PONAVLJAMO IN UTRJUJEMO

1. Katera semena uporabimo za:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| polento | mlečni zdrob | ričet | kašo | kruh | rižoto |
|  |  |  |  |  |  |

1. Na embalaži naštetih živil preberi sestavine. Podatke o vsakem živilu zapiši v tabelo.

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| --- | --- | --- | --- | --- |
|  | ajdova kaša | prosena kaša | instantna polenta | riž |
| beljakovine |  |  |  |  |
| ogljikovi hidrati |  |  |  |  |
| maščobe |  |  |  |  |
| prehranske vlaknine |  |  |  |  |
| vitamini |  |  |  |  |
| mineralne snovi |  |  |  |  |

Nariši stolpčni diagram za količino ogljikovih hidratov v teh živilih.

Katero živilo jih ima največ?



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*Če učnega lista ne moreš natisniti, ga reši v zvezek.*