



NACIONĀLAIS  
ATTĪSTĪBAS  
PLĀNS 2020



**EIROPAS SAVIENĪBA**

Eiropas Sociālais  
fonds

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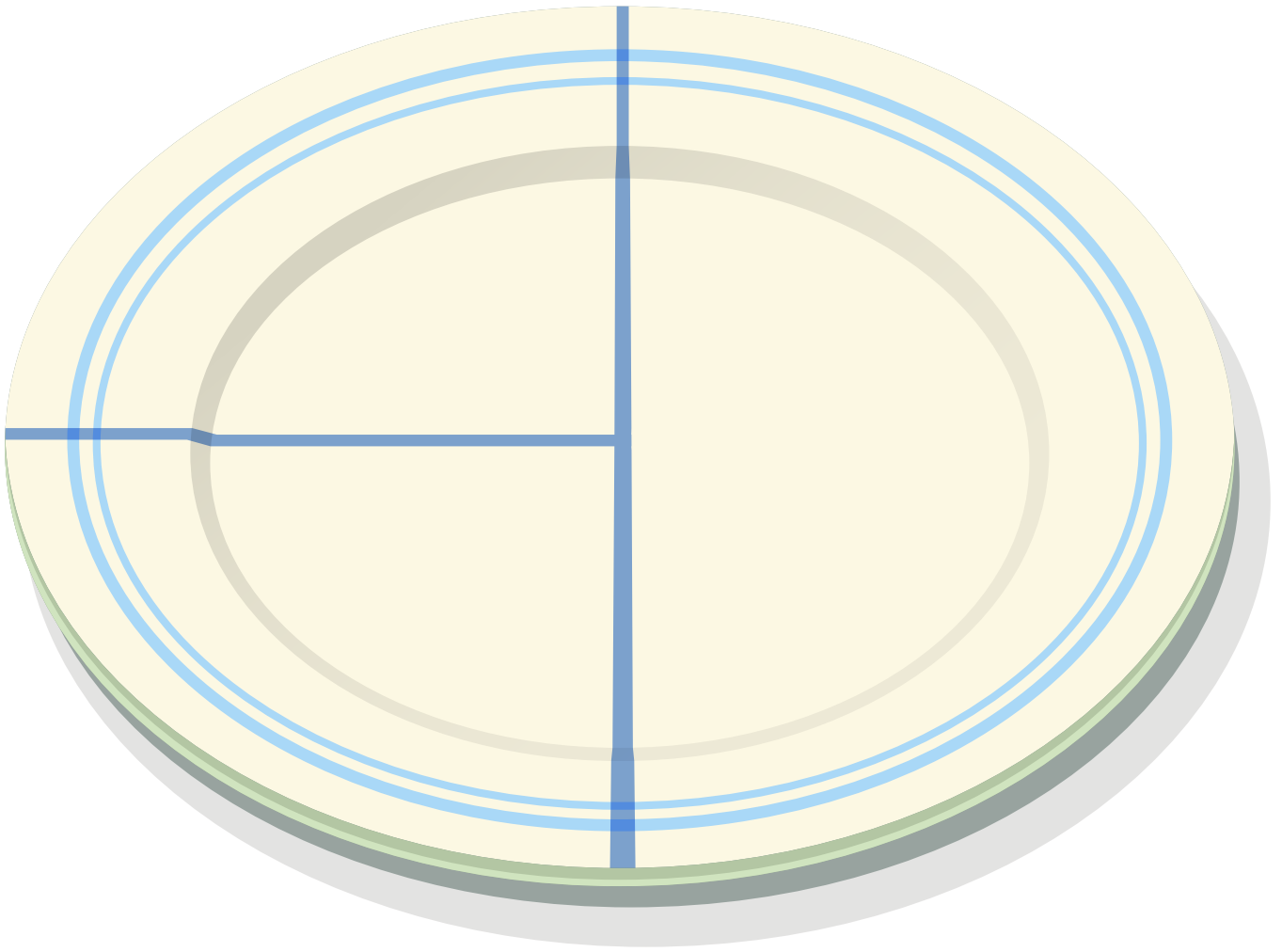
I E G U L D Ī J U M S T A V Ā N Ā K O T N Ē

„Kompleksi veselības veicināšanas un slimību profilakses pasākumi”  
(Identifikācijas Nr.9.2.4.1/16/I/001)

“Mācību filma par veselīga uztura paradumu veidošanu  
1. – 5. klašu izglītojamajiem”  
(Id.Nr.VM 2020/02/ESF)

PIELIKUMS

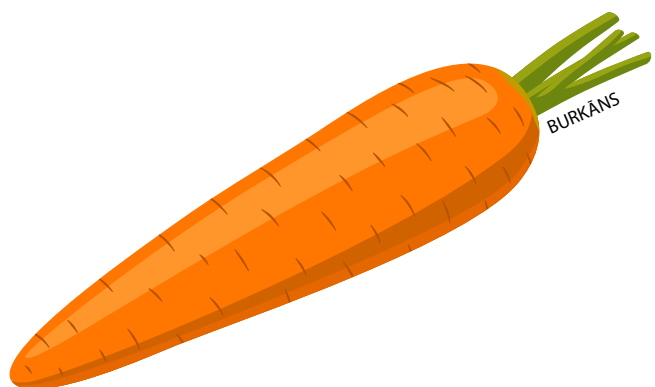
**DARBA LAPAS**



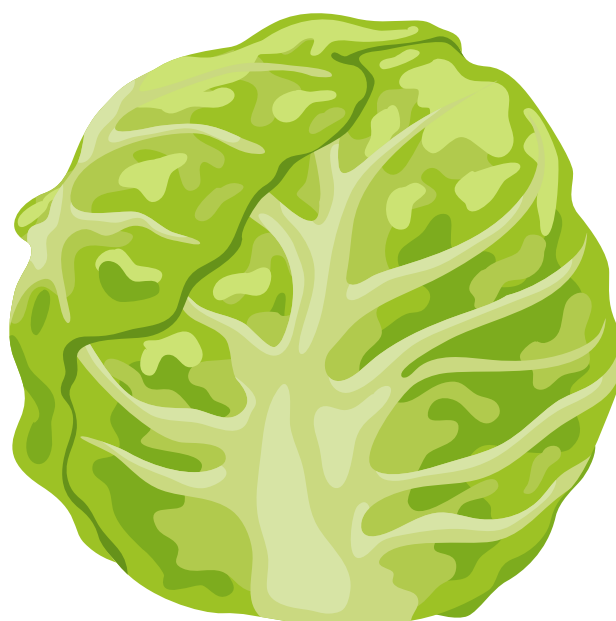


**Veselīga uztura šķīvis**

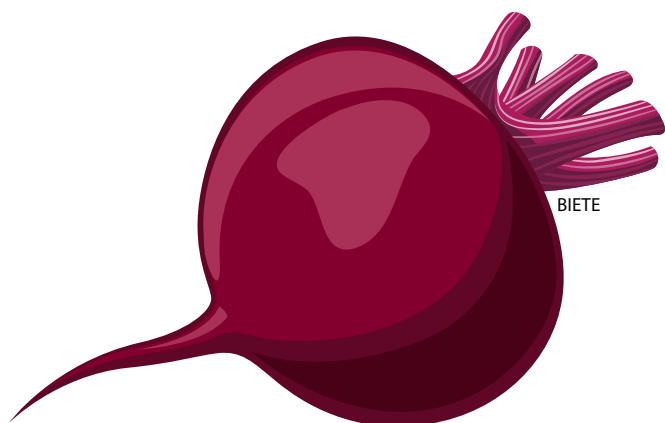
# DĀRZENĪ



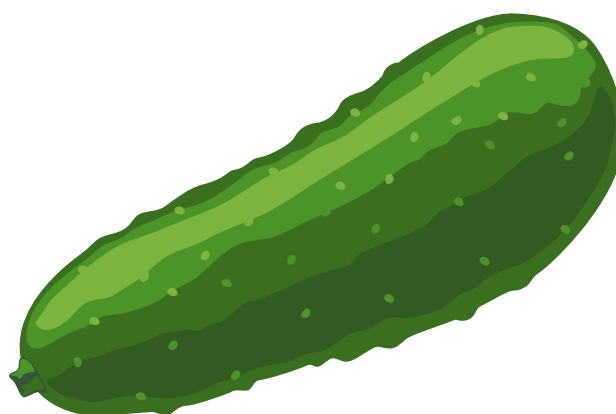
BURKĀNS



KĀPOSTS



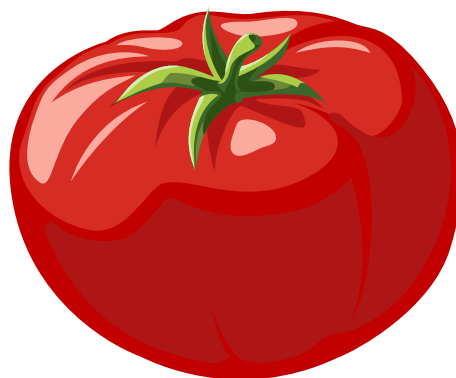
BIETE



GURĶIS

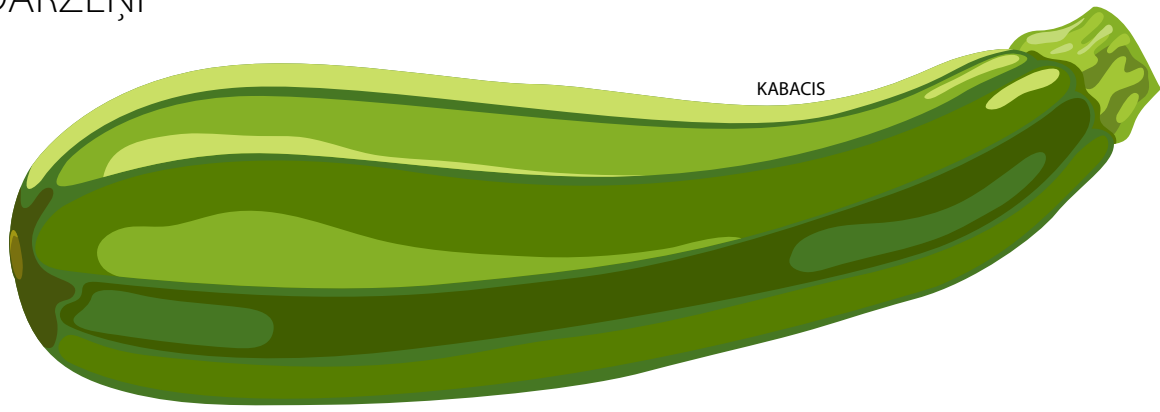


ĶIRBIS

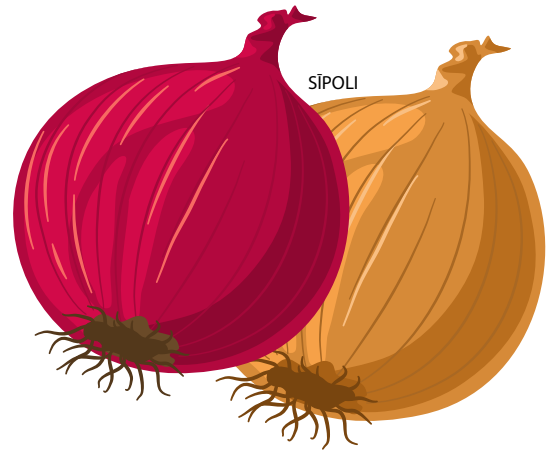


TOMĀTS

# DĀRZENĪ



KABACIS



SĪPOLI



DILLES

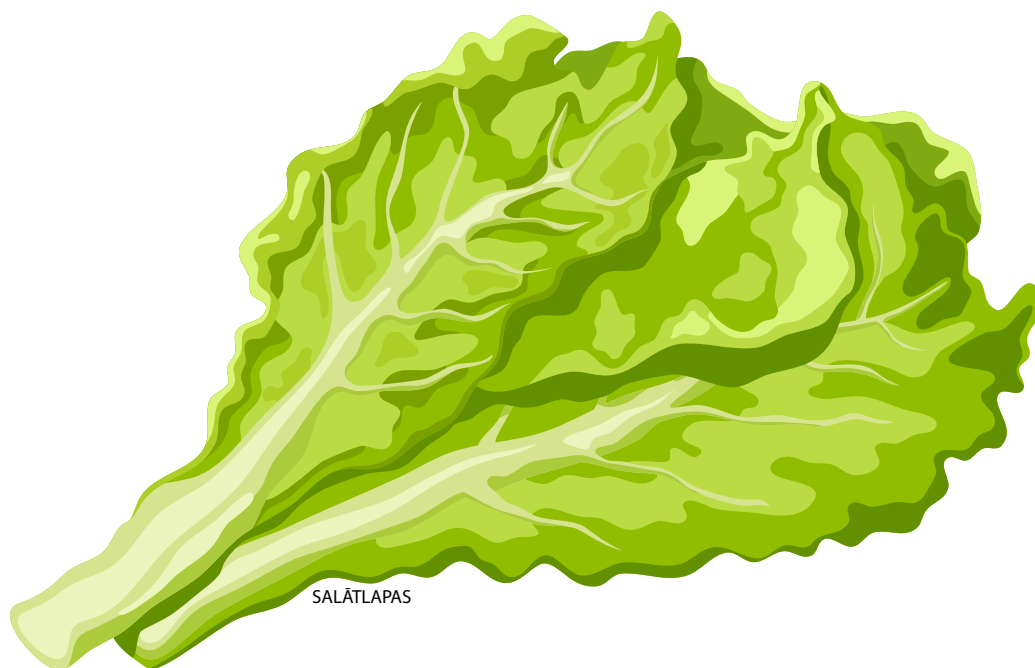
PĒTERSĪĻI

LOCINI



BROKOLIS

# DĀRZENĪ

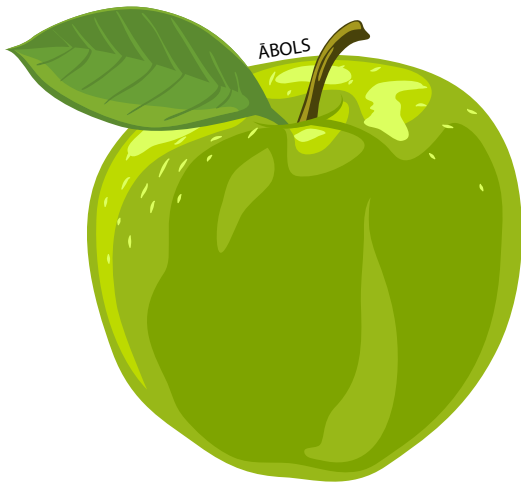


SALĀTLAPAS

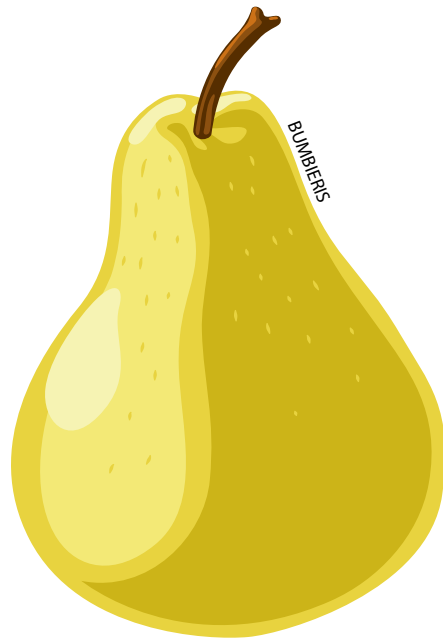


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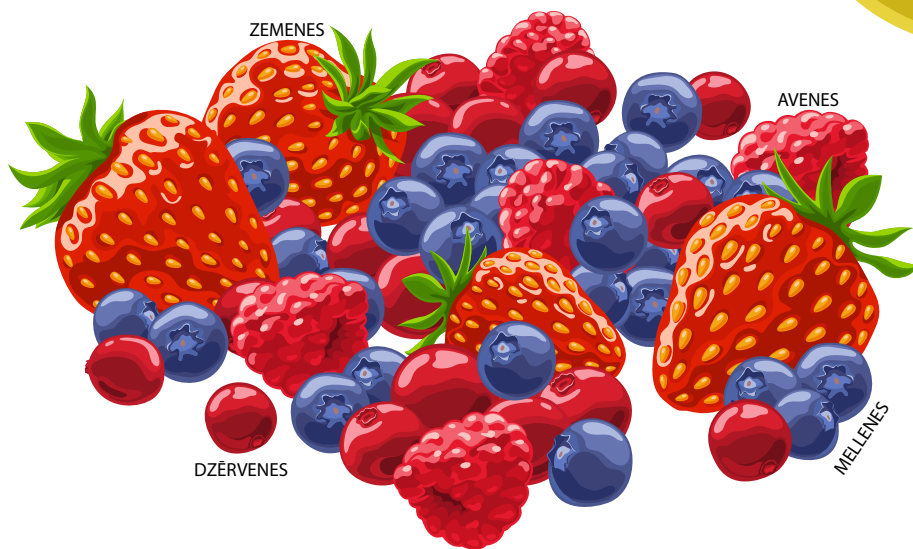
# AUGĻI UN OGAS



ĀBOLS



BUMBIERS



ZEMENES

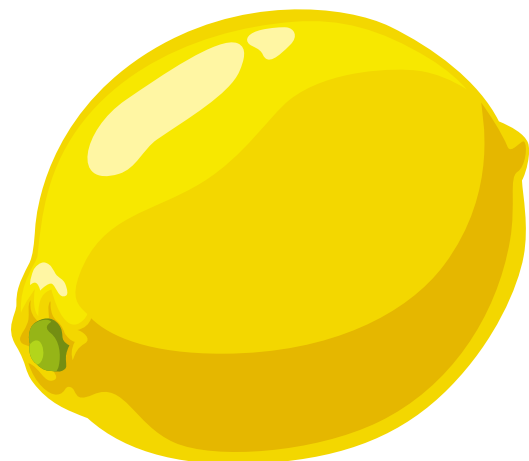
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DZĒRVENES

MELLENES

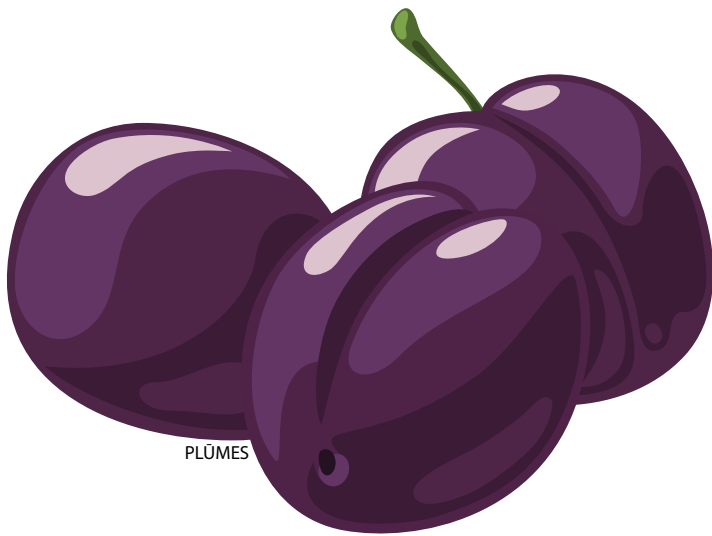


BANĀNS

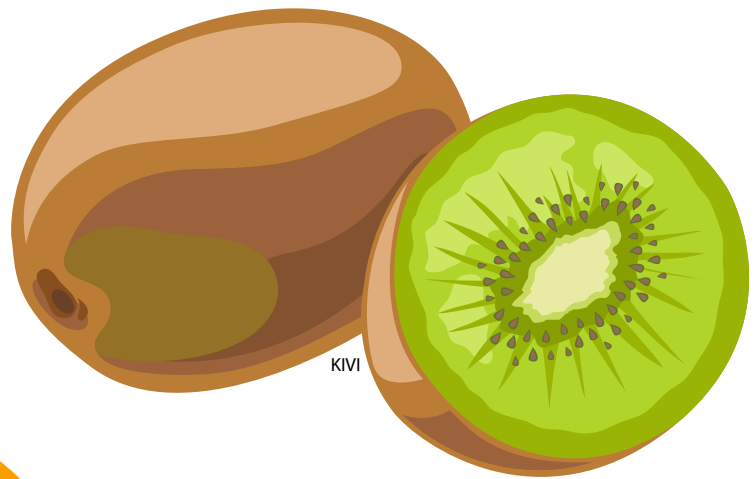


CITRONS

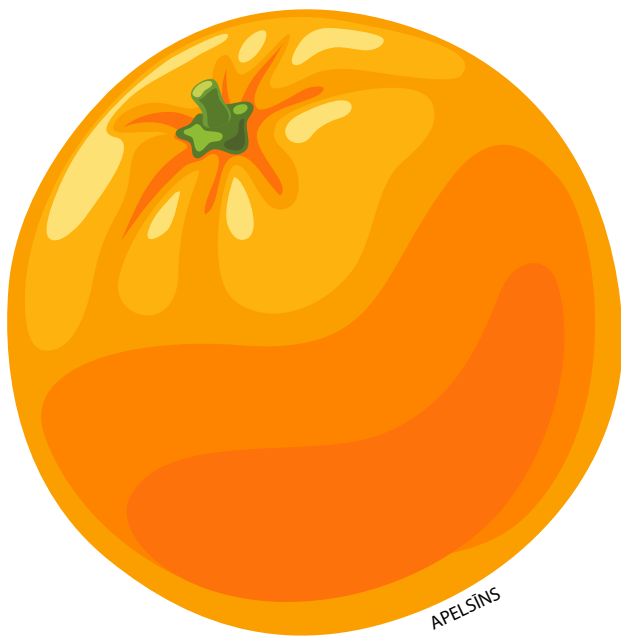
# AUGĻI UN OGAS



PLŪMES



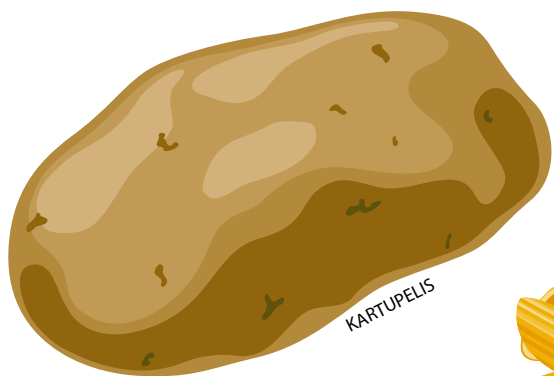
KIVI



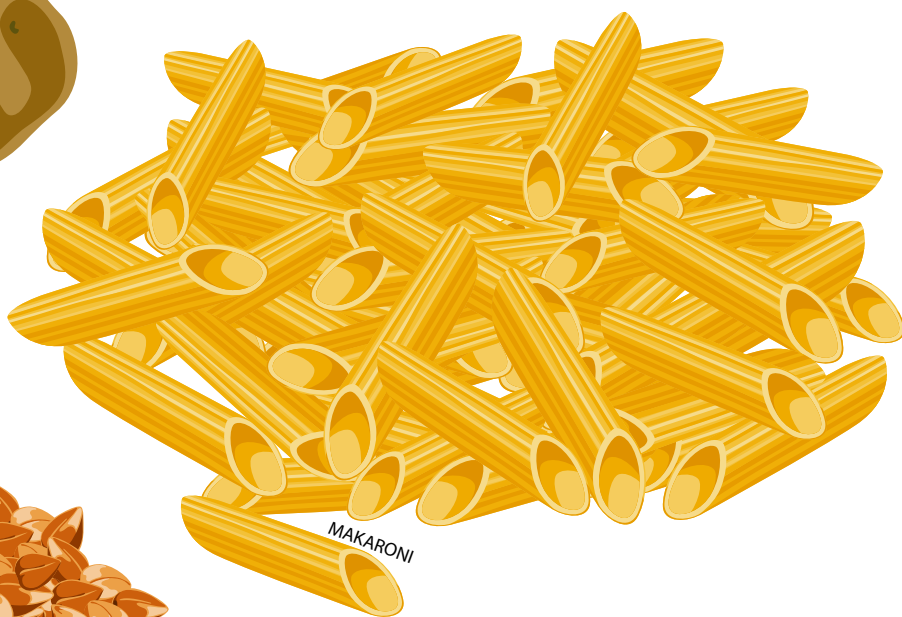
APELSĪNS



# SALIKTO OGĻHIDRĀTU GRUPA



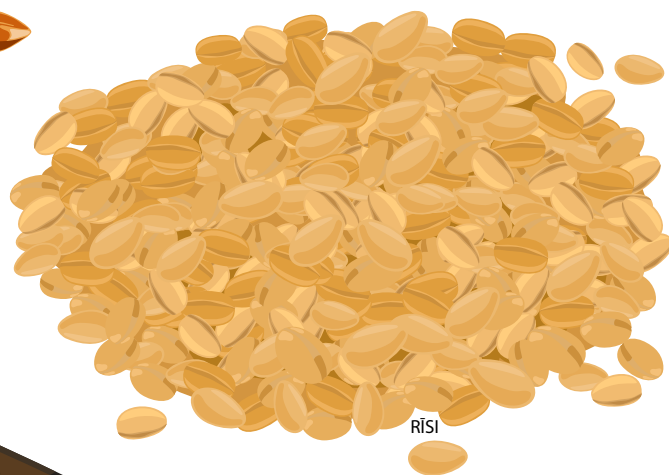
KARTUPEĻIS



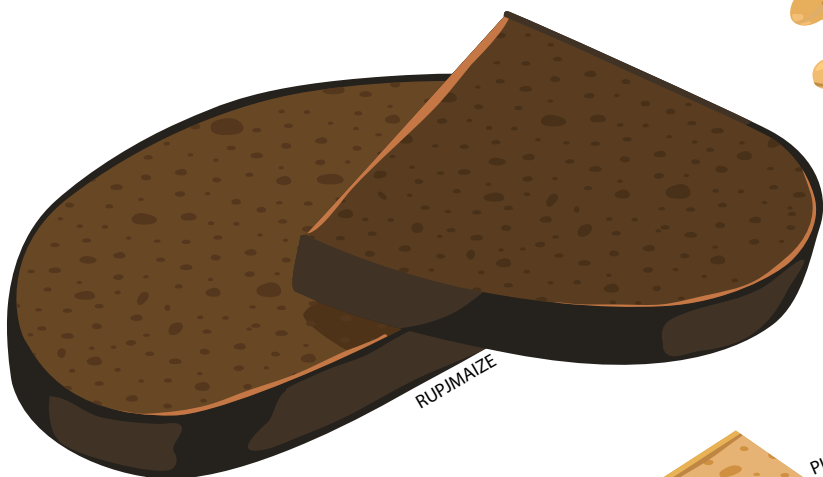
MAKARONI



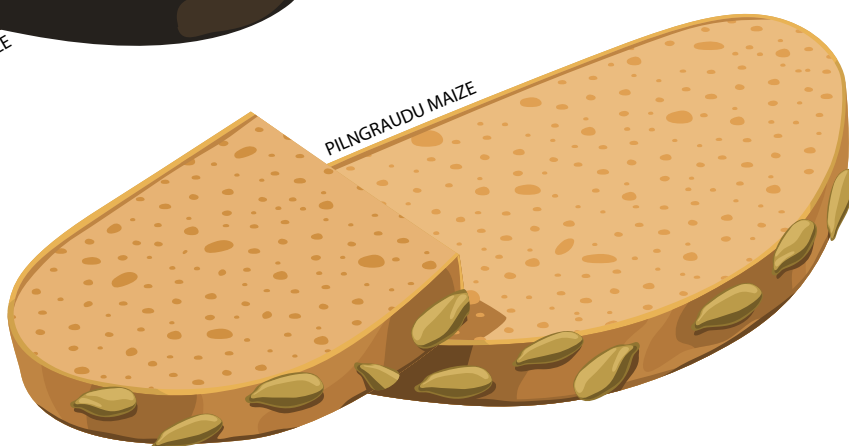
GRIĶI



RĪSI

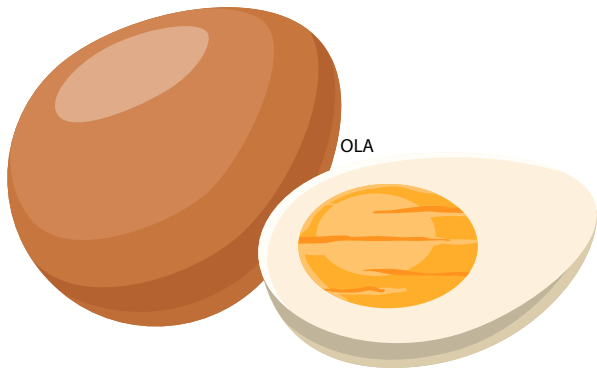


RUPJMAIZE

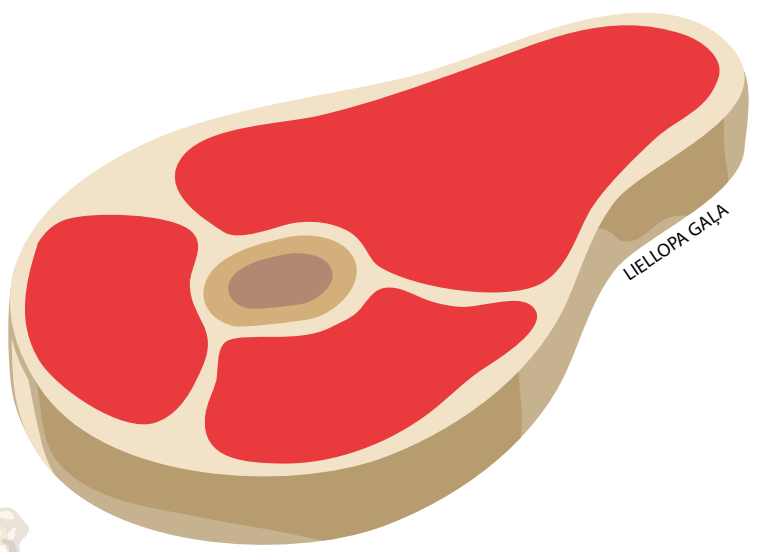


PILNGRAUDU MAIZE

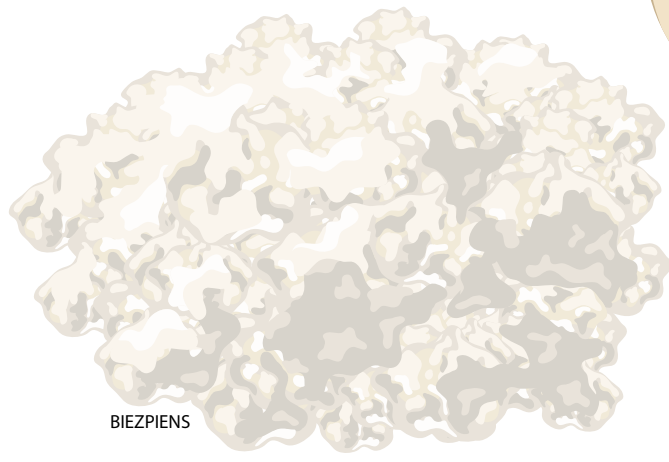
# OLBALTUMVIELU GRUPA



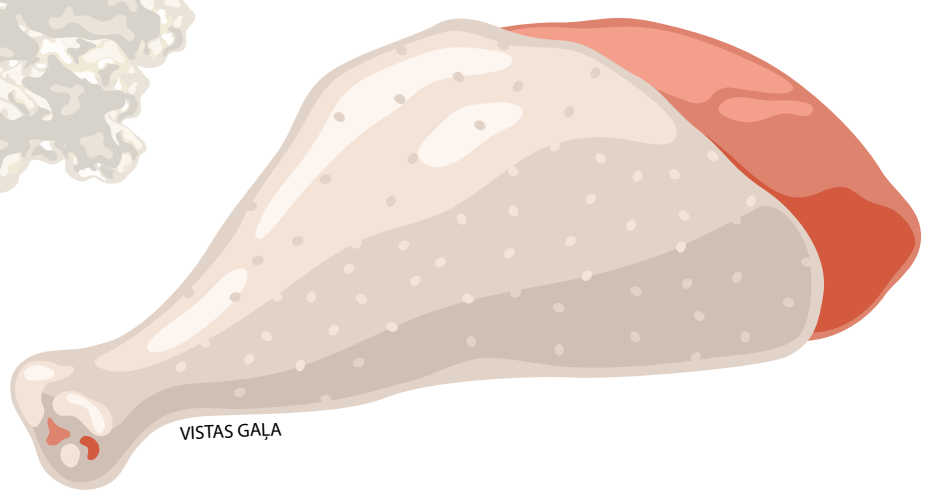
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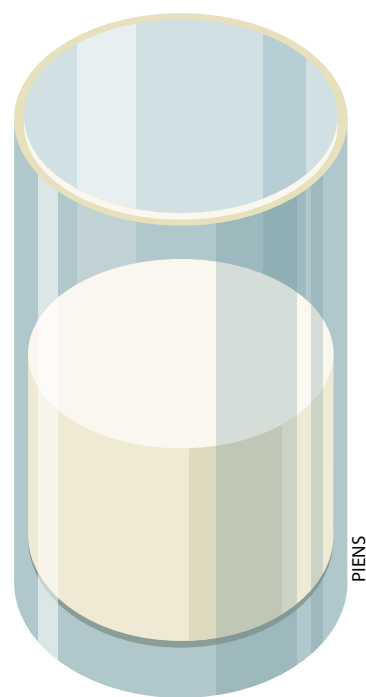
LIELOPA GAĻA



BIEZPIENS



VISTAS GAĻA

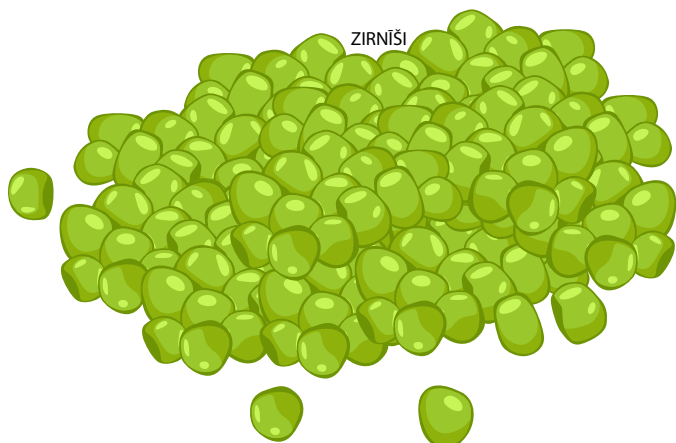
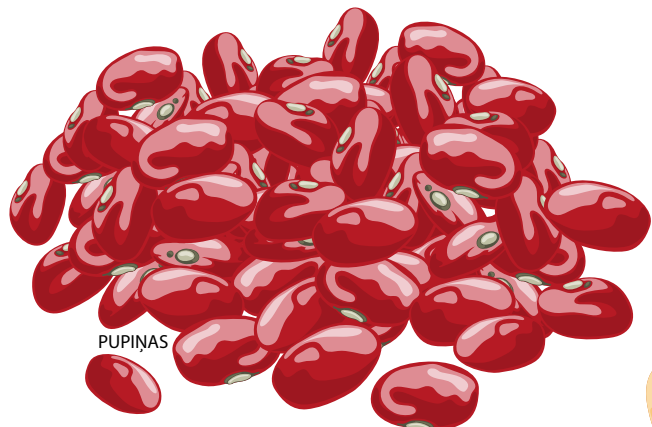


PIENS



SIERS

# OLBALTUMVIELU GRUPA

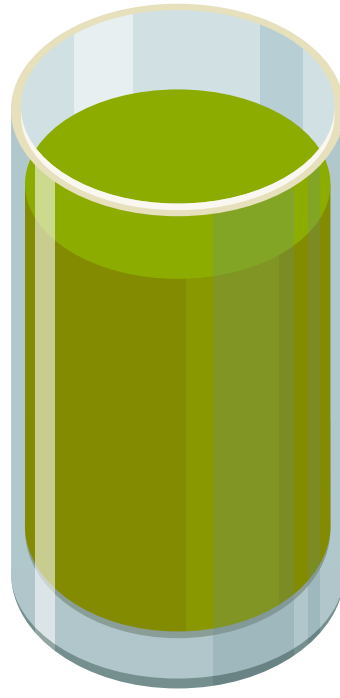


TAUKU GRUPA - EĶĻA

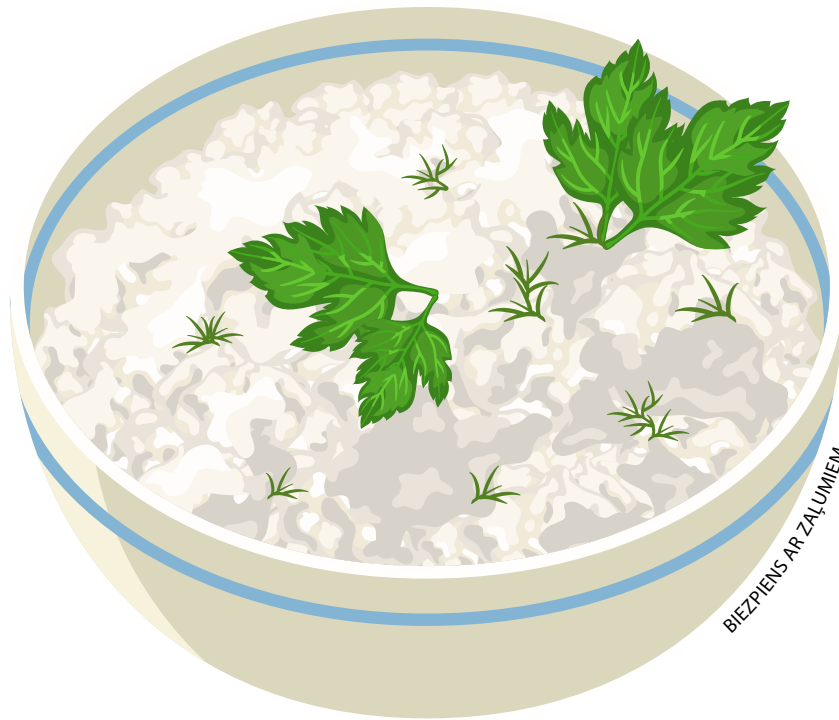




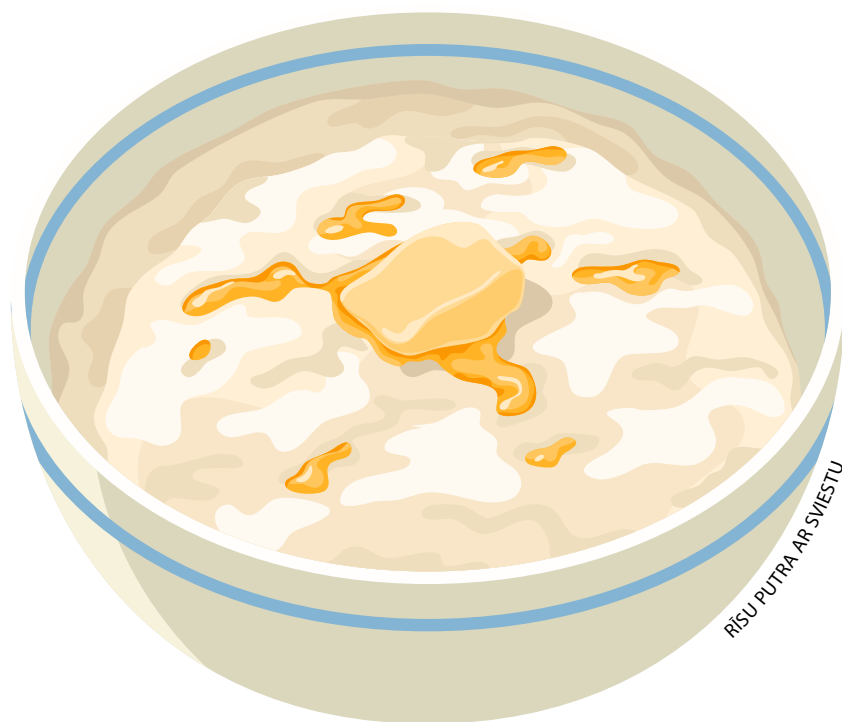
BURKĀNU SULA



DĀRZEŅU SULA



BIEZPIENS AR ZAĻUMIEM



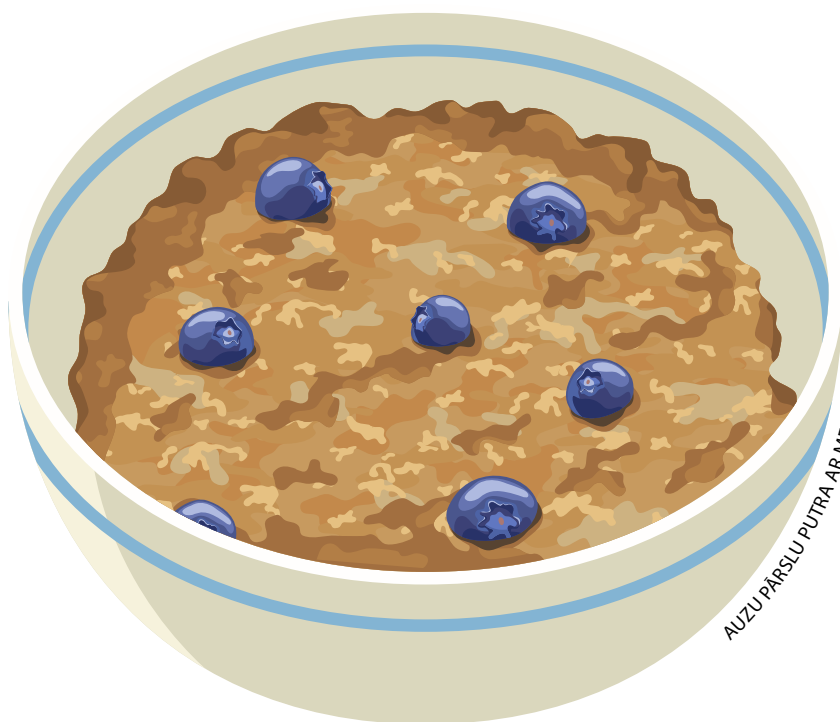
RISU PUTRA AR SVIESTU



VĀRĪTI KARTUPEĻI



GRIKU PUTRA AR SVIESTU



AUZU PĀRSĻU PUTRA AR MELLENĒM

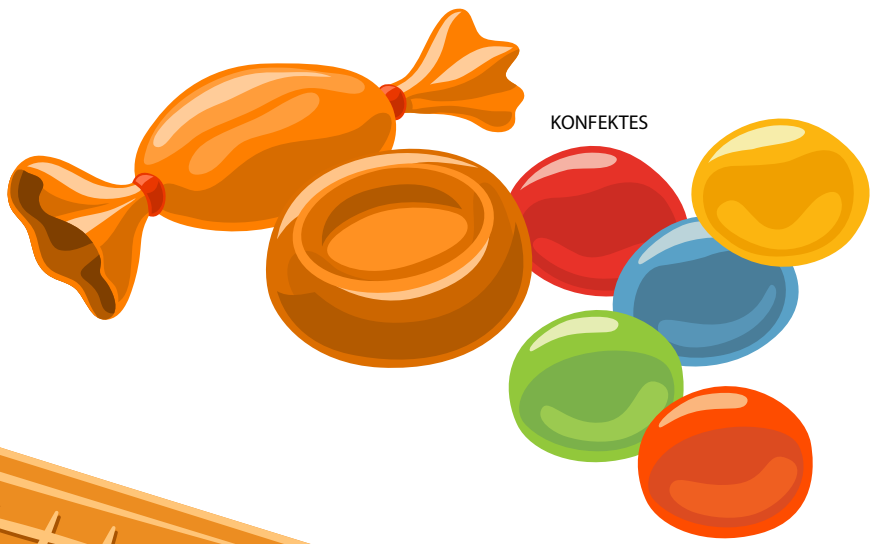


MUSLI AR JOGURTU, OGĀM, RIEKSTIEM

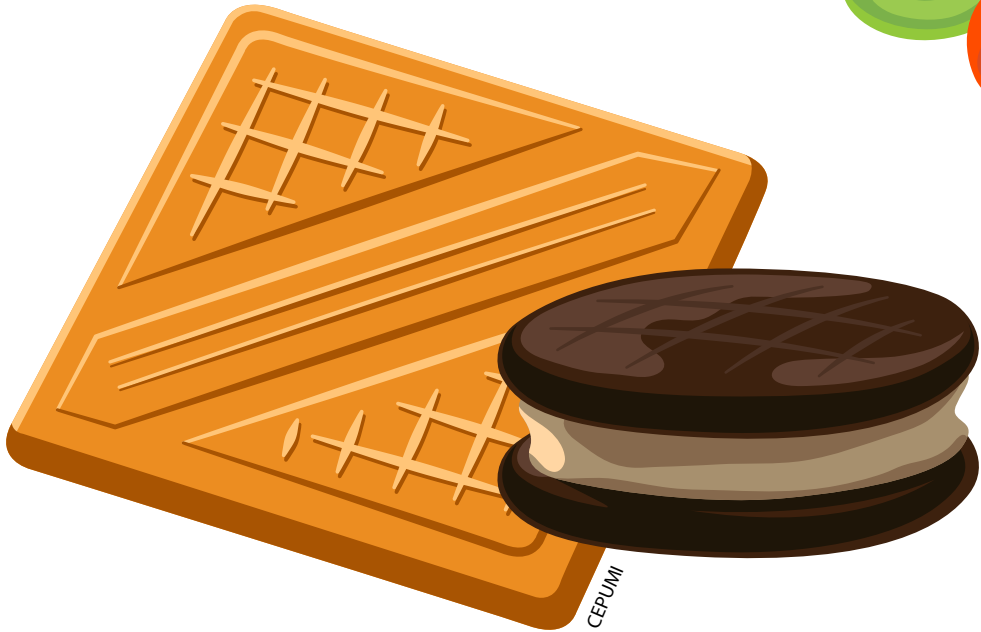


SALĀTLĀPAS





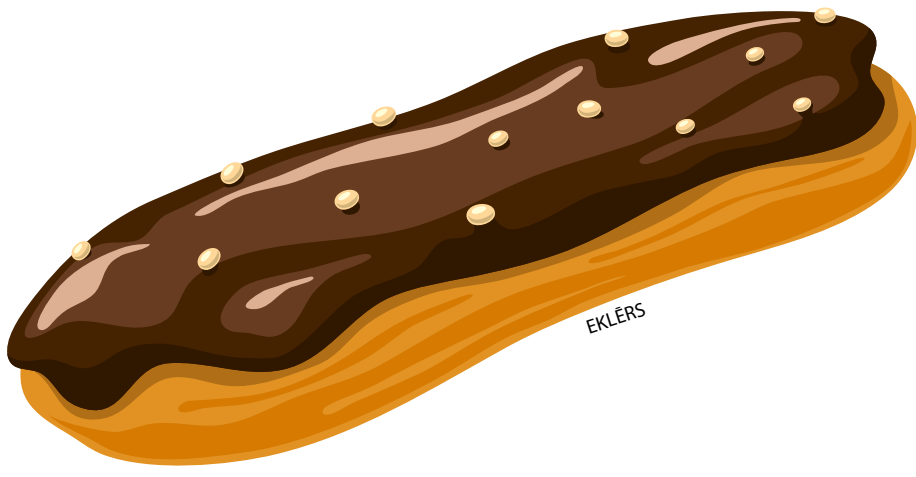
KONFEKTES



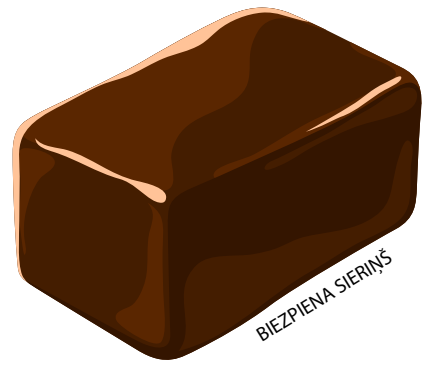
CEPUMI



KOKAS



EKLERS



BIEZPIENA SIERINŠ



SULA



KONFEKTE



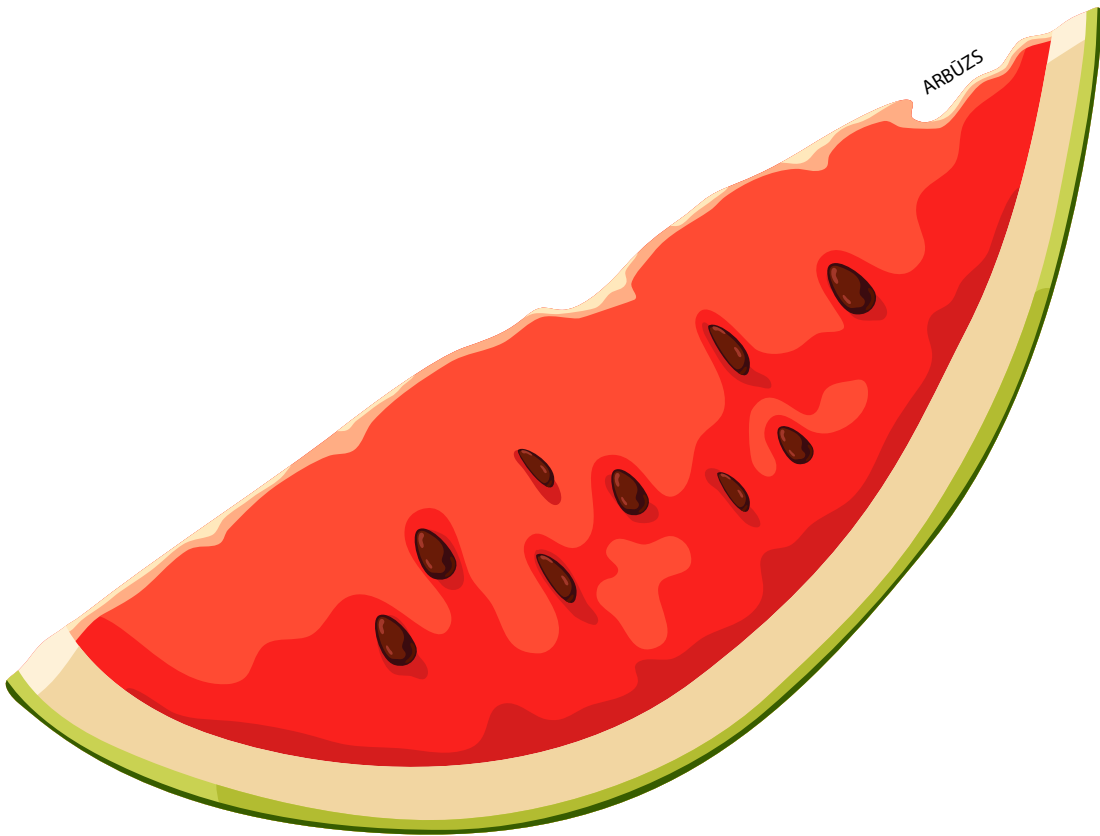
GĀZĒTS DZĒRIENS



GREIPFRÜTS



FRI KARTUPELI



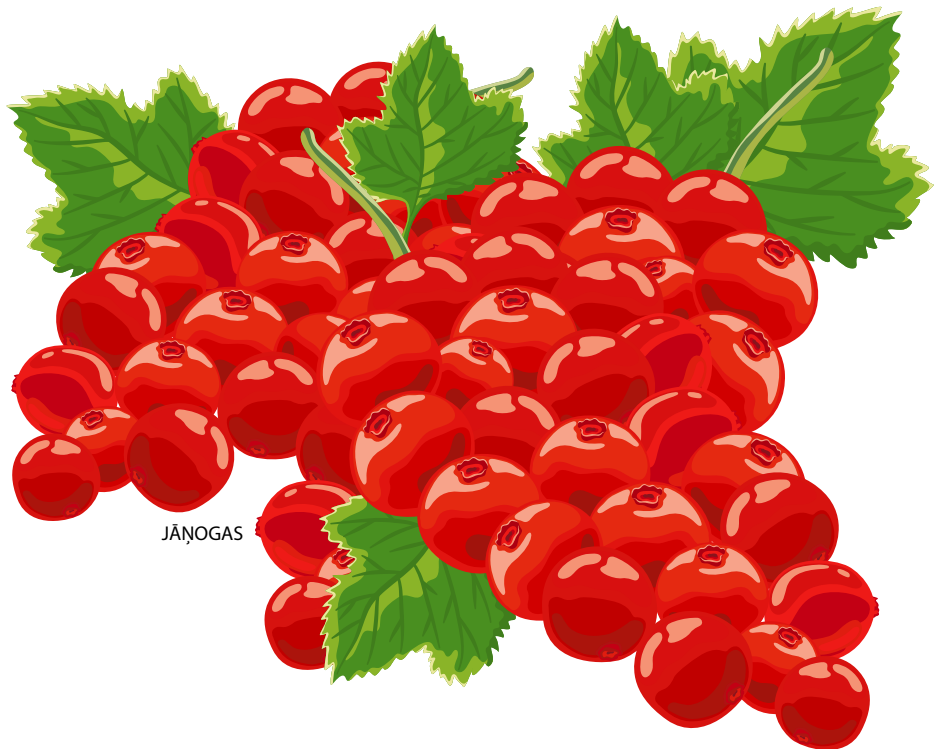
ARBŪZS



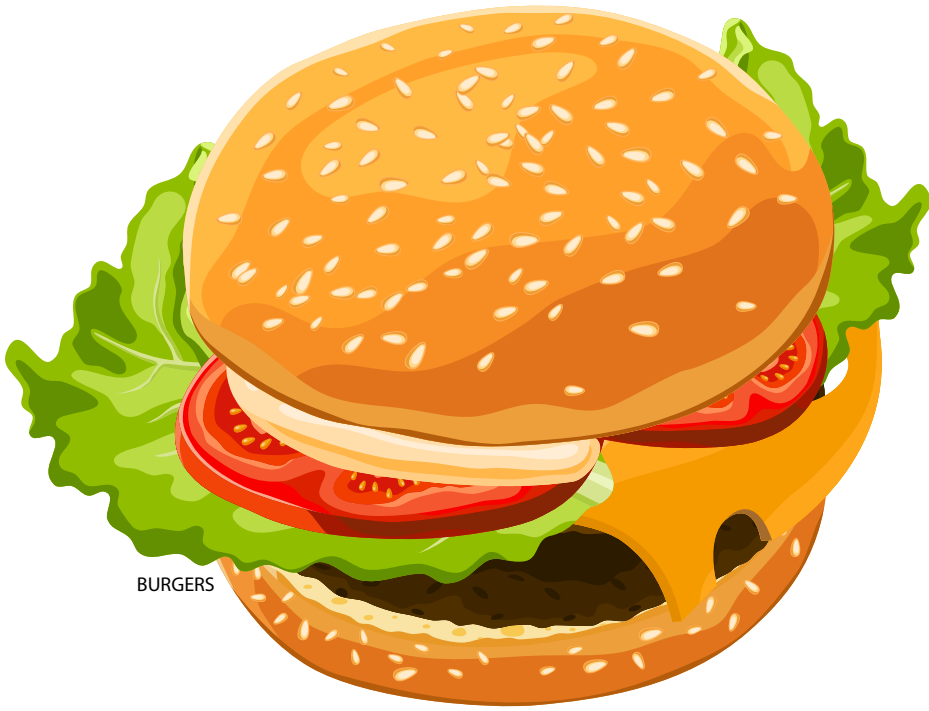
DĪGSTI



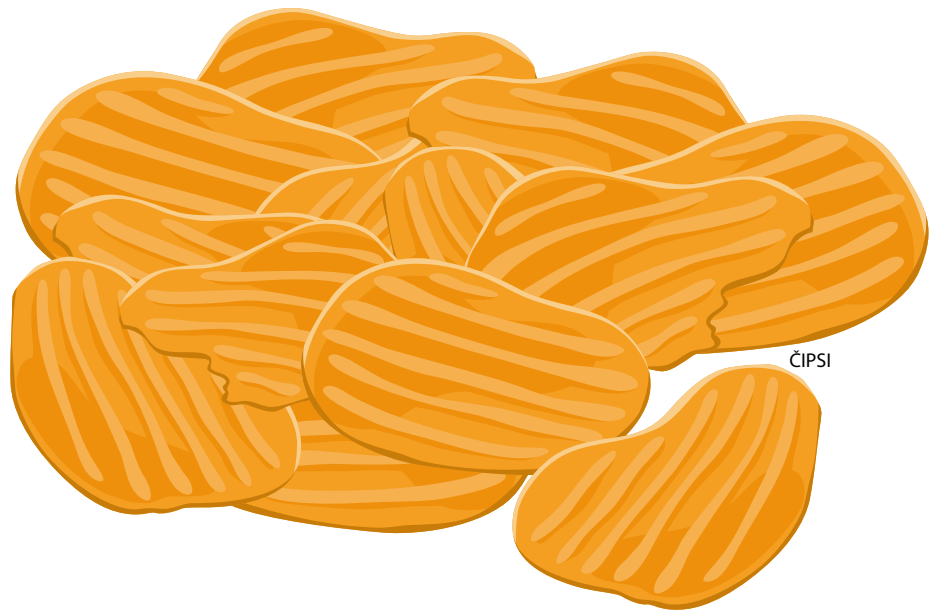
ŽĀVĒTAS PLŪMES



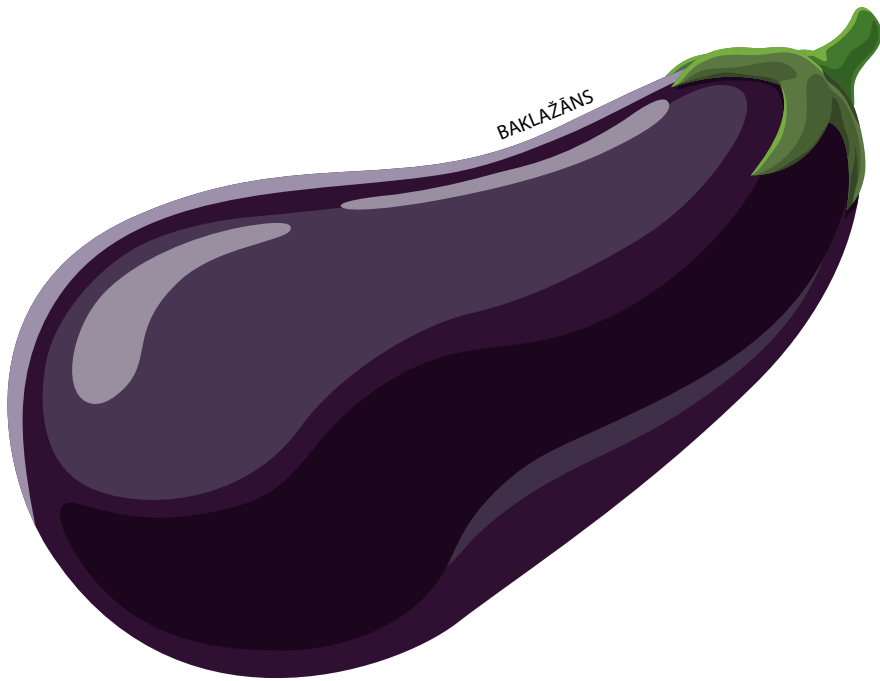
JĀŅOGAS



BURGERS



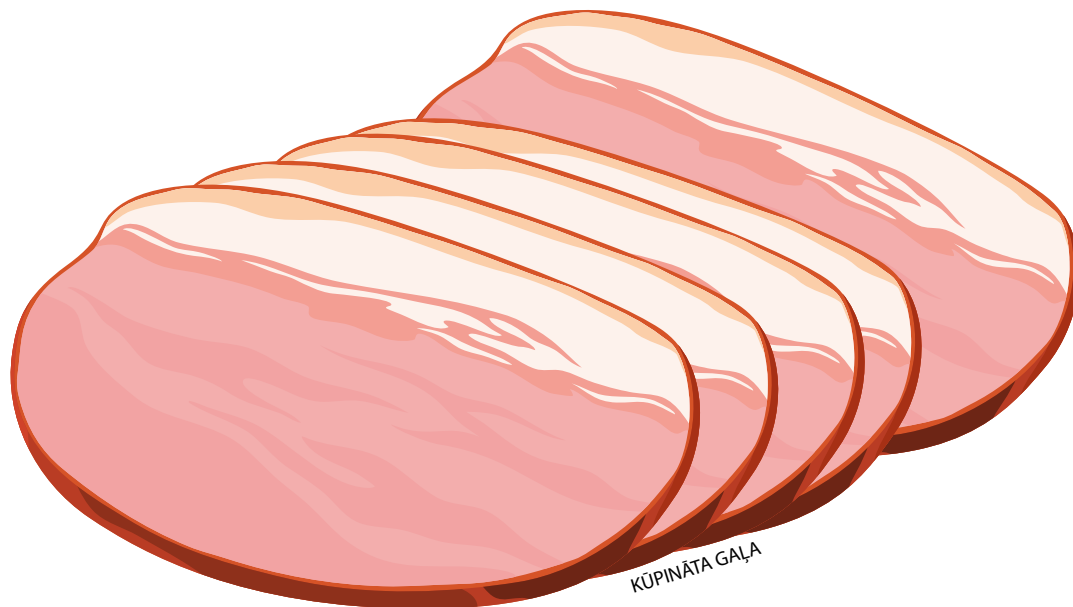
ČIPSI



BAKLAŽĀNS



DZELTENĀS CUKINI



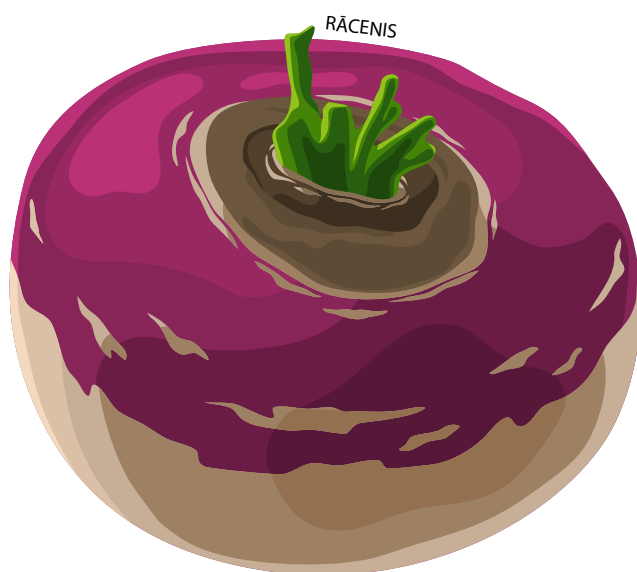
KŪPINĀTA GAĻA



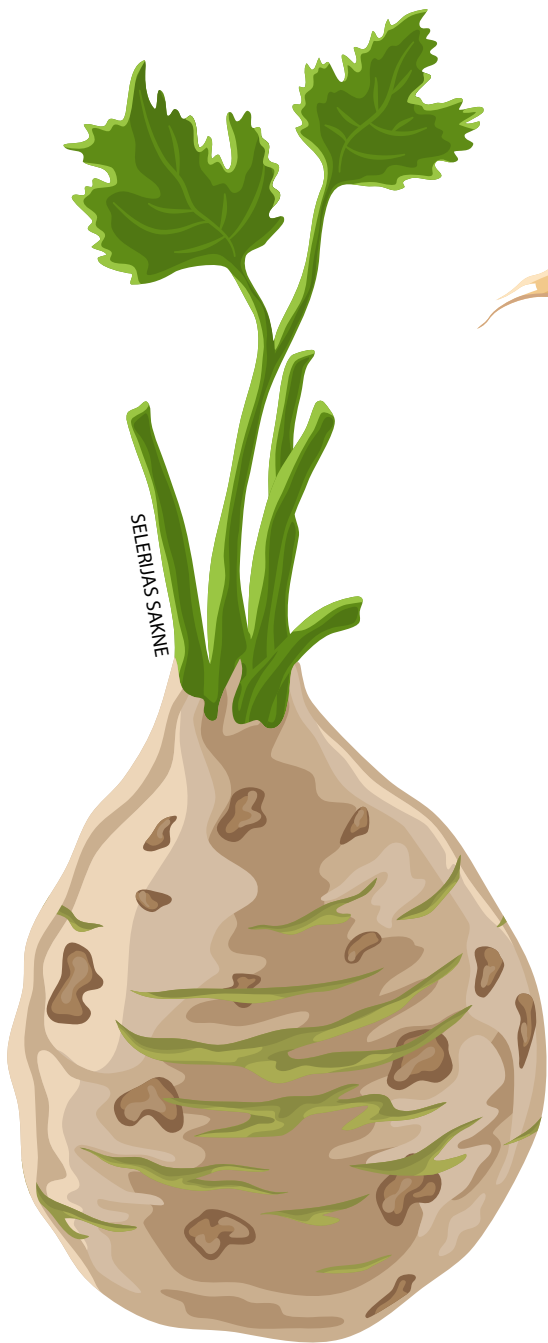
DZELTĒNĀ PĀPRIKA



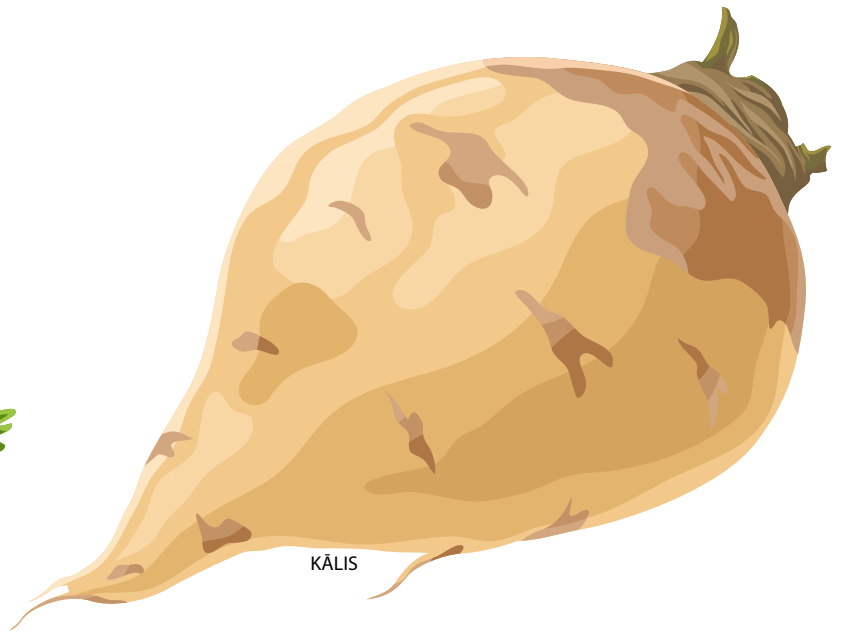
SARKANĀ PĀPRIKA



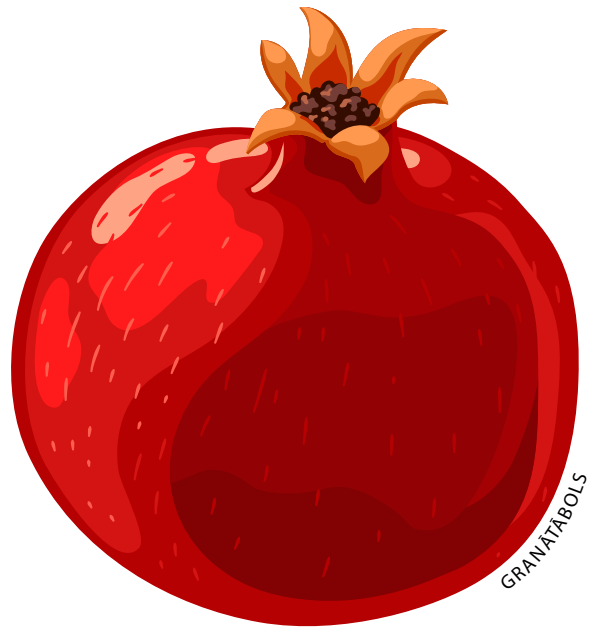
RĀCENIS



SELERIJAS ŠAKNĖ

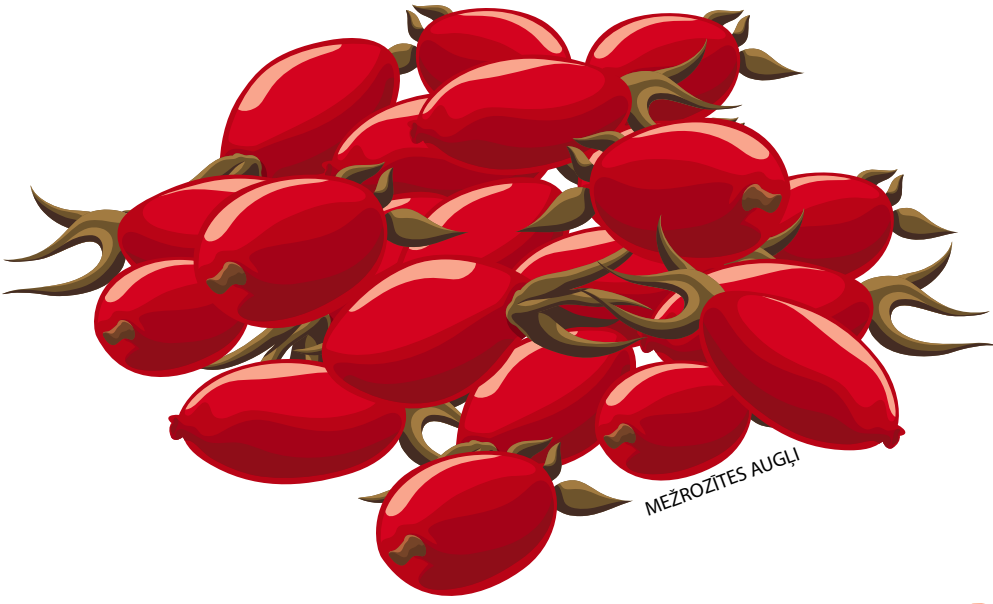


KĀLIS



GRANATĀBOLS

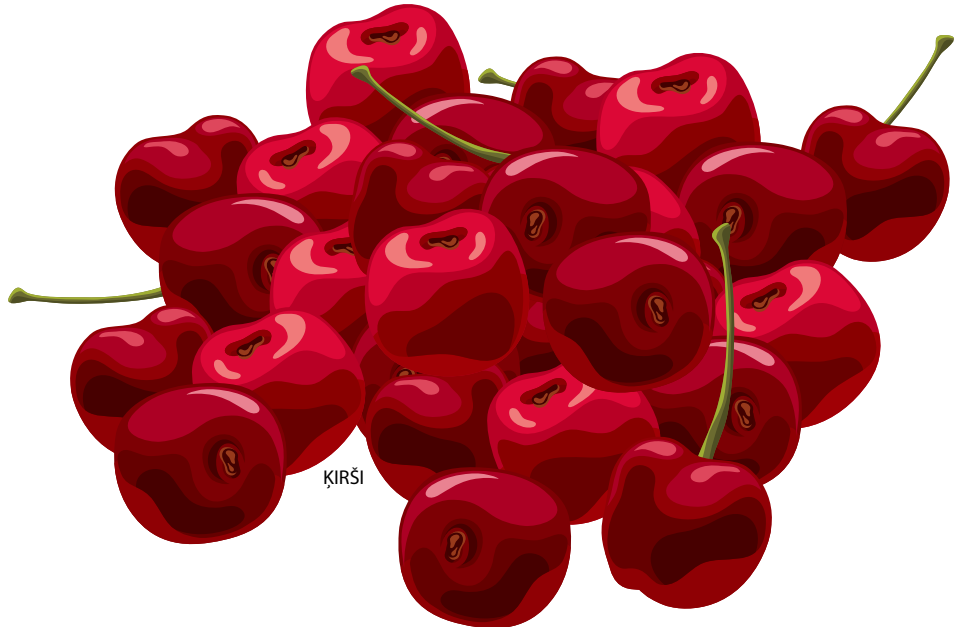




MEZROZİTES AUGU



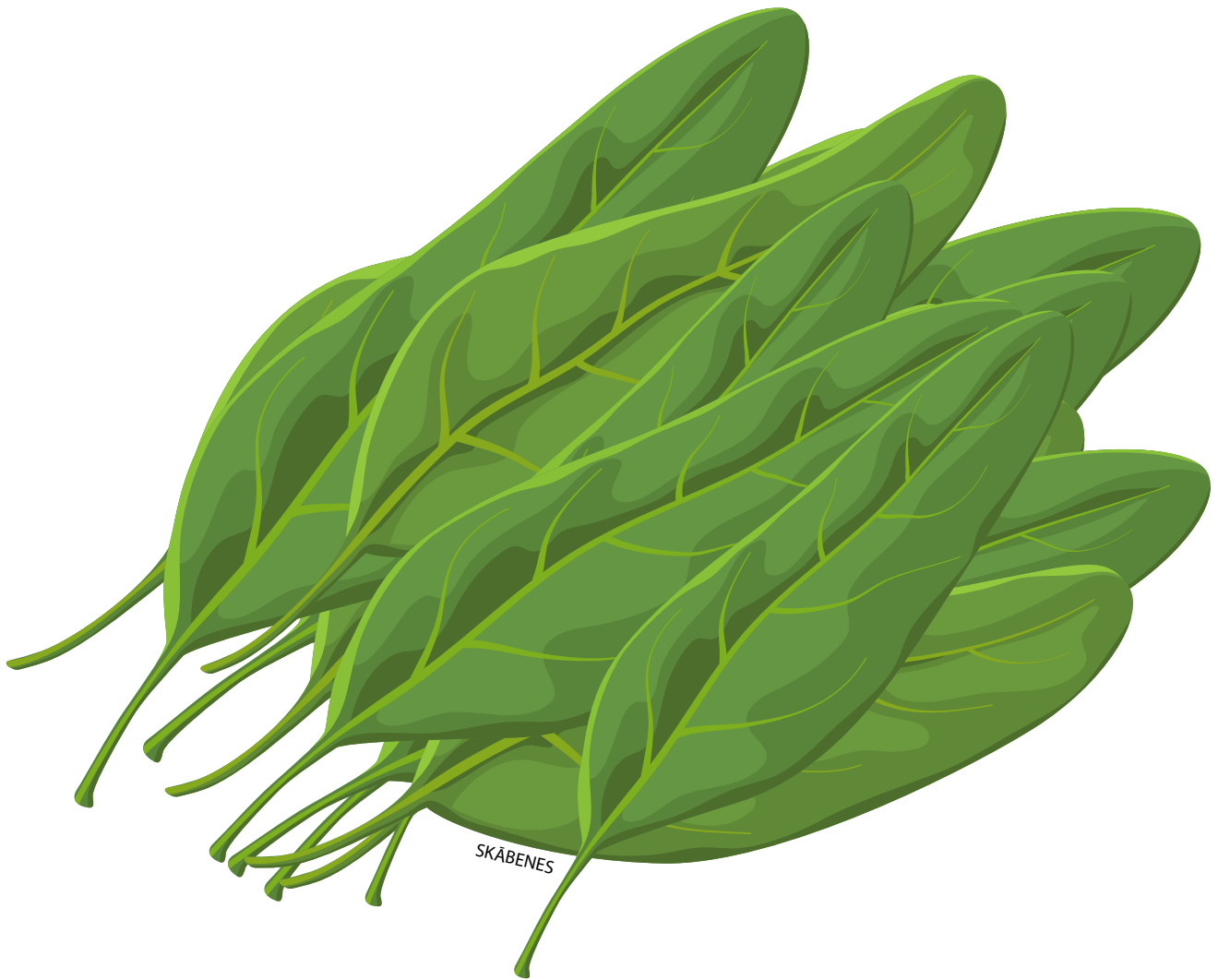
LASIS



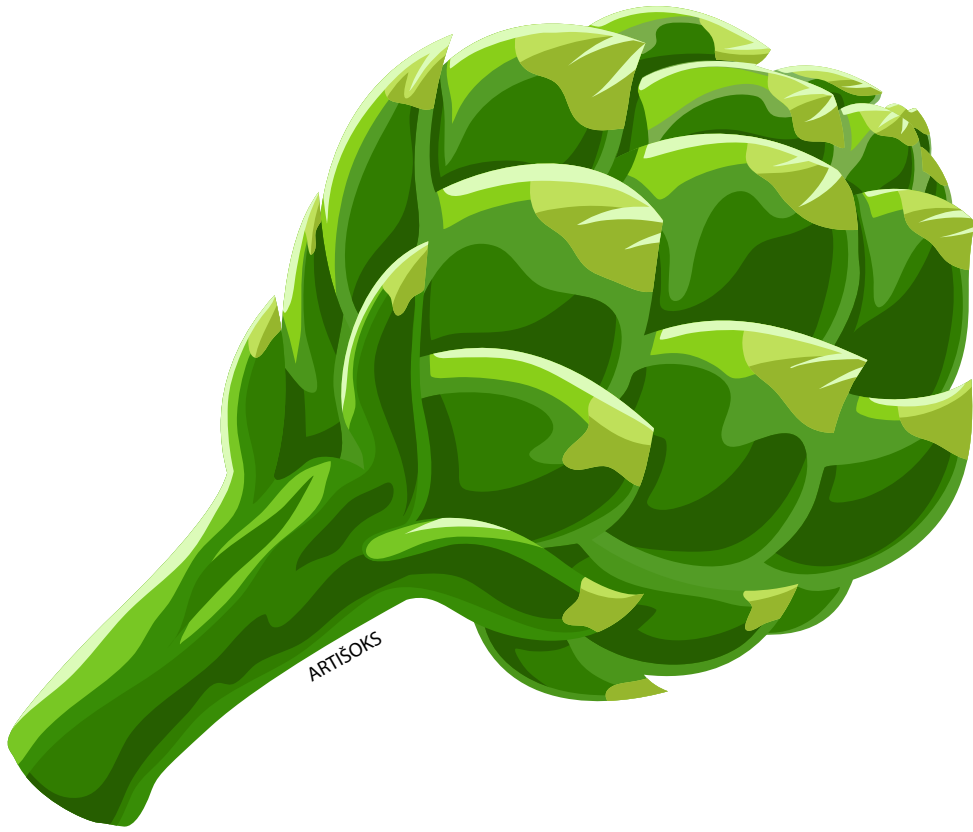
KIRSI



SPINĀTI



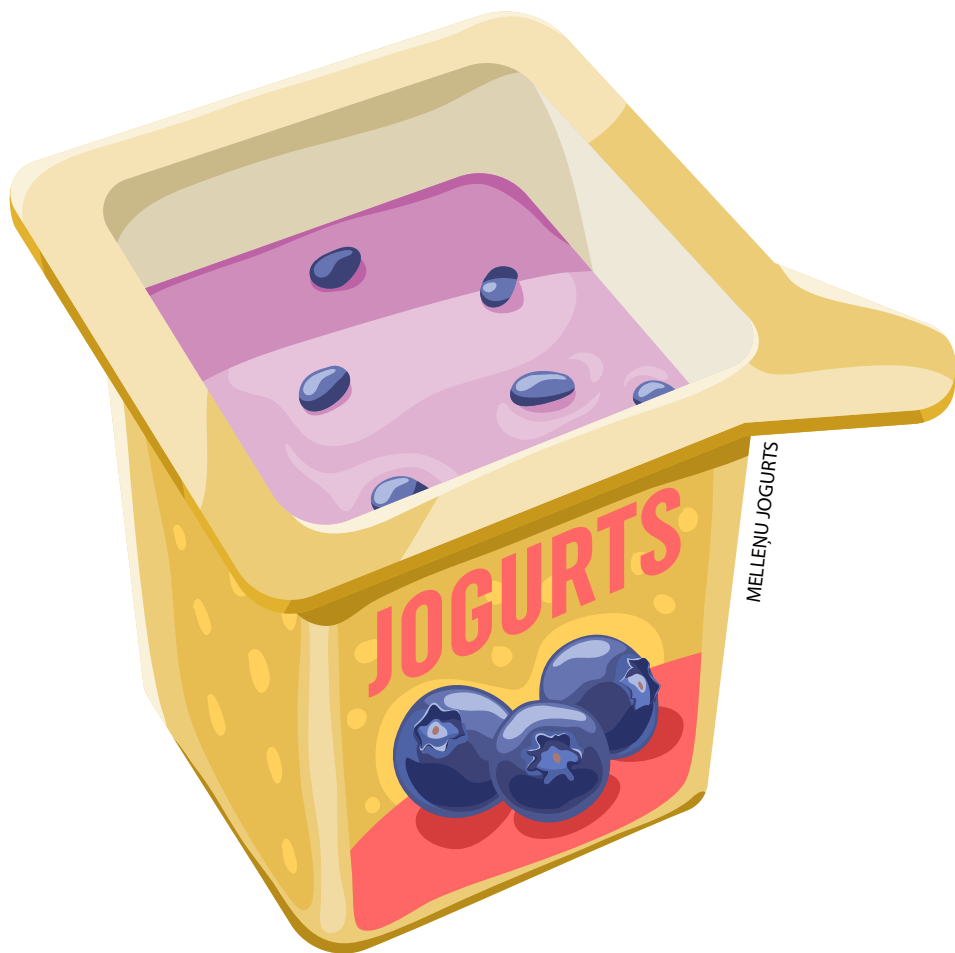
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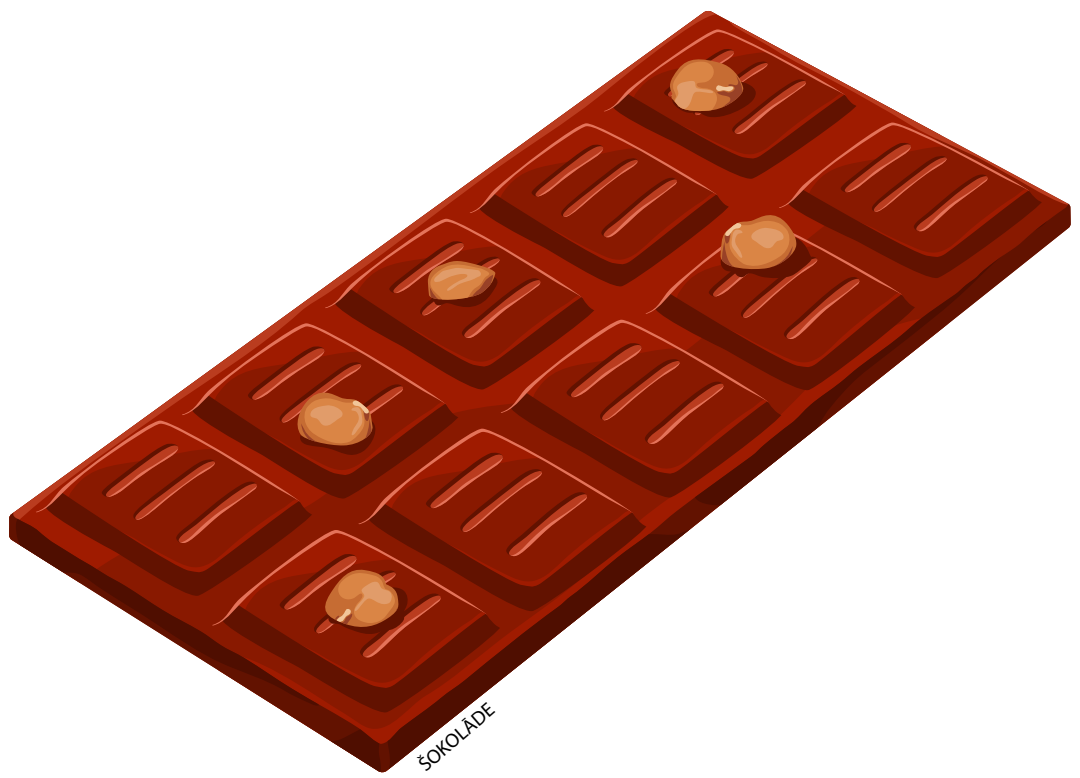


ARTİŞOKS



TOPINAMBURS







LIMONÁDE