

Science and English Interdisciplinary Project

“YOU ARE WHAT YOU EAT” – 6º ANO



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This week's meals were suggested by the four 6th grade classes, as part of the natural sciences and English project "YOU ARE WHAT YOU EAT".

The meals suggested by each class are based on the principles listed in the food wheel and on the notion that a healthy diet must be VARIED, COMPLETE and BALANCED.

March 17th (Monday) – Meal proposed by the 6th D grade

- Leak soup
- Oven-baked turkey leg with mashed potatoes and sautéed vegetables
- Tangerine

March 18th (Tuesday) – Meal proposed by the 6th B grade

- Creamy vegetable soup
- Baked hake fillets with carrot rice and lettuce and tomato salad
- Apple crumble

March 19th (Wednesday) – Meal proposed by the Science Teachers

- Caldo Verde
- Vegetable lasagne with mixed salad
- Jelly

March 20th (Thursday) – Meal proposed by the 6th C grade

- Spinach soup
- Meatballs with fusilli, tomato sauce and grated cheese and lettuce and tomato salad
- Orange

March 21th (Friday) – Meal proposed by the 6th A grade

- Carrot cream
- Prawn and vegetable chow mein lettuce and tomato salad
- Fruit Salad