

## Science and English Interdisciplinary Project

### “YOU ARE WHAT YOU EAT” – 6º ANO



#### YOU ARE WHAT YOU EAT

This week’s meals were proposed by the sixth-grade classes as part of the interdisciplinary Science and English project: “YOU ARE WHAT YOU EAT”.

The students selected the meals below in accordance with the principles of the Food Wheel and the understanding that a healthy diet should be **VARIED**, **COMPLETE** and **BALANCED**.

#### 16<sup>th</sup> March (Monday) – Meal suggested by class 6C

- Spinach soup
- Roast duck rice served with mixed salad
- Fresh tangerine

#### 17<sup>th</sup> March (Tuesday) – Meal suggested by class 6A

- Watercress soup
- Grilled salmon served with white rice and sautéed vegetables
- Fresh fruit salad (apple, pear, banana, orange and kiwi)

#### 18<sup>th</sup> March (Wednesday) – Meal suggested by the Science Teachers

- Caldo verde (traditional Portuguese cabbage and potato soup)
- Vegetarian lasagne served with mixed salad
- Jelly

#### 19<sup>th</sup> March (Thursday) – Meal suggested by class 6D

- Vegetable soup (carrot, courgette and leek)
- Chicken stroganoff served with carrot rice and lettuce and tomato salad
- Fresh apple

#### 20<sup>th</sup> March (Friday) – Meal suggested by class 6B

- Carrot soup
- Tuna pasta served with lettuce, tomato and carrot salad
- Apple strudel