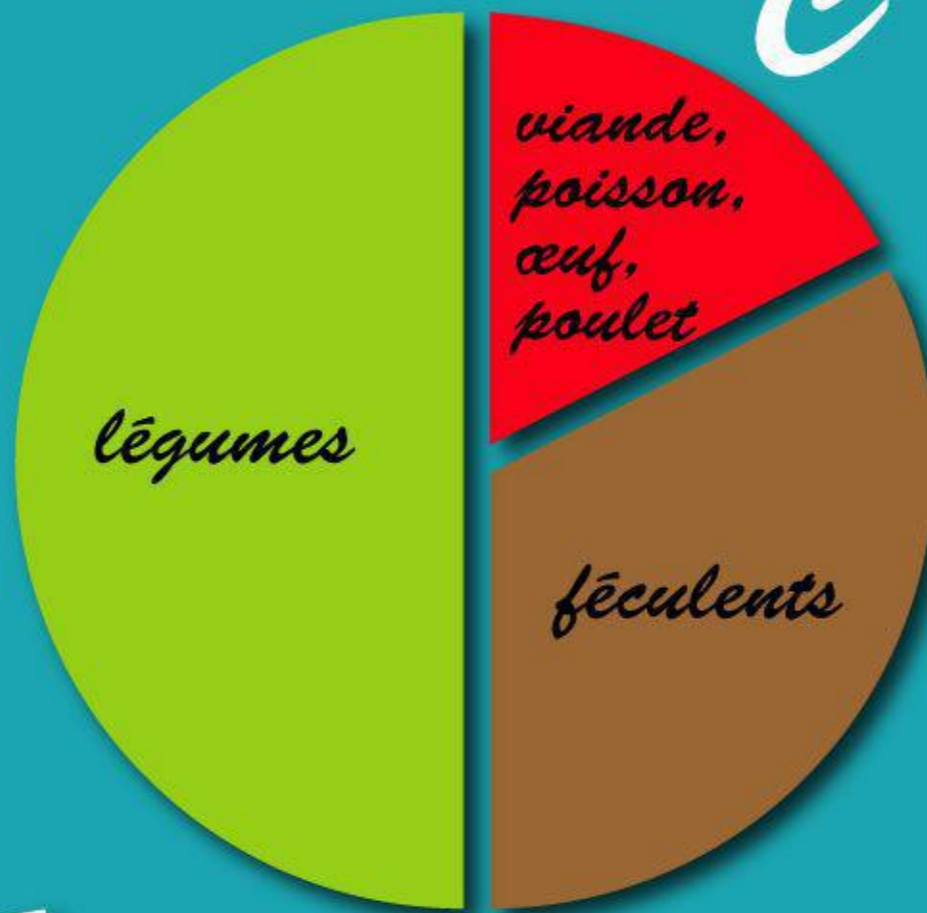


Une assiette équilibrée

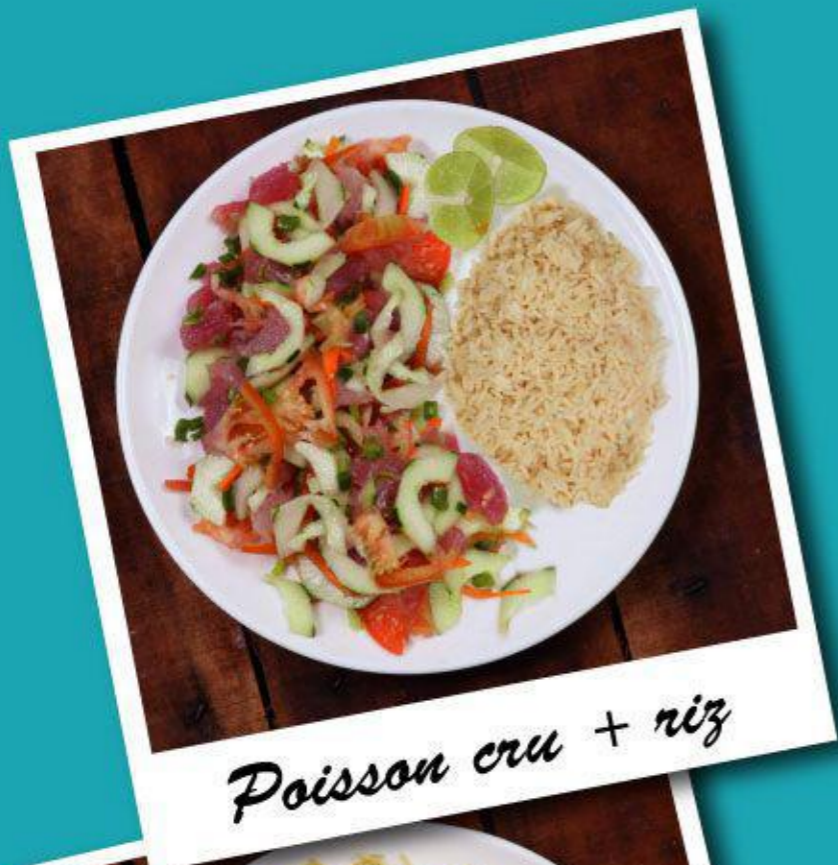
C'est facile !



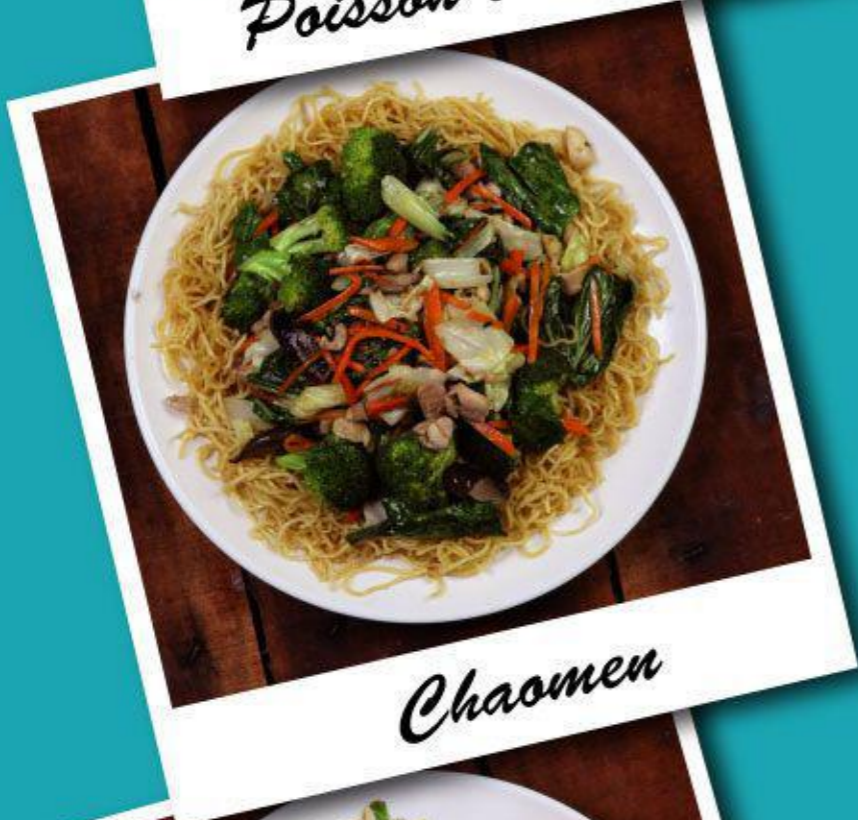
*À table,
je bois de l'eau*



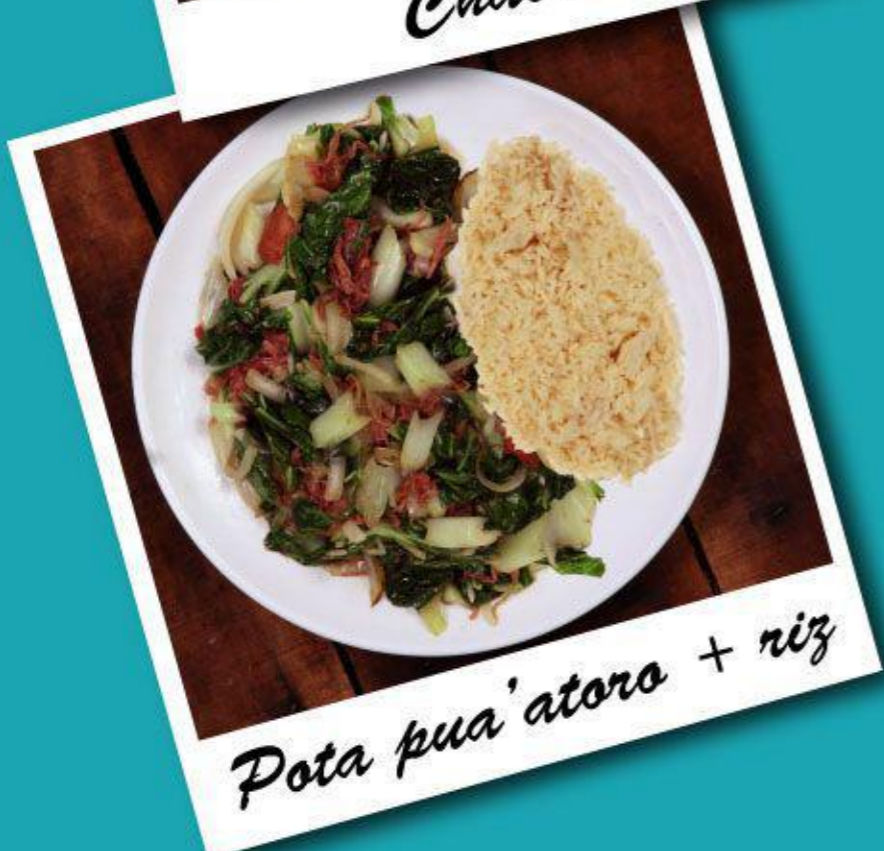
*En dessert,
je mange un fruit
ou un produit laitier*



Poisson cru + riz



Chaomen



Pota pua'atoro + riz

