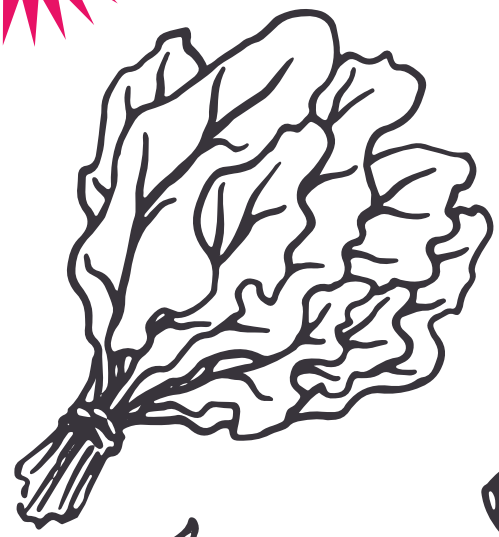
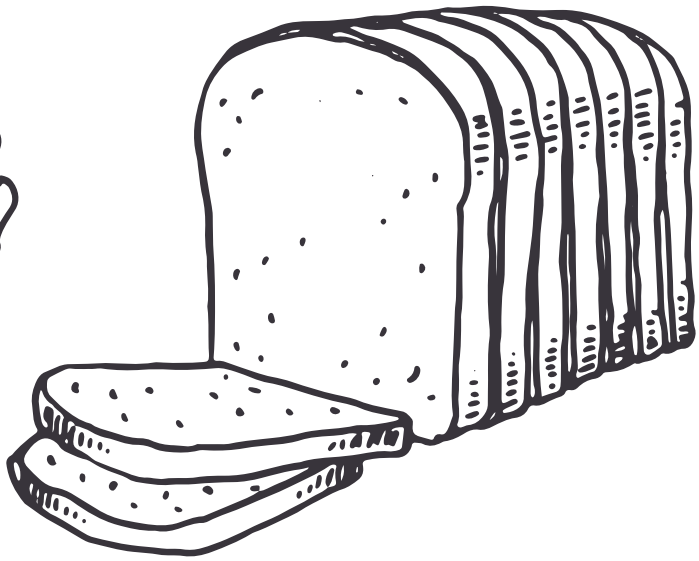
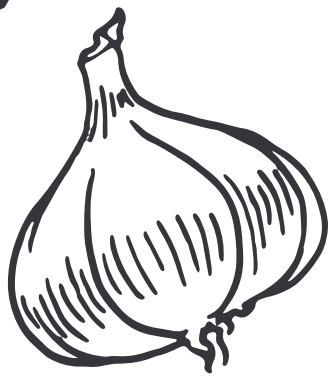
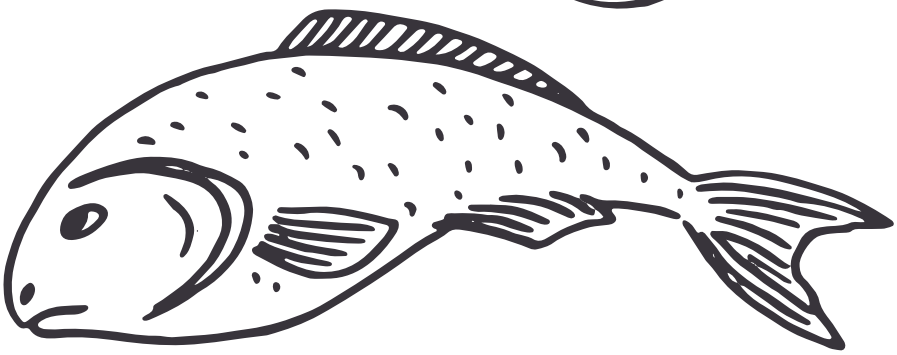
أوراق عمل وحدة الغذاء
لرياض الأطفال

Free









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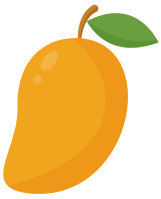
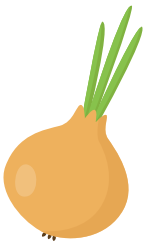
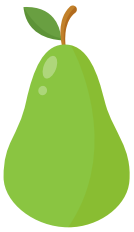
قص الصور التي بالأسفل وصنفها إلى خضروات وفاكهة بالجدول :

الخضروات	الفواكه







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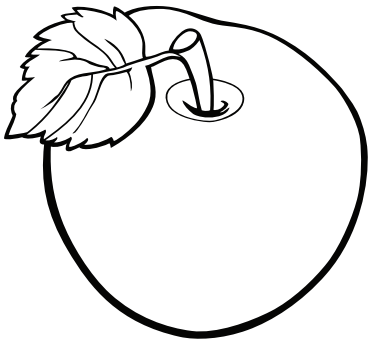
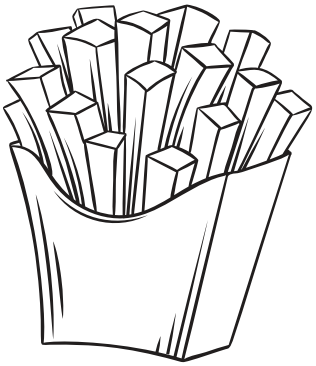
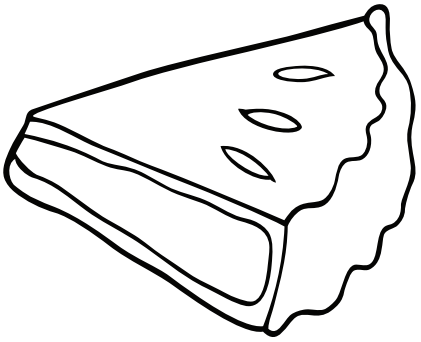
ضع دائرة ◯ حول مجموعة الطعام و مربع ▢ حول مجموعة الشراب







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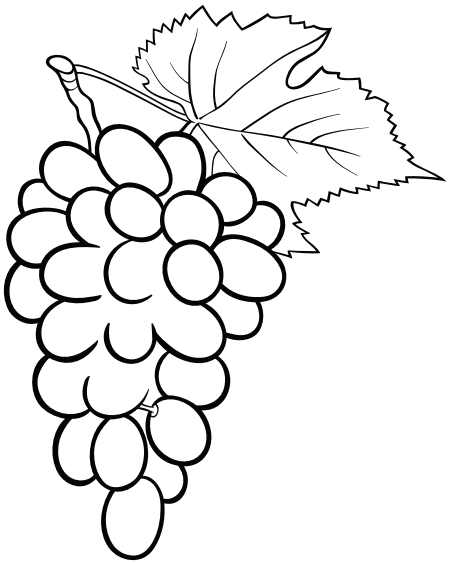
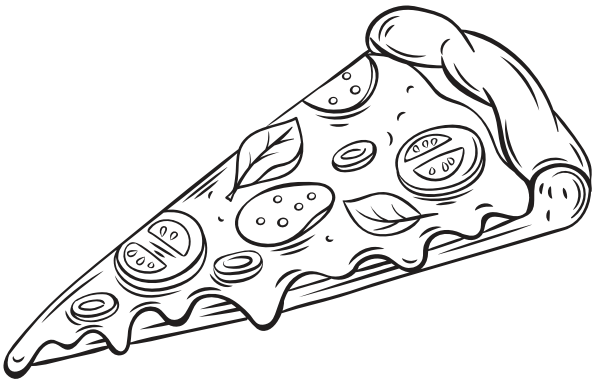
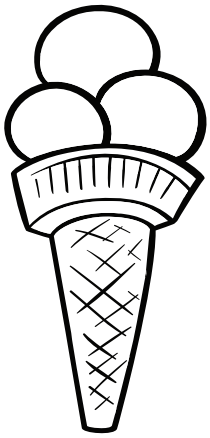
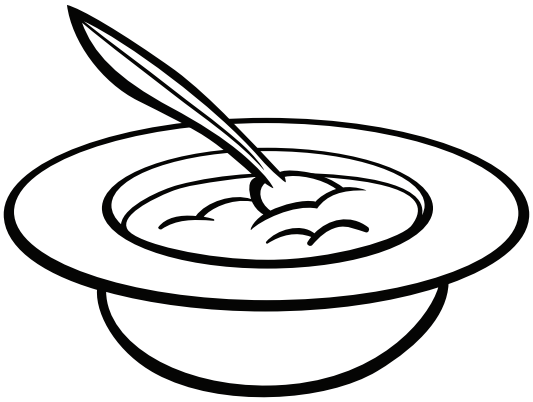
بعض الأطعمة تُطهى وبعضها لا تُطهى

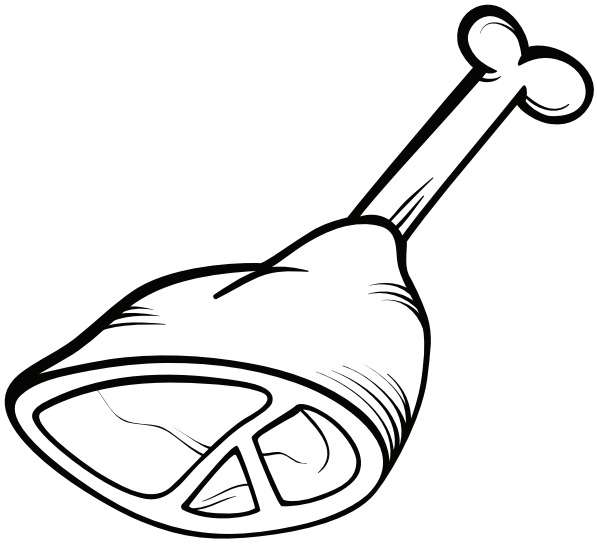
لون الأطعمة التي تُطهى :

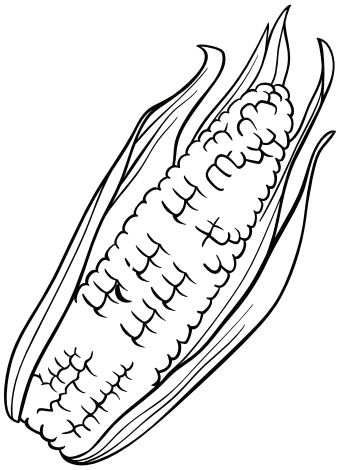


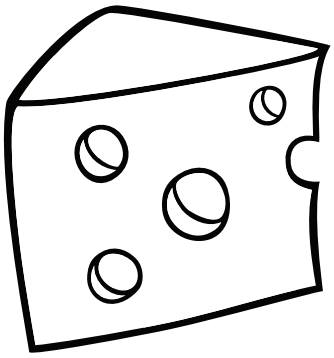












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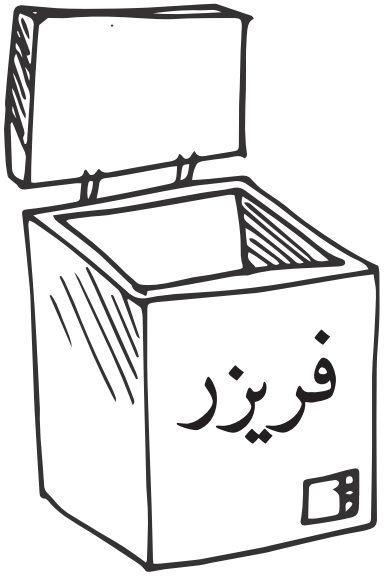
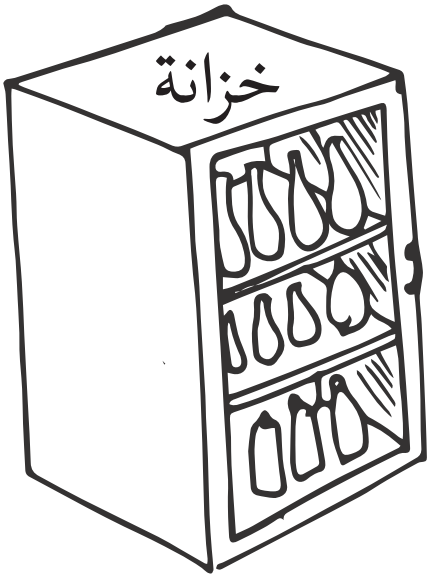
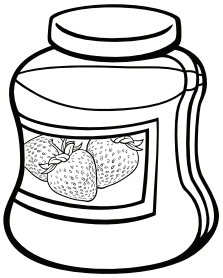
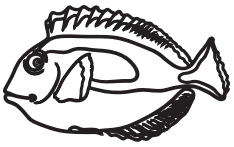
صل الطعام بالمكان الصحيح لحفظه:





معلبات 

سمك 

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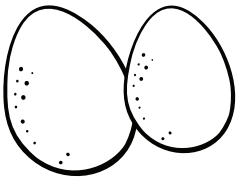
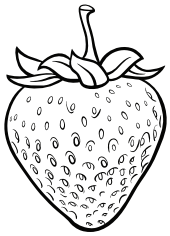
بيض 

فاكهة 

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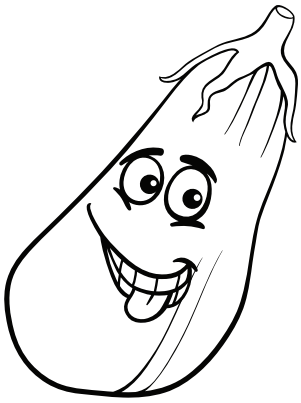

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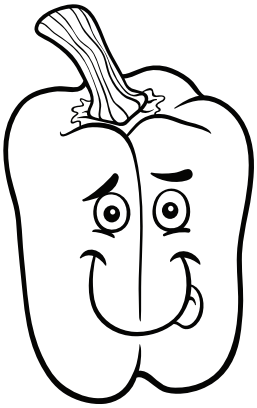

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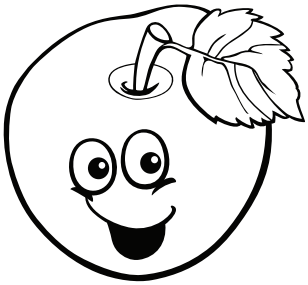

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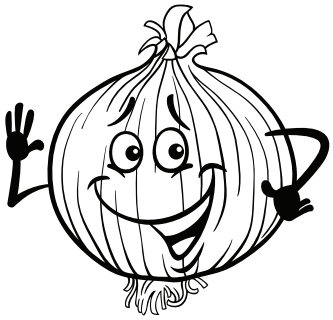

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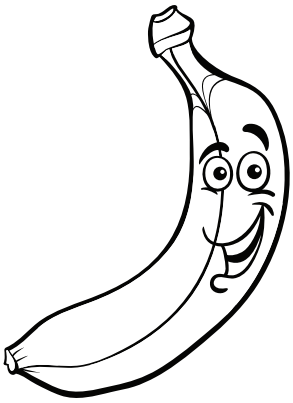

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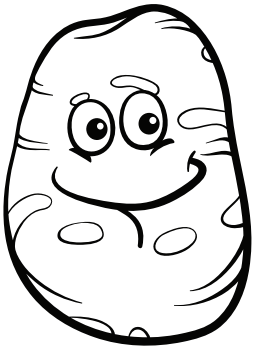

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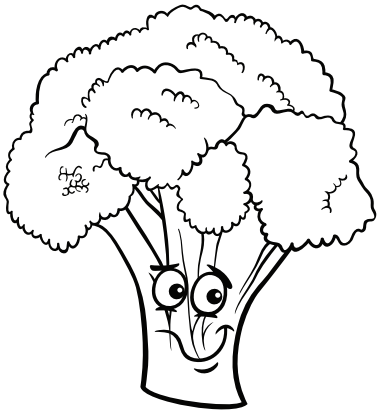

بروكلي

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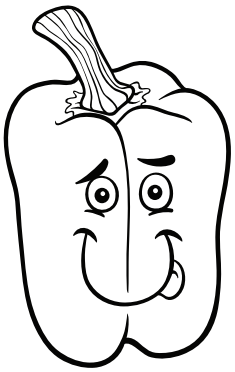
ضع دائرة ◯ حول الفاكهة



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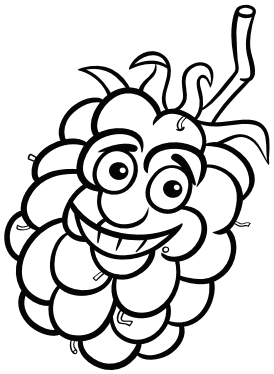

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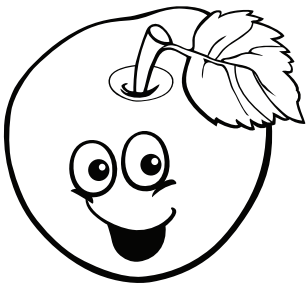

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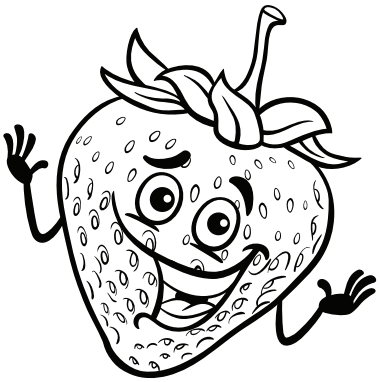

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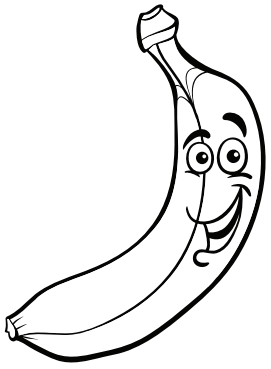

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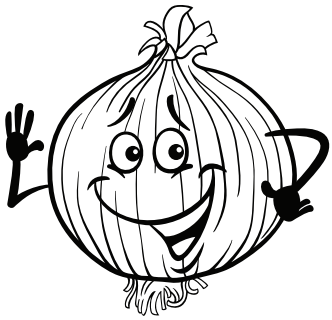

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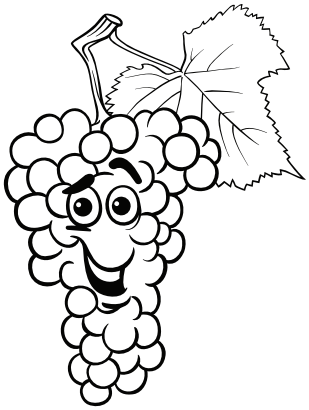

عنب

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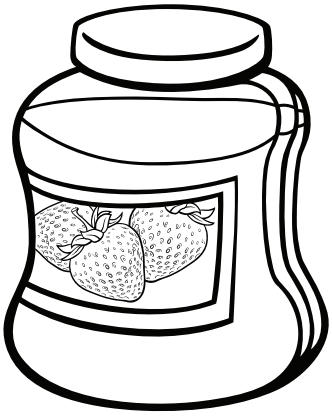
ضع دائرة ◯ حول منتجات الحليب

زبادي



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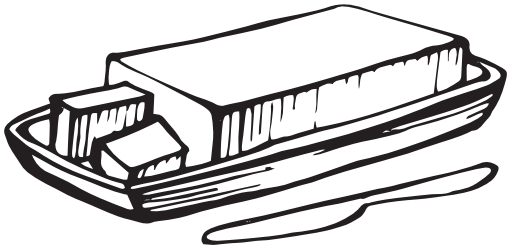

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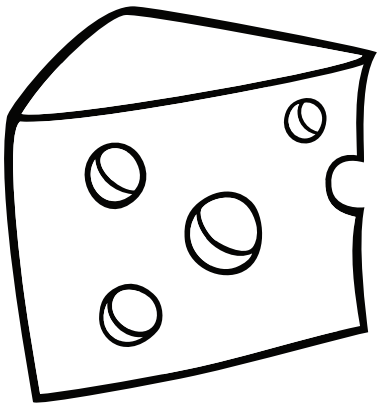

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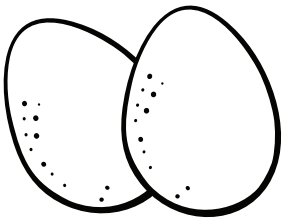

بيض

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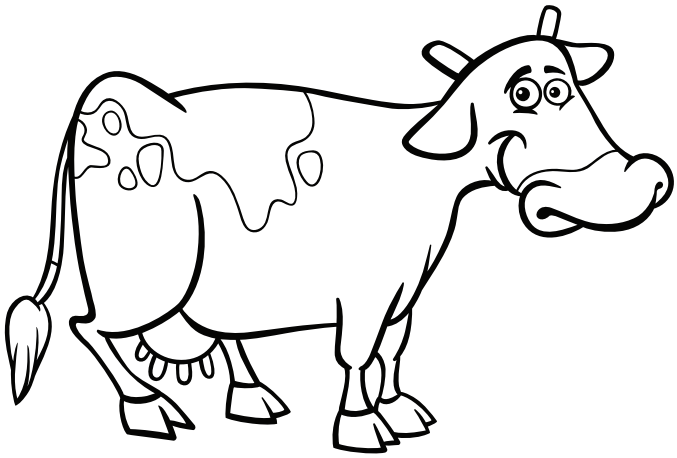
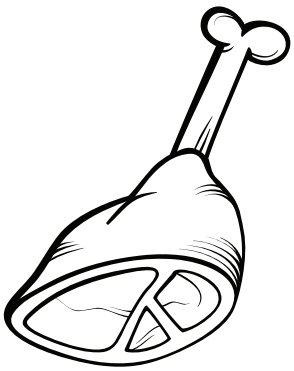
بعض طعامنا من منتجات الحيوان

صل الغذاء بمصدره :





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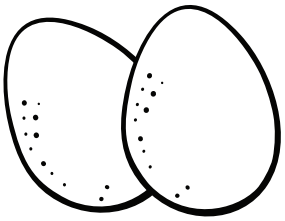

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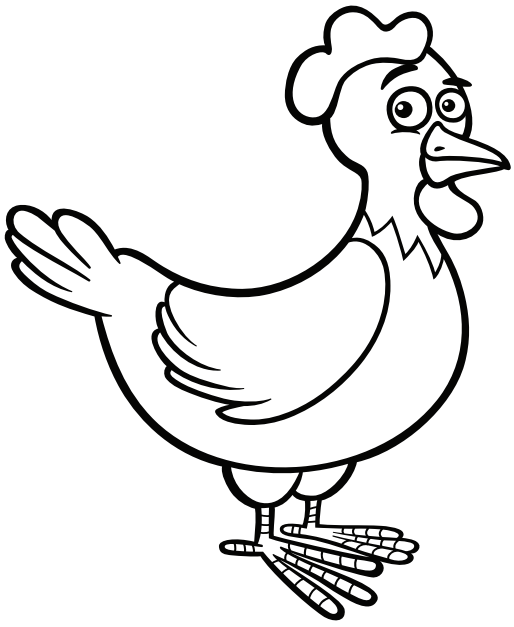

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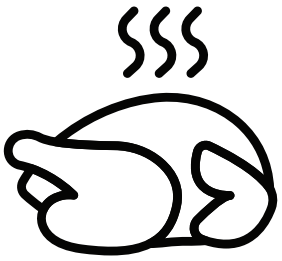

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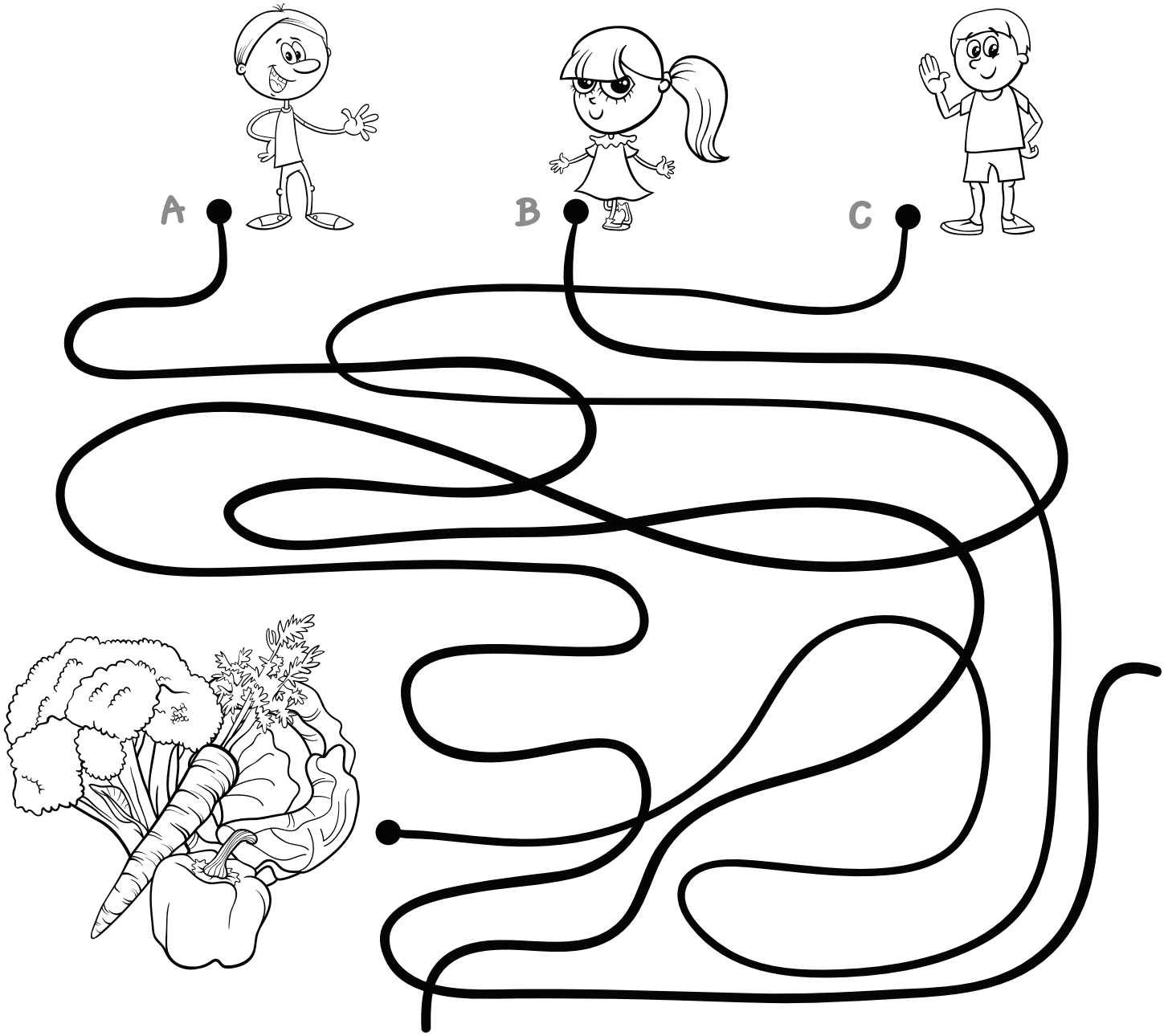
لعبة متاهة الطعام

من الطفل صاحب الطريق الصحيح : للحصول على الخضروات



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