

Allegato 3. Modulo 2

- Fornire agli studenti la seguente scheda e chiedere loro di riflettere sulla giornata di Marco: quali sono i punti in cui migliorare?

N °	PASTO
1°	COLAZIONE 30% 1 tazza di latte intero + 6 biscotti frollini + 1 mela + un pugno di cornflakes
2°	Spuntino 17% Focaccia con il salame
3°	PRANZO 28 % Pasta al pomodoro e parmigiano
4°	Spuntino ----
5°	CENA 20% 1 mozzarella + insalata e pomodori

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