



Ebook

ATIVIDADES LÚDICAS NO AUTISMO

SEMPRE
ASSESSORIA EM NUTRIÇÃO





É muito importante a formação dos hábitos familiares na infância, sendo os pais um dos maiores responsáveis por isso.

Afinal, todo mundo quer ver as crianças comendo bem! Mas a gente sabe que na prática não é tão fácil assim.



Forçar uma criança a comer algo definitivamente é a pior estratégia. Nem pensar!

Nesse caso, as brincadeiras ou atividades lúdicas podem ser nossas principais aliadas.





Algumas atividades para vocês fazerem juntos

- Brincar de preparar um suco com alimentos escolhidos pela criança. Assim ela ganha mais autonomia e exercita a criatividade.
- Monte um rosto, ou um animal, com os itens do prato. Isso torna a refeição mais alegre, deixando a comida mais amigável.
- Permita que a criança conheça melhor o alimento, comendo com a mão, vendo de perto e sentindo todos os cheiros!
- Monte um prato divertido, usando pedaços de legumes para formar um personagem, um bichinho, uma casa...



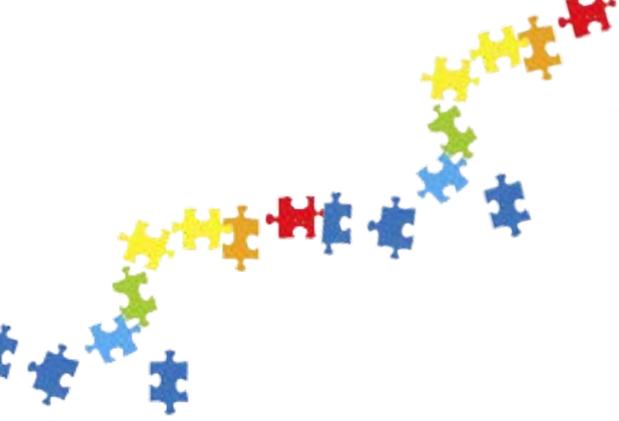
Escolha

Alimentos que ela já gosta, mas preparados de outras formas.

Alimentos diferentes, que ela nunca experimentou.

Diferentes formas de fazer uma refeição (algum parque tranquilo).

Novos modos de montar as refeições, como diferentes formatos no corte dos alimentos.



ATIVIDADES

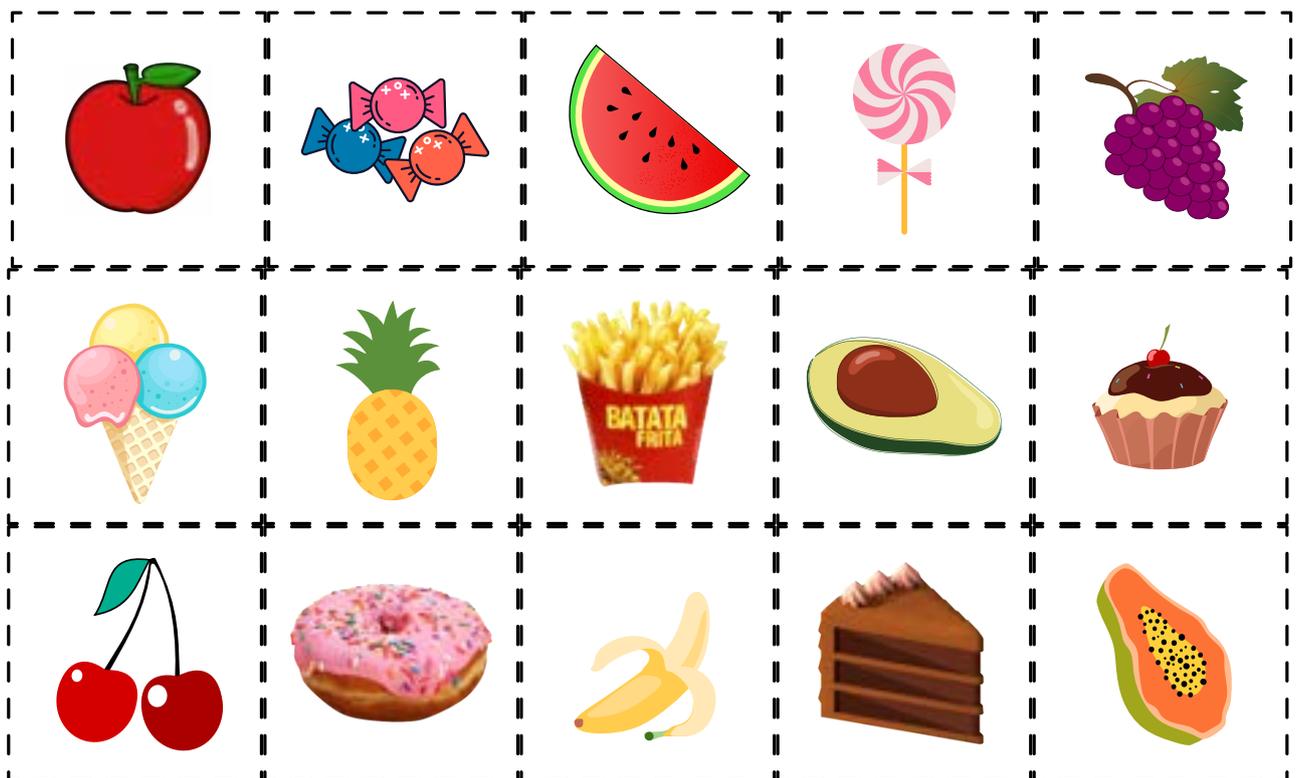
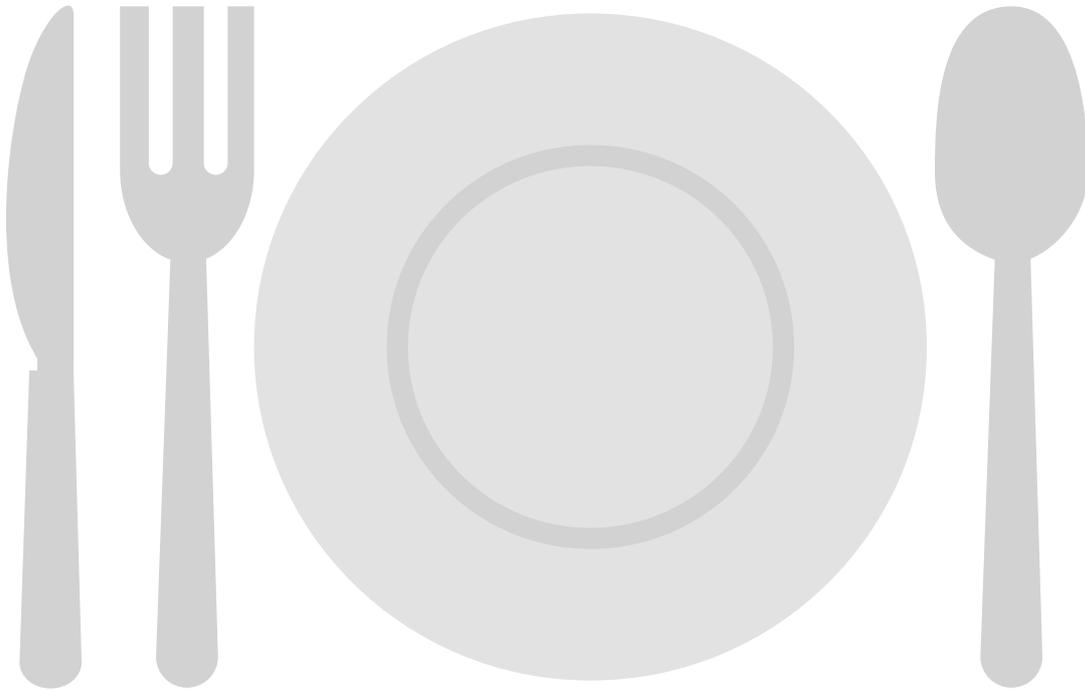


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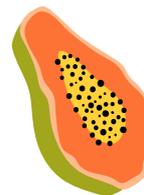
Coloque no prato apenas os alimentos saudáveis

Você pode recortá-los e colocar no prato ou desenhá-los no prato.



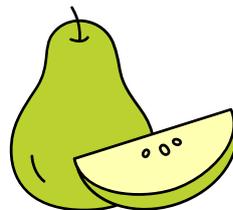
Preencha as colunas abaixo com o nome das frutas



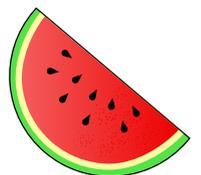




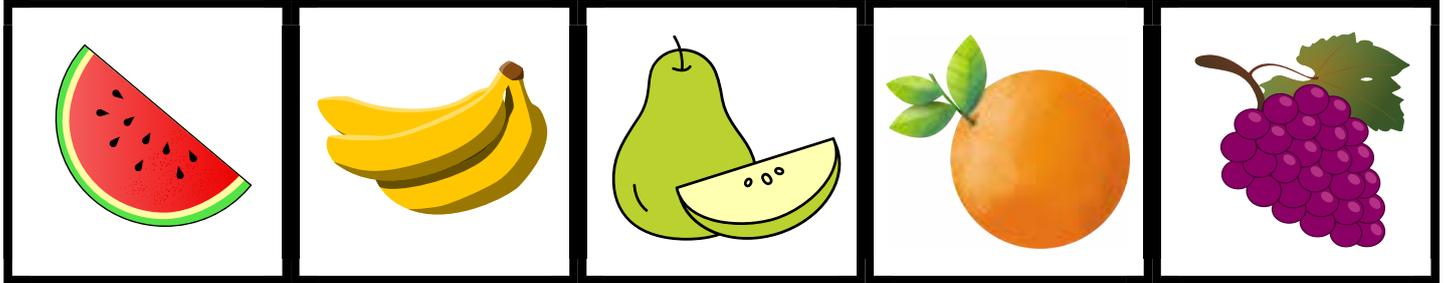
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Escreva a inicial de cada fruta que você encontrar



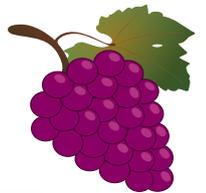
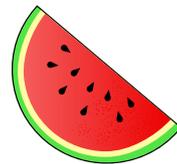
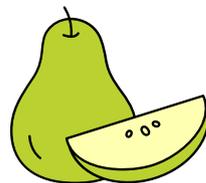
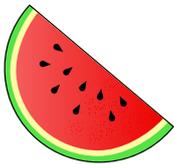
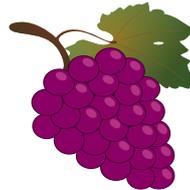
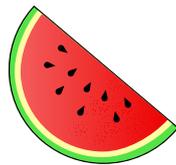
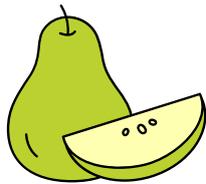
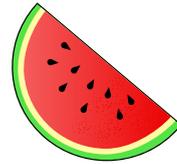
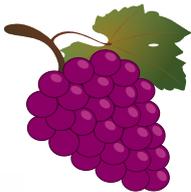
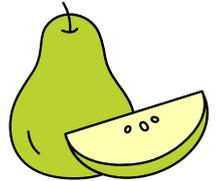
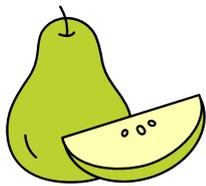
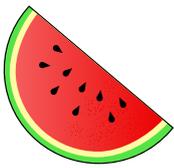
M

B

P

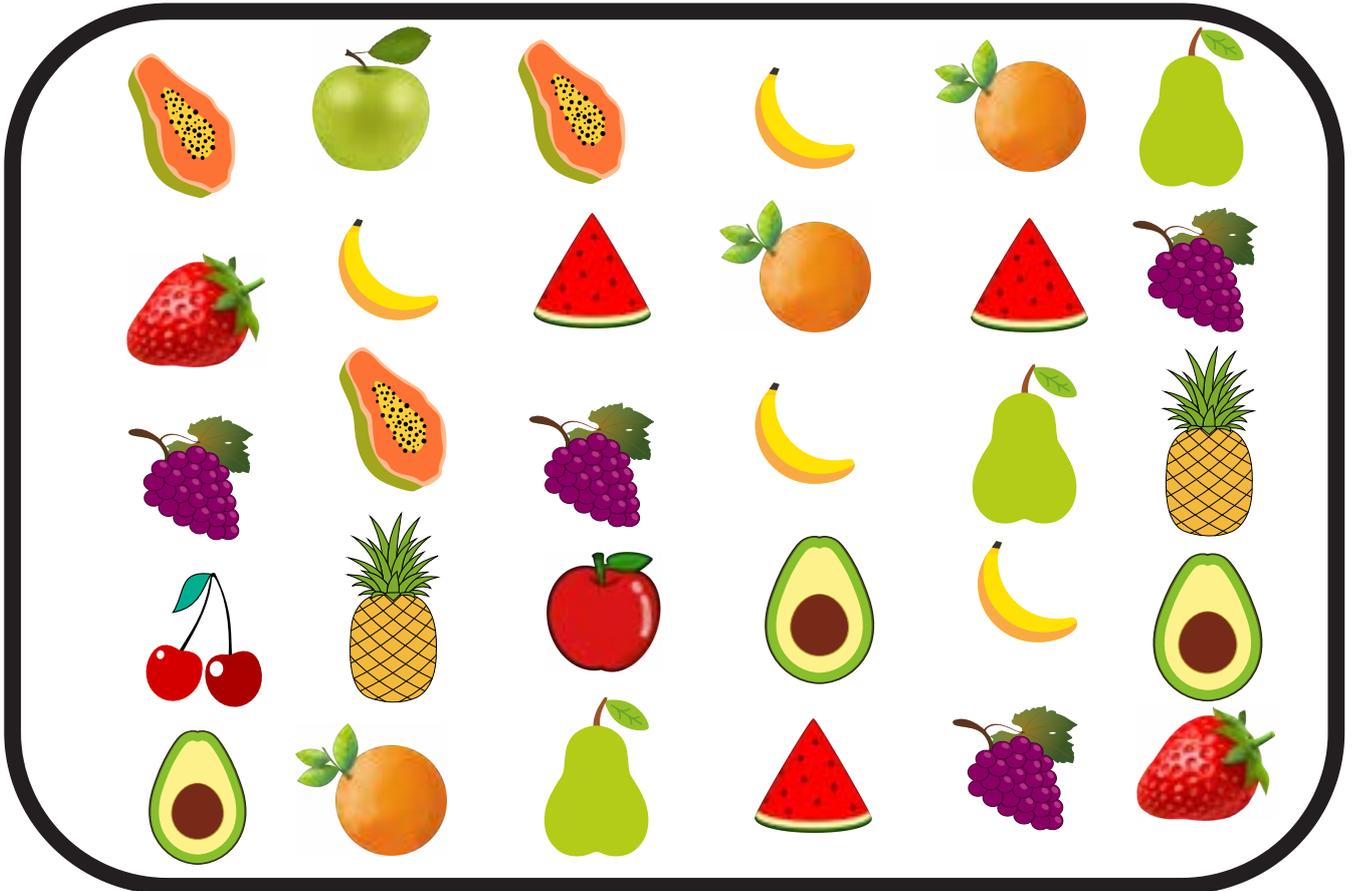
L

U



Conte e classifique

Conte quantas frutas tem de X cor e preencha



Na cor VERDE

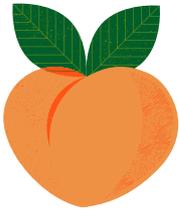
Na cor AMARELA

Na cor VERMELHA

Na cor LARANJA

Na cor ROXA

Ligue os alimentos



Goiaba



Manga



Banana



Maracujá



Pêssego

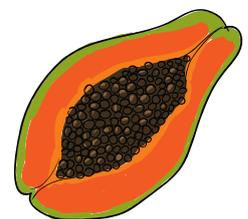
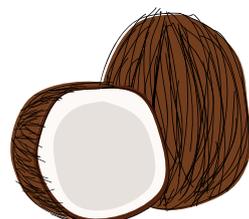
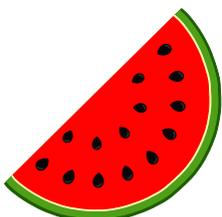
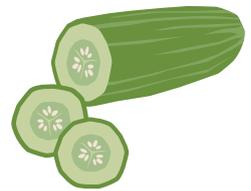
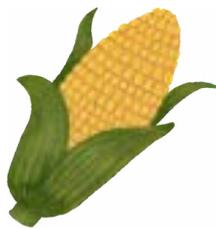
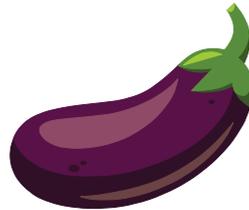
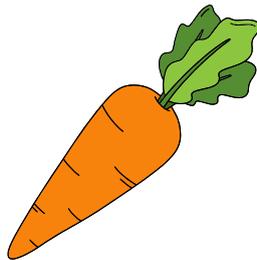


Maçã

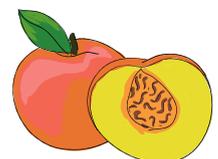
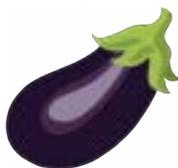
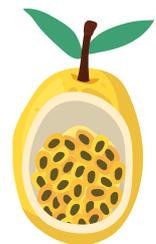
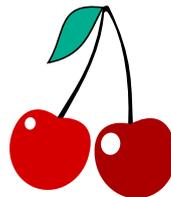
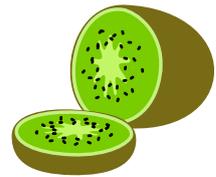
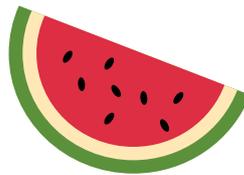
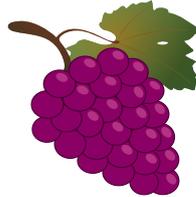


Caju

Circule os alimentos saudáveis



Circule os alimentos que você mais gosta de consumir



Quais alimentos você não conhece e gostaria de experimentar

Marque 



Amendoim



Laranja



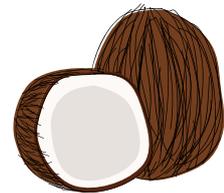
Brócolis



Mamão



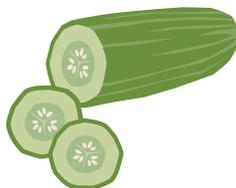
Tomate



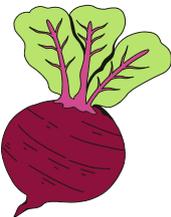
Coco



Banana



Pepino



Beterraba



Goiaba

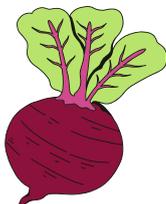
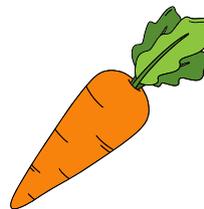
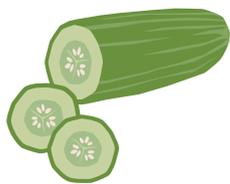
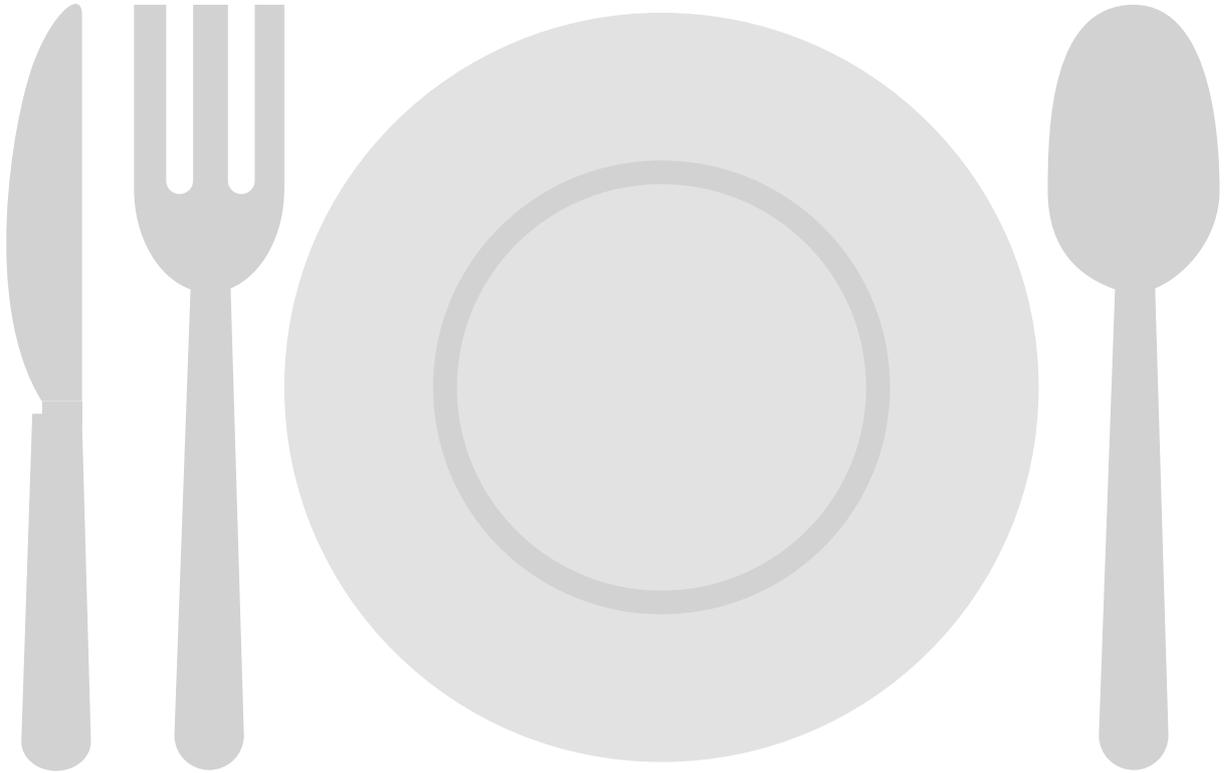


Uva



Alface

O que você gostaria de colocar no seu almoço



Encontre os alimentos saudáveis e não saudáveis

M	T	I	Y	U	V	A	M	G
O	U	A	B	A	N	A	N	A
R	H	G	O	Y	J	C	A	V
A	C	J	L	N	P	T	M	T
N	B	P	A	R	S	B	O	I
G	V	A	C	O	L	I	R	O
O	R	J	H	S	M	O	A	J
G	N	B	A	L	A	N	L	O

Saudável

Não Saudável



Pinte de verde os alimentos saudáveis e vermelho os alimentos não saudáveis

