

# Ekološki kviz "Lijepa naša"

## ONO SMO ŠTO JEDEMO



OŠ SPLIT 3, Split  
Mentor: Mirjana Dedić

# Učili smo:

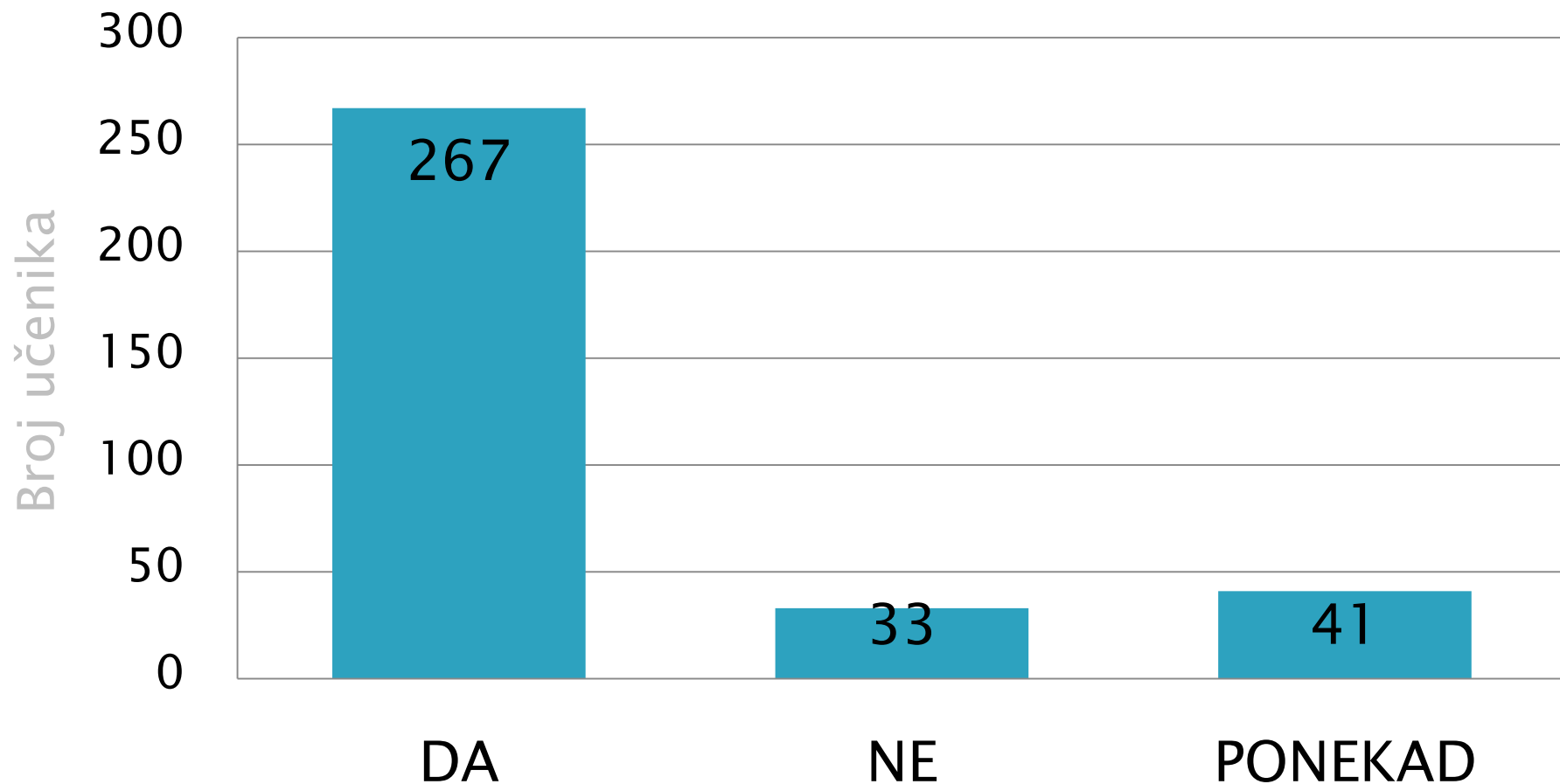


# ANKETA

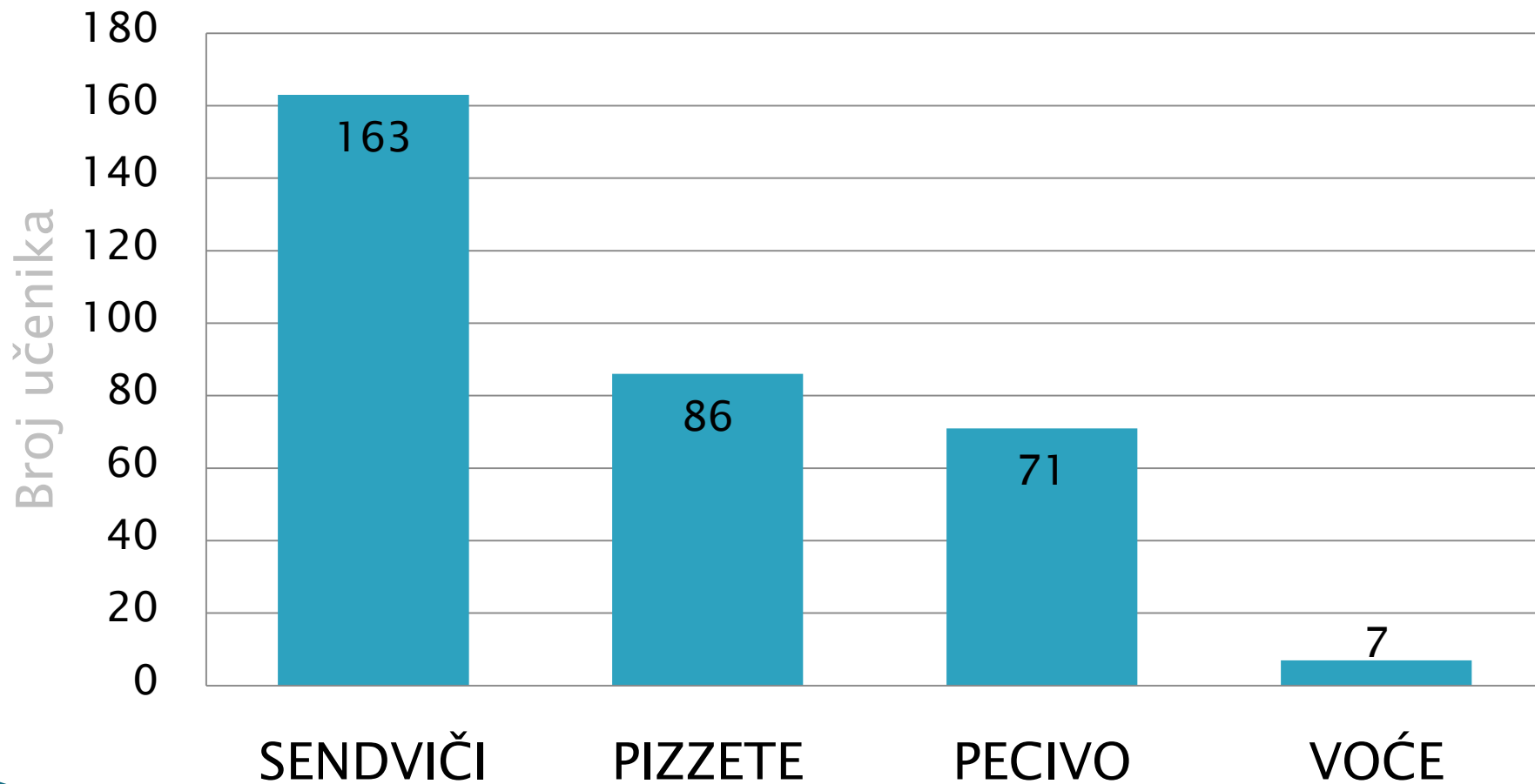


- ▶ 327 učenika (5.–8. razred)
- ▶ 19 pitanja
- ▶ pitanja o mediteranskoj prehrani
- ▶ prehrambene navike učenika tijekom boravka u školi

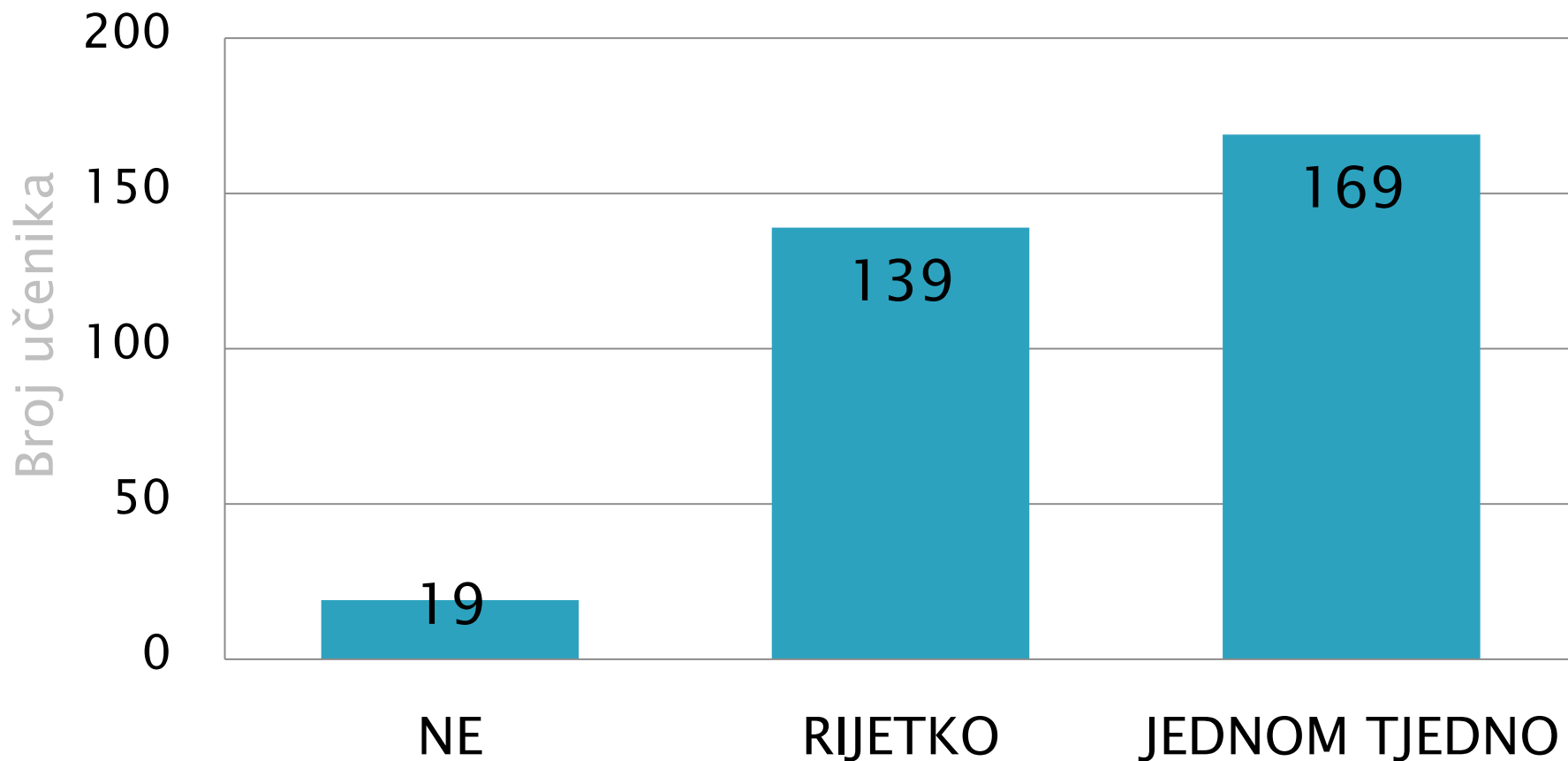
# Doručkuješ li kod kuće?



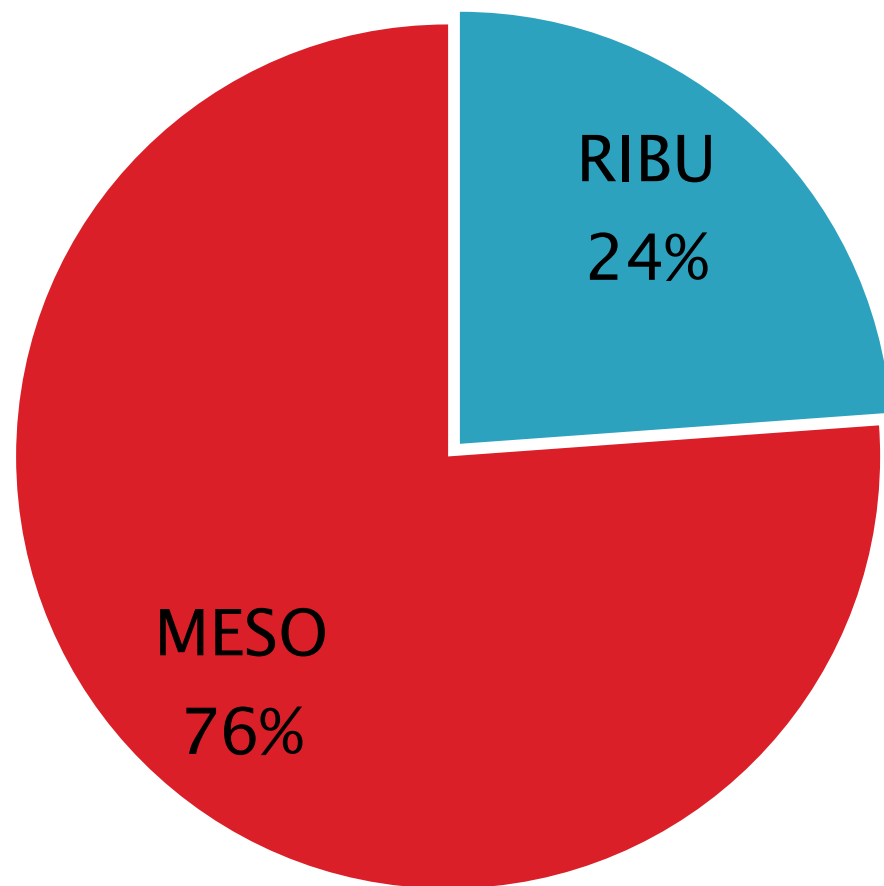
# Za marendu u školi najčešće jedeš



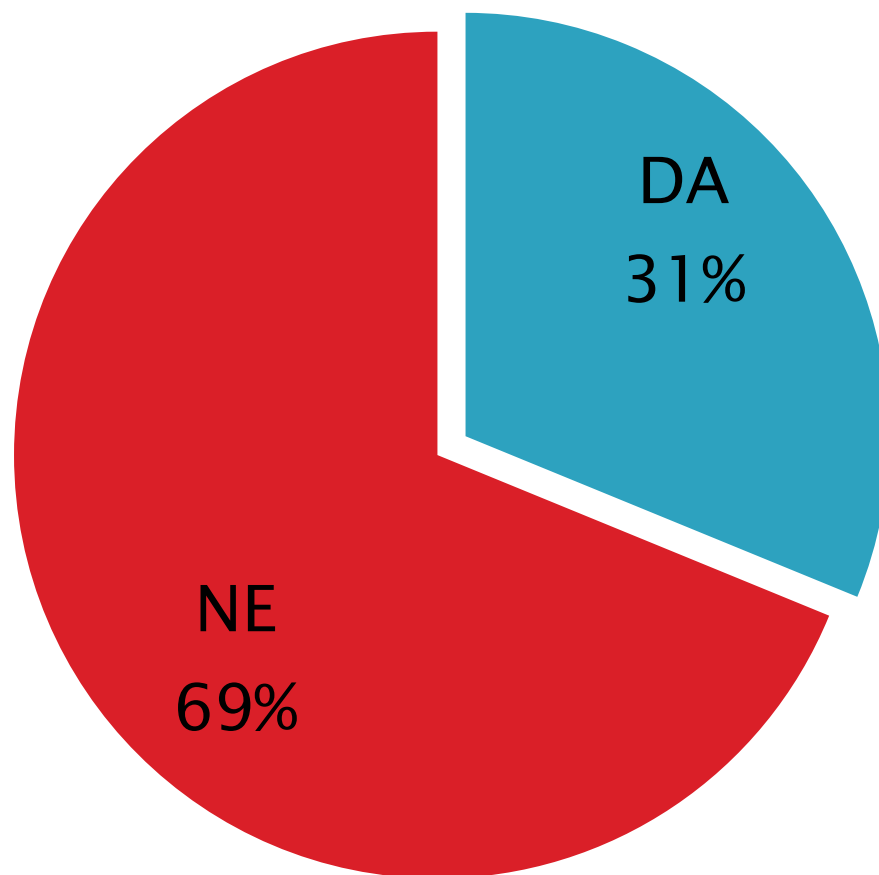
# Jedeš li ribu i koliko često?



# Između ribe i mesa najčešće biram...

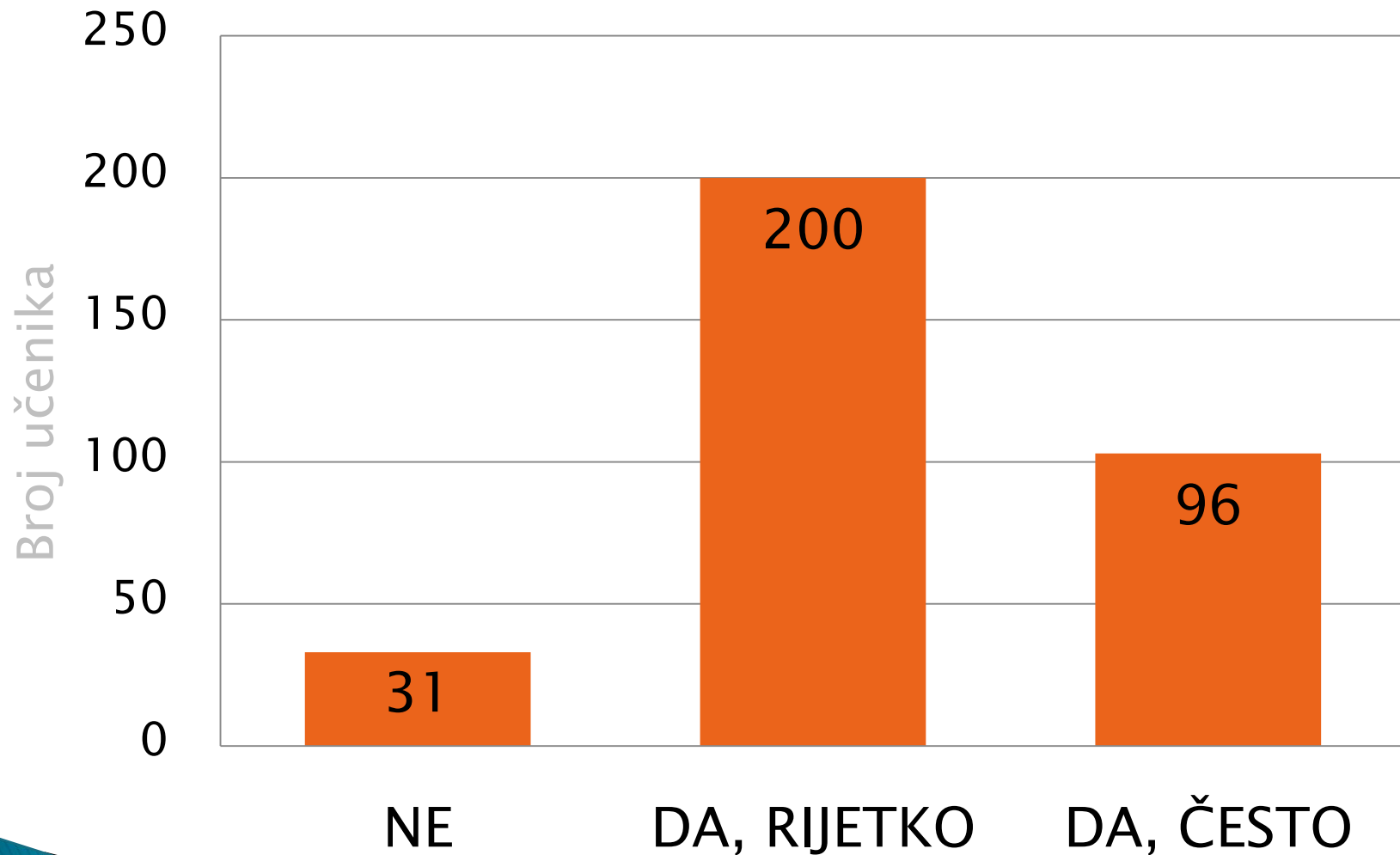


# Znaš li gdje su ribarnice u Splitu?

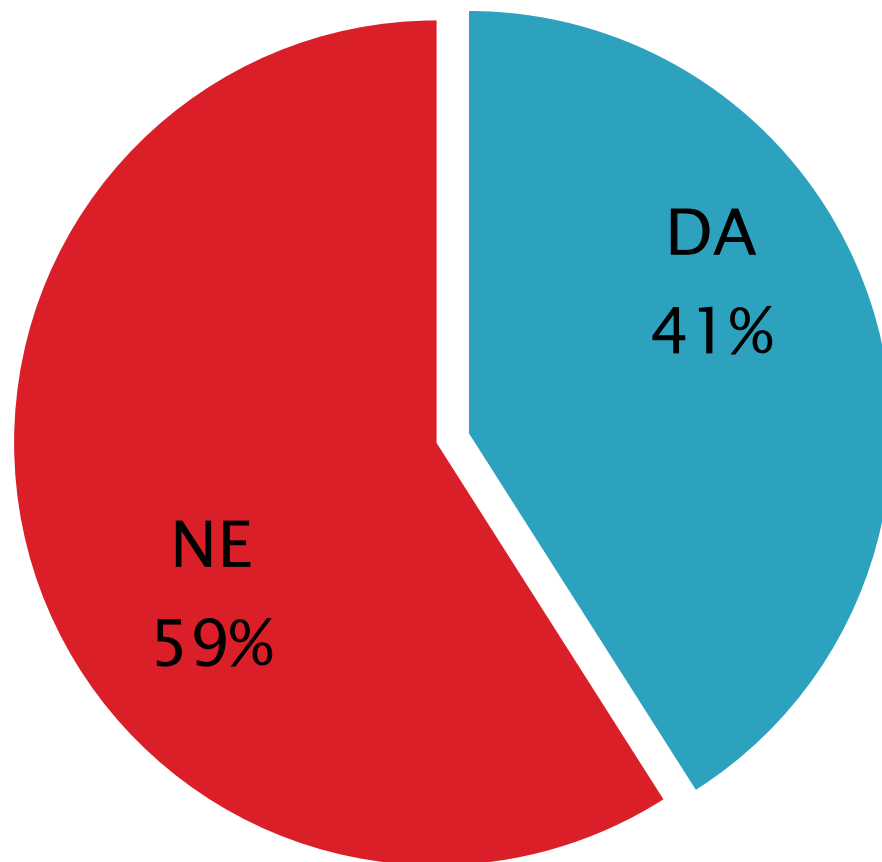




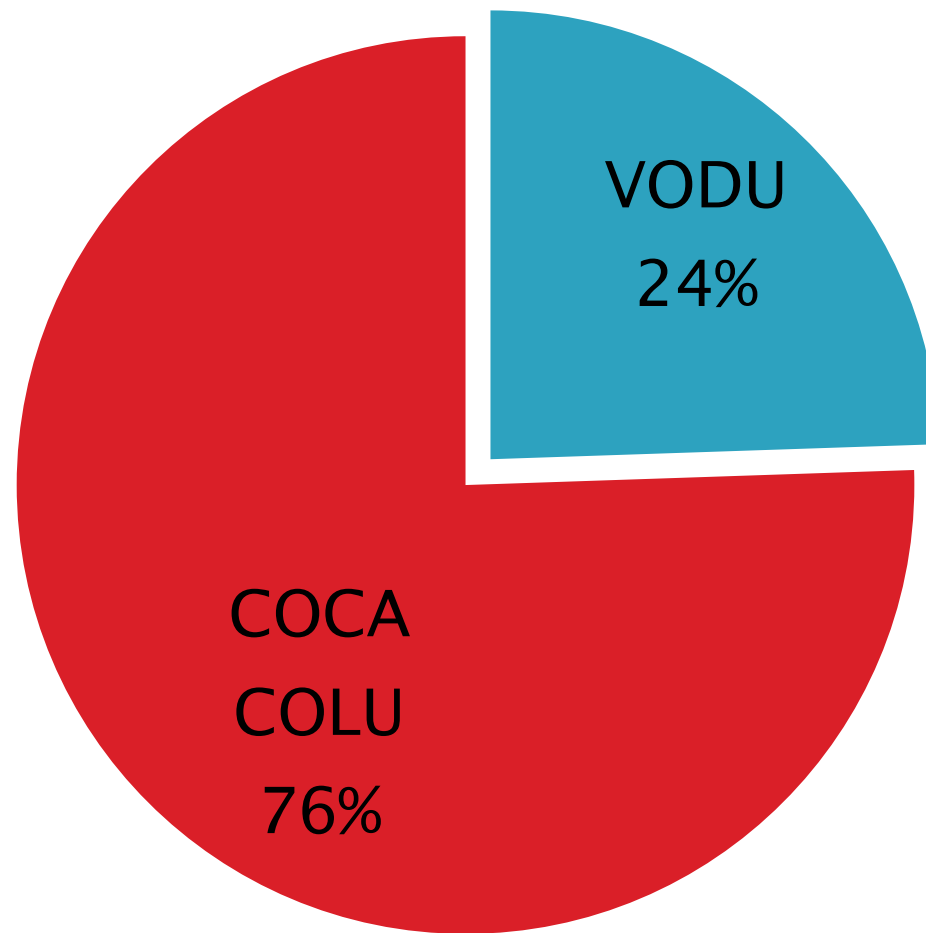
# Jedeš li naranče?



# Znaš li kada dozrijevaju naranče?



# Između Coca Cole i vode uvijek biraš:



# Najomiljenije jelo:



ili

# ZAKLJUČILI SMO

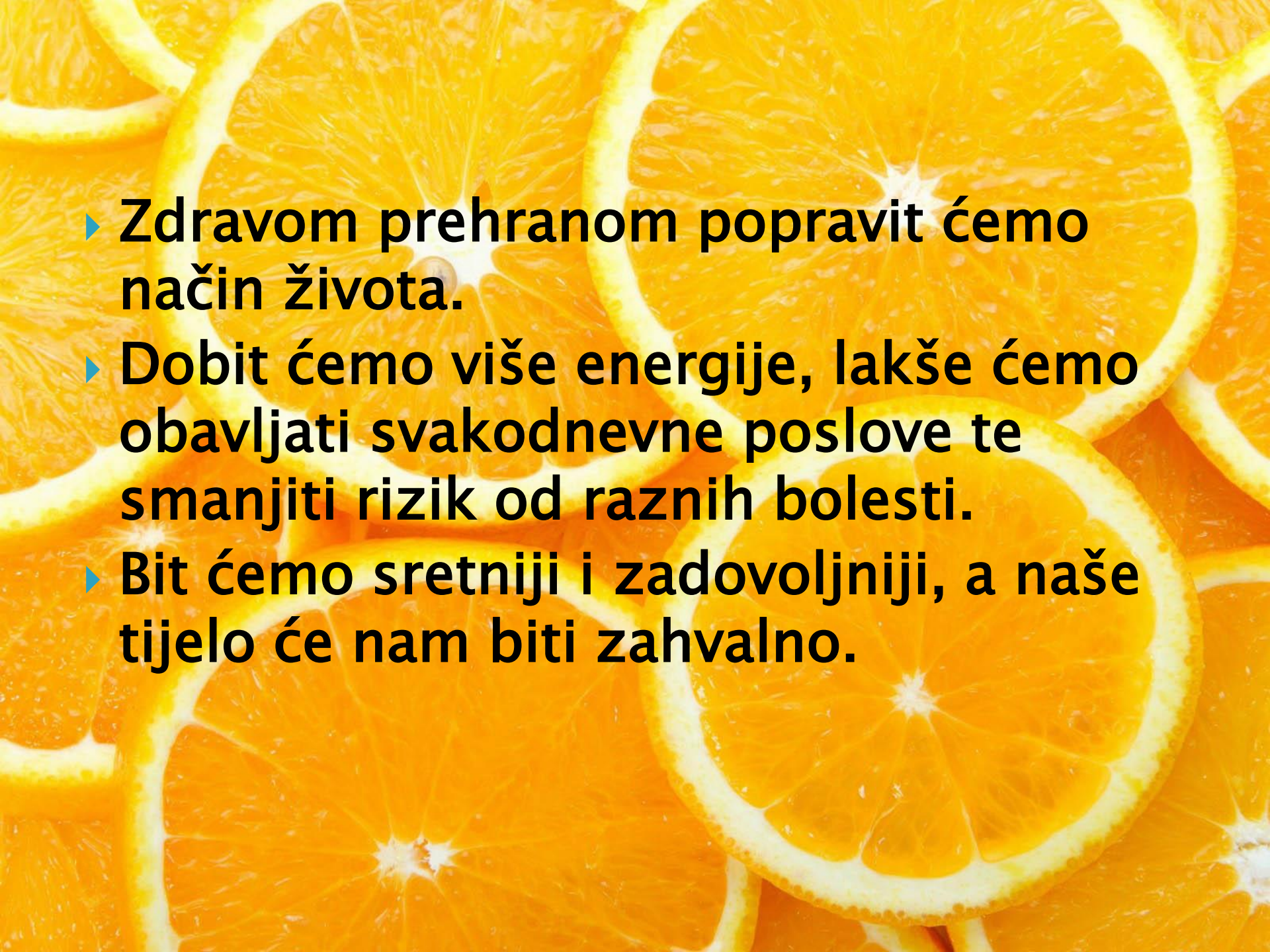
- ▶ Živimo uz Jadransko more koje je bogato ribom, rakovima, školjkašima i drugim morskim plodovima.
- ▶ Trebali bismo iskoristiti bogatstvo našeg kraja te u prehrani više koristiti maslinovo ulje, jesti više ribe i voća koje uspijeva u ovim predjelima.

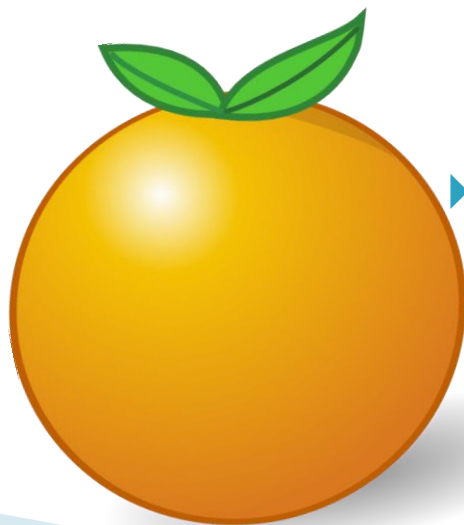
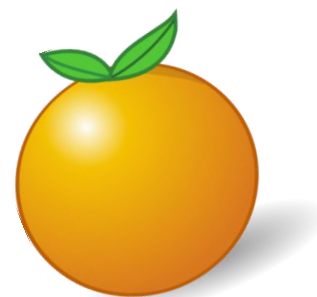
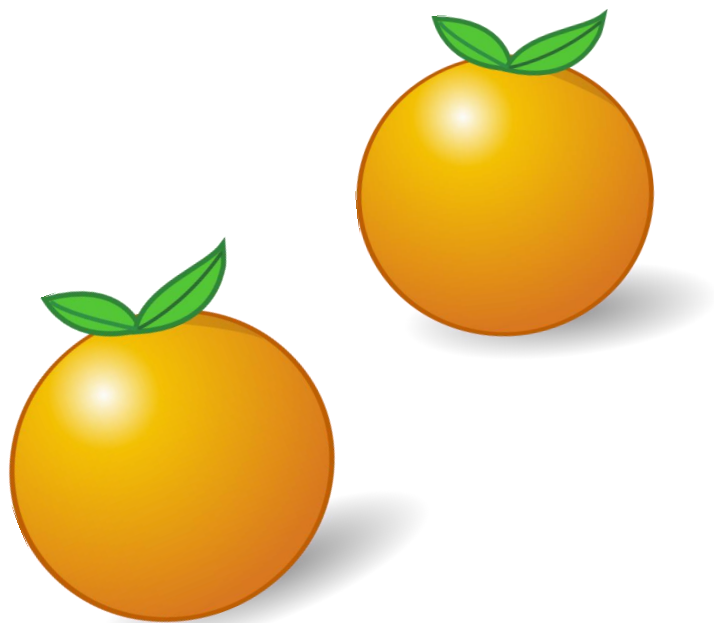


# PLANIRAMO...

- ▶ posjet gradskoj ribarnici
- ▶ agrumi u vrtu
- ▶ branje maslina i dobivanje maslinovog ulja
- ▶ plakati i radioemisije



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- The background of the slide is a vibrant, close-up image of several orange slices. The slices are arranged in a slightly overlapping pattern, showing the bright orange segments and the white pith. The lighting is bright, creating a warm and healthy atmosphere.
- ▶ **Zdravom prehranom popraviti ćemo način života.**
  - ▶ **Dobit ćemo više energije, lakše ćemo obavljati svakodnevne poslove te smanjiti rizik od raznih bolesti.**
  - ▶ **Bit ćemo sretniji i zadovoljniji, a naše tijelo će nam biti zahvalno.**



▶ Hvala na pažnji!

