
















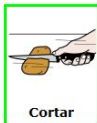

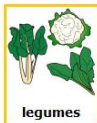



“Inventar a alimentação do futuro”

Sala de Ensino estruturado 3 Agrupamento de Escolas Infante D. Henrique

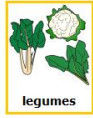
<u>Sopa de legumes</u>	
	<p><u>Ingredientes/legumes trazidos pelos alunos para confeção da sopa.</u></p>  <p>Ingredientes</p>
	<p><u>Lavar as mãos.</u></p>  <p>Lavar</p>  <p>as</p>  <p>mãos.</p>
 	<p><u>Lavar os legumes.</u></p>  <p>Lavar</p>  <p>os</p>  <p>legumes.</p>
 	<p><u>Descascar os legumes.</u></p>  <p>Descascar</p>  <p>os</p>  <p>legumes.</p>
	<p><u>Cortar os legumes aos cubos.</u></p>  <p>Cortar</p>  <p>os</p>  <p>legumes</p>  <p>cubos.</p>



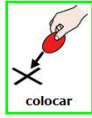
Lavar legumes para colocar na panela.



Lavar



legumes



colocar



panela



Acrescentar água e colocar a panela ao fogão.



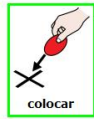
Acrescentar



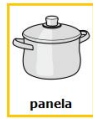
água



e



colocar



panela



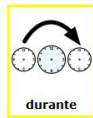
fogão.



Ferver durante 20 minutos.



Ferver



durante



20



minutos.



Com a varinhamágica desfazer os legumes.



Com



varinhamágica



triturar



os



legumes.



A sopa está pronta a provar.



Sopa



pronta



provar.