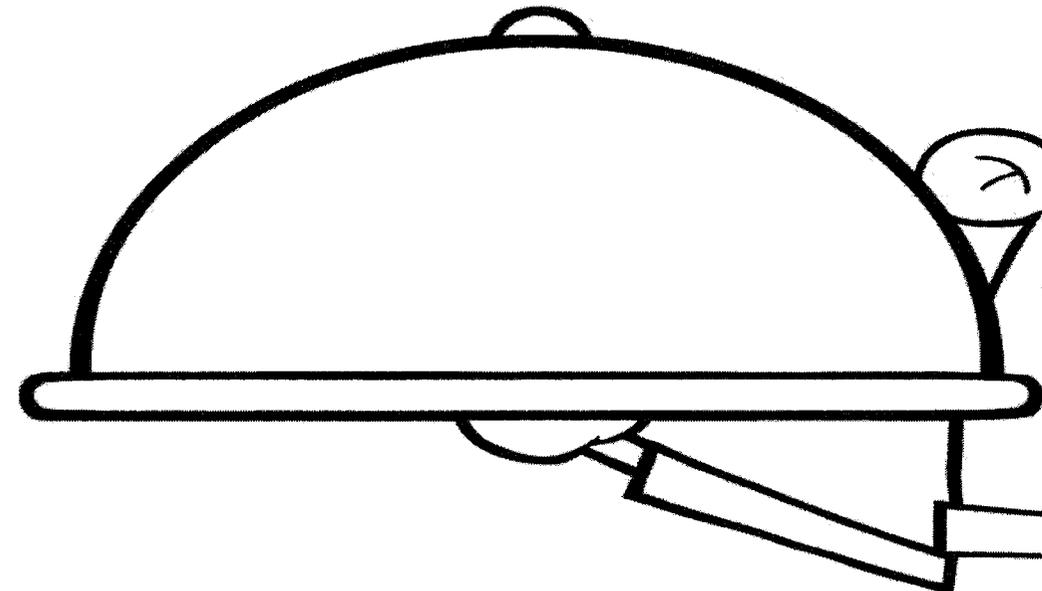


BIENVENIDOS

A MI



RESTAURANTE

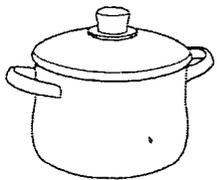


NOMBRE: \_\_\_\_\_

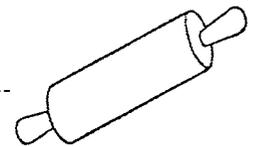


NOMBRE:

FECHA:



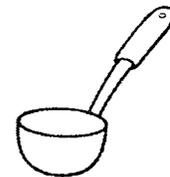
PROYECTO: 1 2 3 ¡A COCINAR!





NOMBRE:

FECHA:



¿Qué sabemos?

---

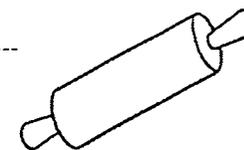
---

---

---



PROYECTO: 1 2 3 ¡A COCINAR!



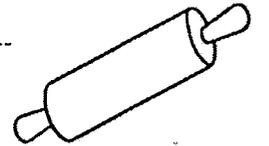


NOMBRE:

FECHA:



¿Qué queremos saber?





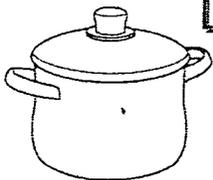
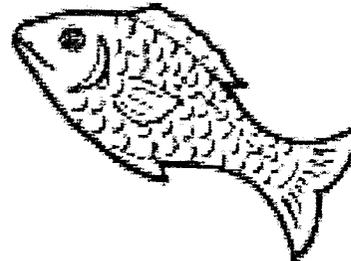
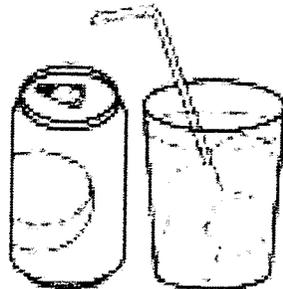
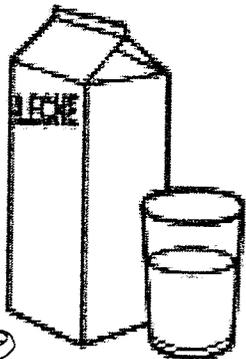
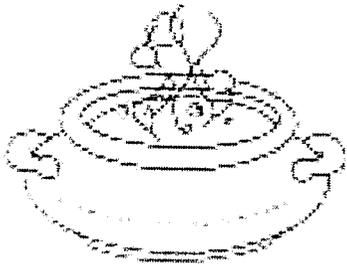
NOMBRE:

FECHA:

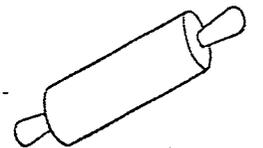


LA COMIDA MÁS IMPORTANTE DEL DÍA ES EL:

COLOREAR LOS ALIMENTOS DEL DESAYUNO



PROYECTO: 1 2 3 ¡A COCINAR!





NOMBRE: \_\_\_\_\_

FECHA: \_\_\_\_\_

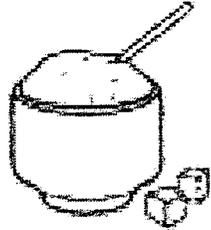


## ALIMENTOS DULCES Y SALADOS.

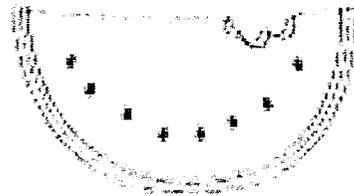


Rodea según el color. Escribe su nombre.

### Alimentos dulces



\_\_\_\_\_

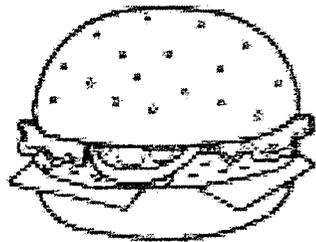


\_\_\_\_\_

### Alimentos salados



\_\_\_\_\_



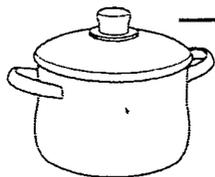
\_\_\_\_\_



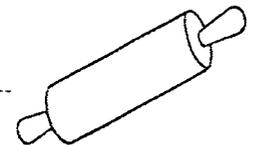
\_\_\_\_\_



\_\_\_\_\_



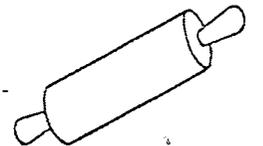
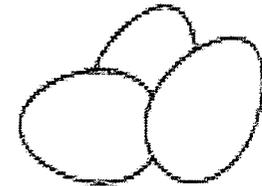
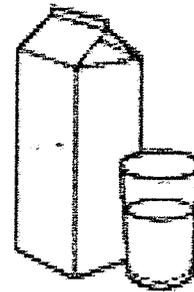
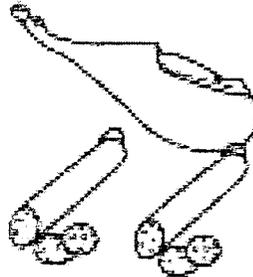
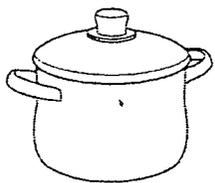
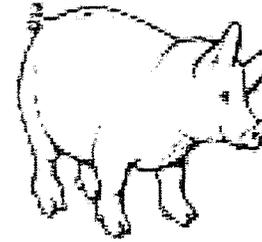
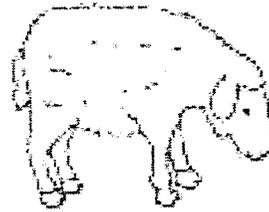
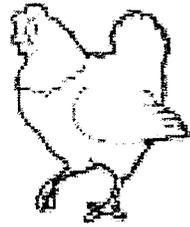
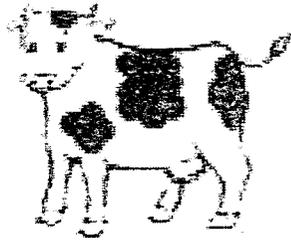
PROYECTO: 1 2 3 ¡A COCINAR!





NOMBRE:

FECHA:

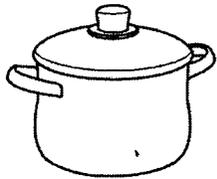
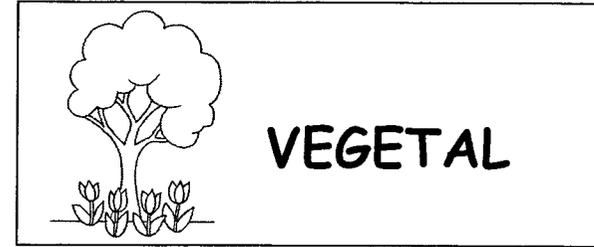
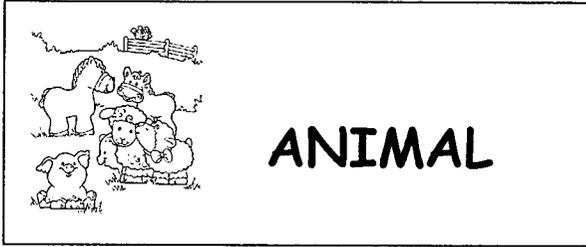
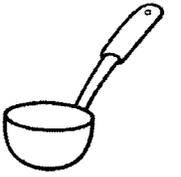


PROYECTO: 1 2 3 ¡A COCINAR!

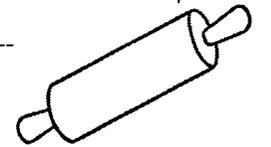


NOMBRE:

FECHA:

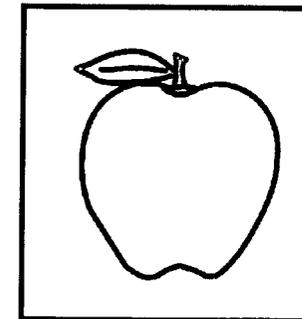
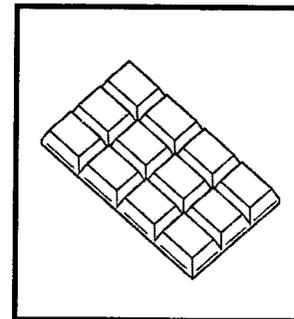
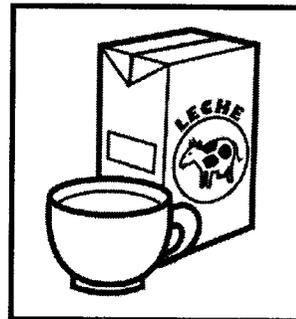
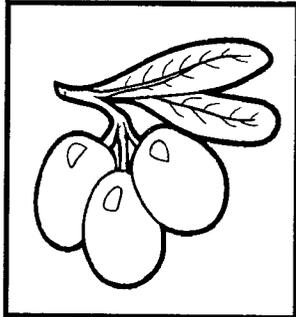
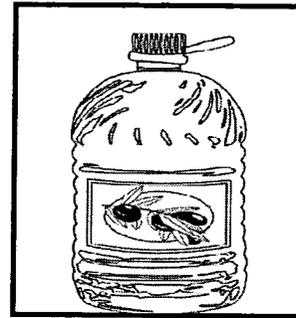
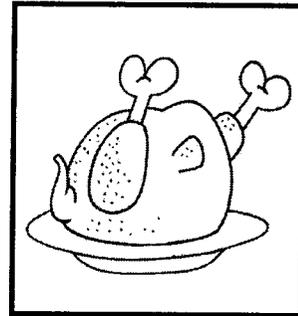
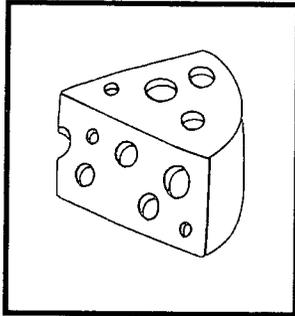


Recorta y pega donde corresponda



PROYECTO: 1 2 3 ¡A COCINAR!

RECORTA



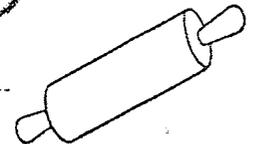
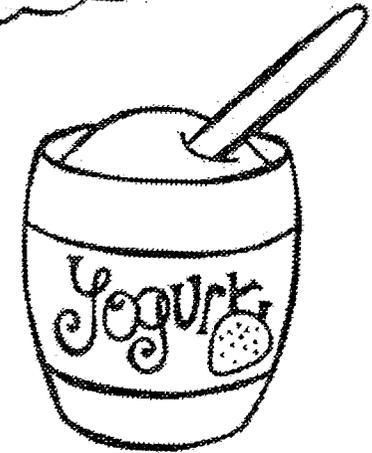
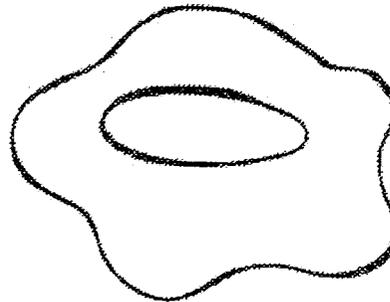
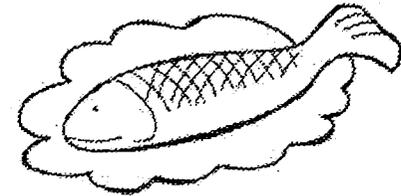
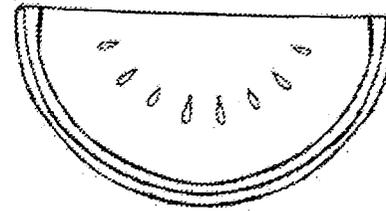
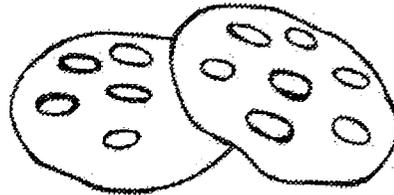
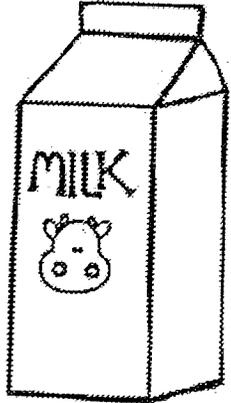
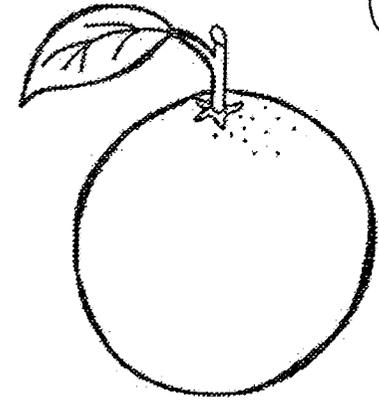
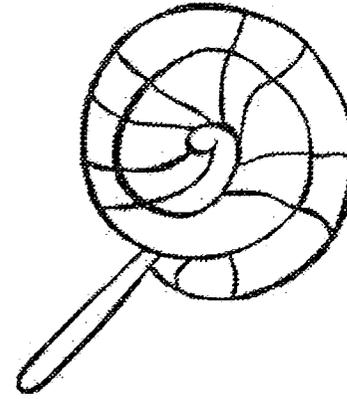
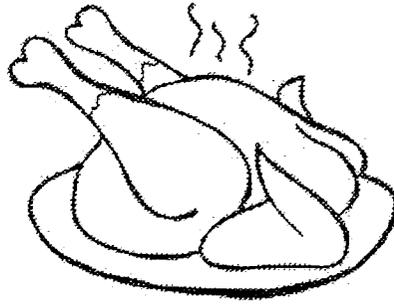
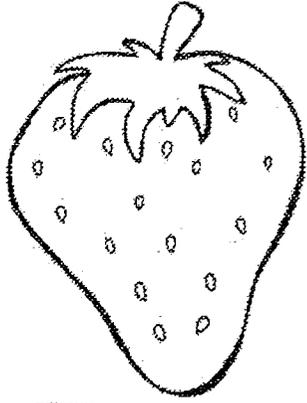
PROYECTO: 1 2 3 ¡A COCINAR!

Colorea los alimentos SALUDABLES



NOMBRE: \_\_\_\_\_

FECHA: \_\_\_\_\_

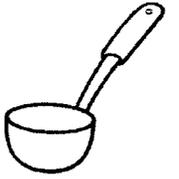


PROYECTO: 1 2 3 ¡A COCINAR!



NOMBRE:

FECHA:



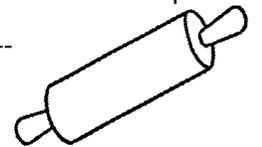
**SALUDABLE**



**NO SALUDABLE**



Busca y recorta en una revista alimentos saludables y no saludables.



PROYECTO: 1 2 3 ¡A COCINAR!

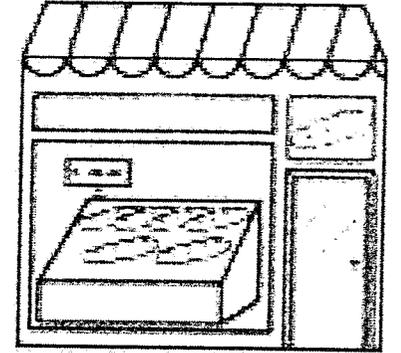
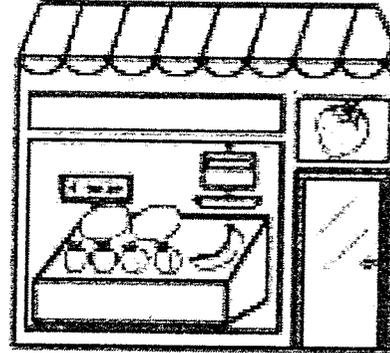
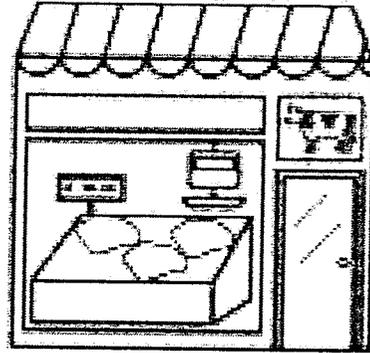
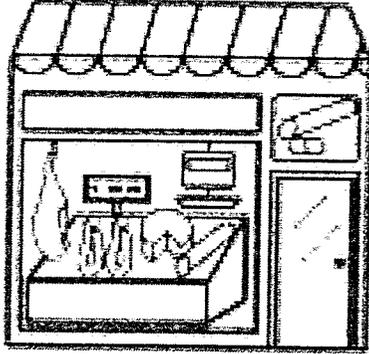
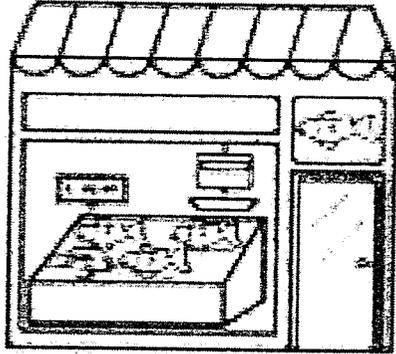


NOMBRE: \_\_\_\_\_

FECHA: \_\_\_\_\_



## LAS TIENDAS DONDE COMPRAMOS



FRUTERÍA

CHARCUTERÍA

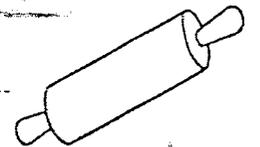
PANADERÍA

CARNICERÍA

PESCADERÍA



PROYECTO: 1 2 3 ¡A COCINAR!



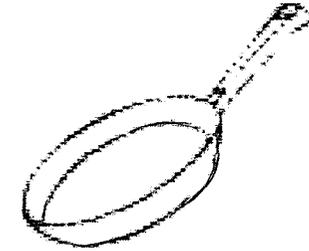
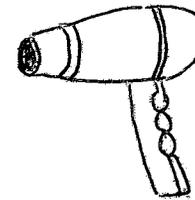
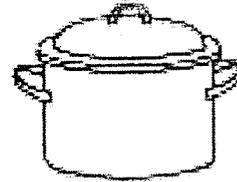


NOMBRE: \_\_\_\_\_

FECHA: \_\_\_\_\_



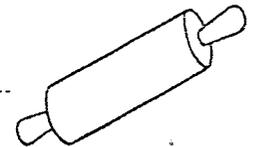
**UTENSILIOS DE COCINA. RODEA LO QUE NECESITAMOS PARA  
COCINAR Y UNE CON SU NOMBRE**



**GORRO SARTÉN SECADOR Mandil MARTILLO OLLA**



PROYECTO: 1 2 3 ¡A COCINAR!





NOMBRE:

FECHA:



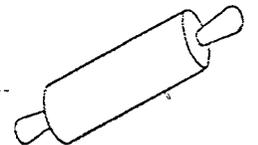
ORDENA Y ESCRIBE

YO SOY UN:

CI	RO	NE	CO



PROYECTO: 1 2 3 ¡A COCINAR!





NOMBRE:

FECHA:



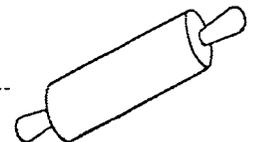
ORDENA Y ESCRIBE  
EN MAYÚSCULA Y MINÚSCULA

YO SOY UN:

CI	RO	NE	CO



PROYECTO: 1 2 3 ¡A COCINAR!





NOMBRE:

FECHA:



ORDENA Y ESCRIBE  
EN MAYÚSCULA Y MINÚSCULA

YO SOY UNA:

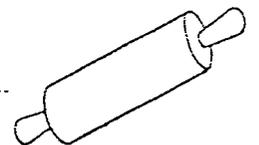
CI	RA	NE	CO

---

---



PROYECTO: 1 2 3 ¡A COCINAR!





NOMBRE: \_\_\_\_\_

FECHA: \_\_\_\_\_



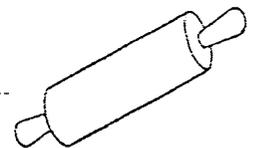
ORDENA Y ESCRIBE

YO SOY UNA:

CI	RA	NE	CO

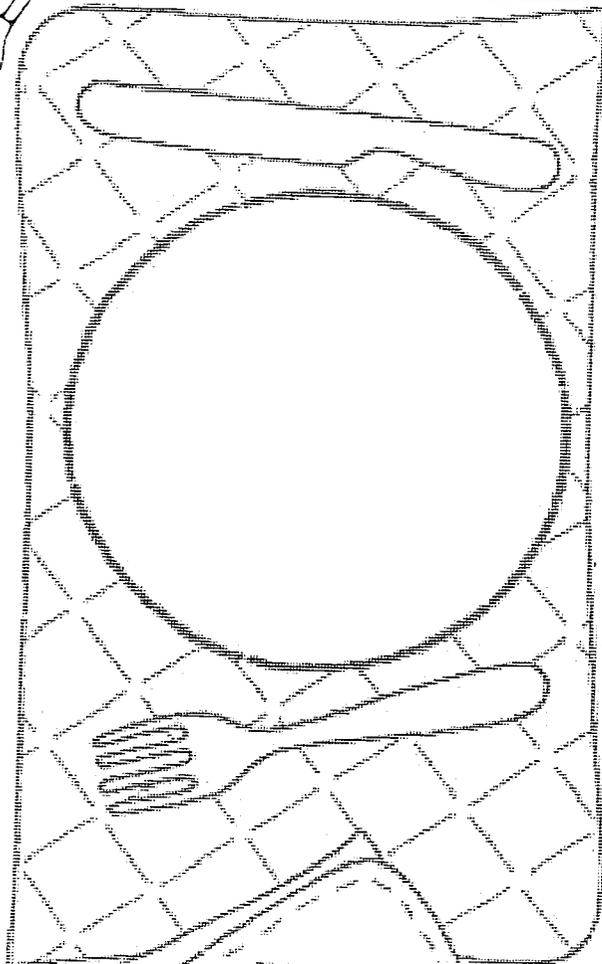
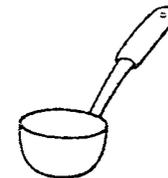


PROYECTO: 1 2 3 ¡A COCINAR!

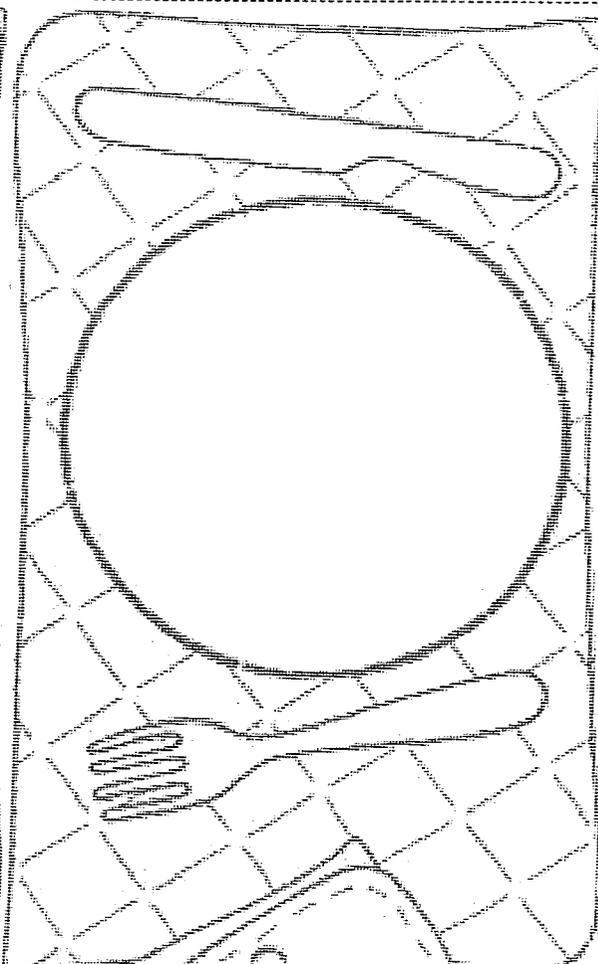


NOMBRE:

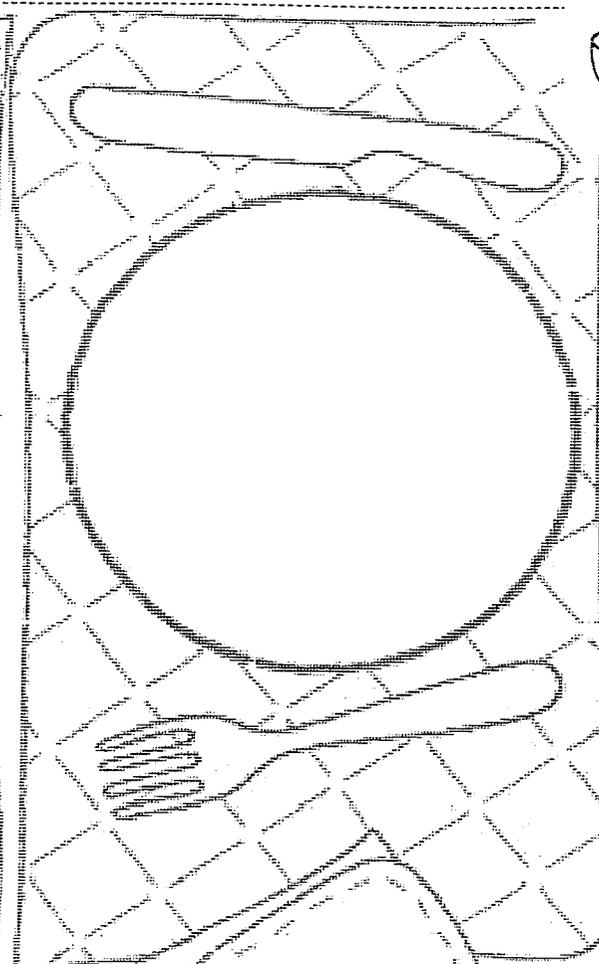
FECHA:



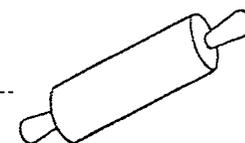
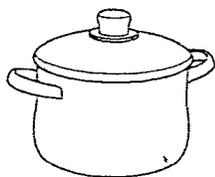
Primer  
plato



Segundo  
plato



Postre



PROYECTO: 1 2 3 ¡A COCINAR!

NOMBRE:

FECHA:

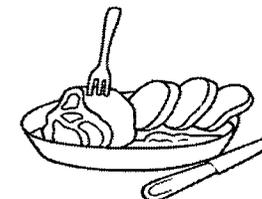
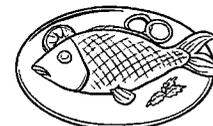
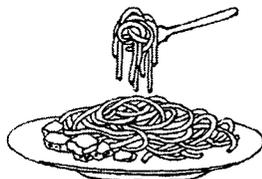


# MENÚ DEL DÍA

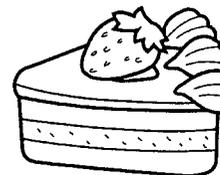
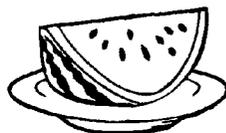
ENTRANTE



PRIMER PLATO



POSTRE

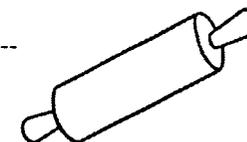


BEBIDA



Elabora tu menú

PROYECTO: 1 2 3 ¡A COCINAR!





NOMBRE: \_\_\_\_\_

FECHA: \_\_\_\_\_



RECETA  
PARA  
UNA  
FAMILIA  
FELIZ



PARA HACER UNA FAMILIA  
NUNCA TE DEBEN FALTAR  
LOS SIGUIENTES INGREDIENTES...  
NO TE PODÉS OLVIDAR.

- CARICIAS, MIMOS Y BESOS  
EN ABUNDANTE CANTIDAD.  
BIEN MEZCLADOS CON DULZURA,  
CARIÑO Y COMPLICIDAD.
- RESPETO, TOLERANCIA Y  
MUCHA COMUNICACIÓN;  
EN ALGUNAS OCASIONES  
AGREGAR TAMBIÉN PERDÓN.
- TAMIZAR LAS DIFERENCIAS  
CON ALGO DE COMPRENSIÓN.  
EVITAR QUE SE HAGAN GRUMOS  
DE PELEA Y MAL HUMOR.

LUEGO LLEVAR AL HORNO,  
SIN DESCUIDAR SU COCCIÓN  
DESMOLDAR CON PACIENCIA,  
Y ESPOLVOREAR CON UNIÓN.



PROYECTO: 1 2 3 ¡A COCINAR!

