ZELENJAVA



VSAK DAN SKRBIM ZA ZDRAVJE.



SKRBIM

ZA



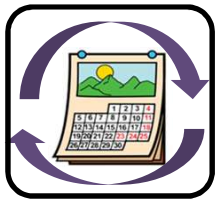
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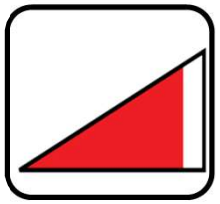
VSAK DAN SE GIBAM.

POL URE ALI VEČ.

HODIM, PLEZAM, TEČEM, KOLESRIM, PLAVAM.


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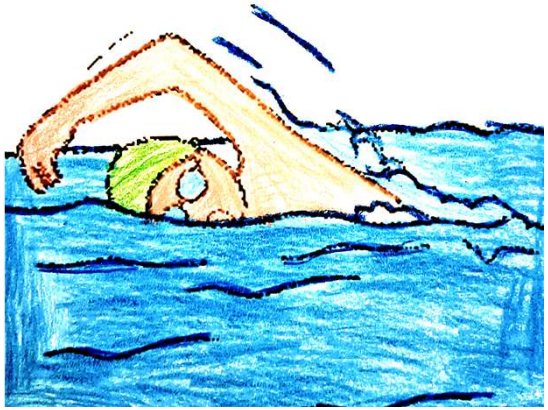








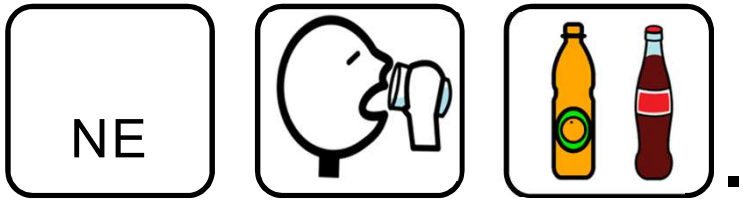




PIJEM VODO, ČAJ BREZ SLADKORJA.

NE PIJEM SLADKIH PIJAČ.



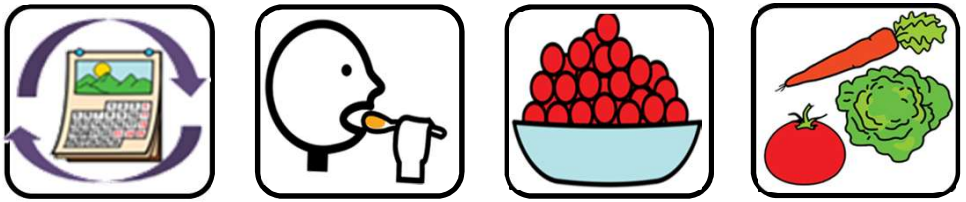


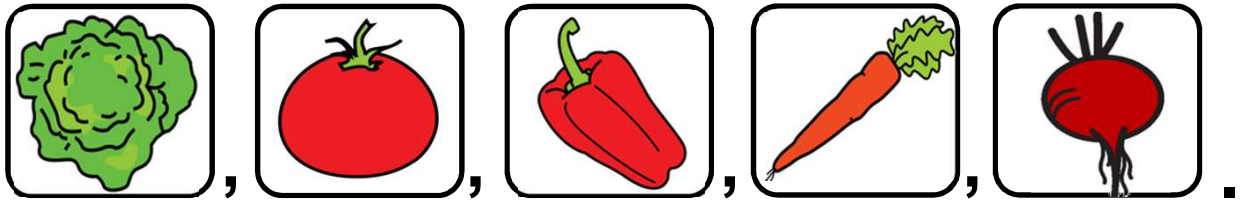


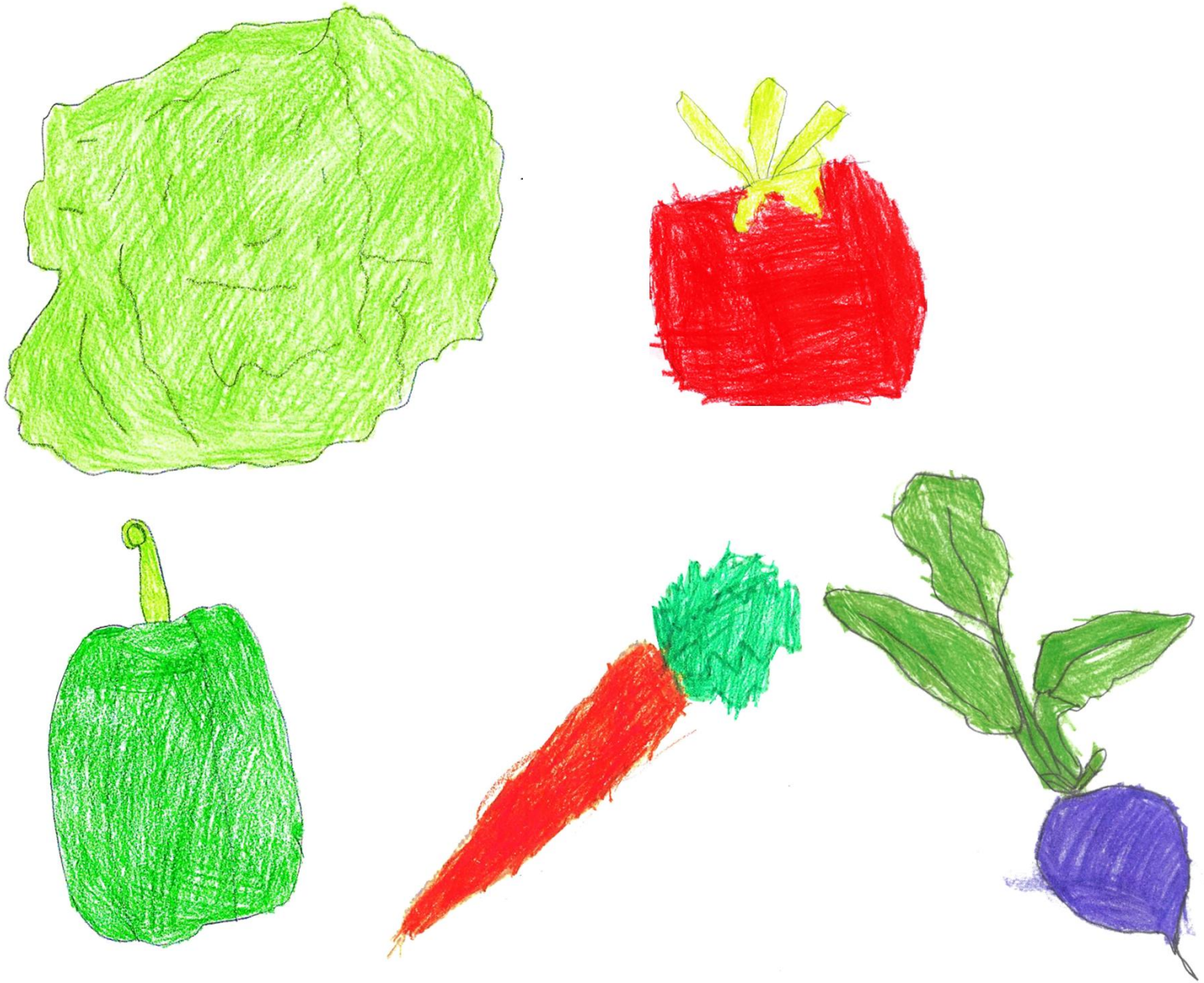

Red Bull

VSAK DAN JEM VELIKO ZELENJAVE.

SOLATO, PARADIŽNIK, PAPRIKO, KORENJE, PESO.


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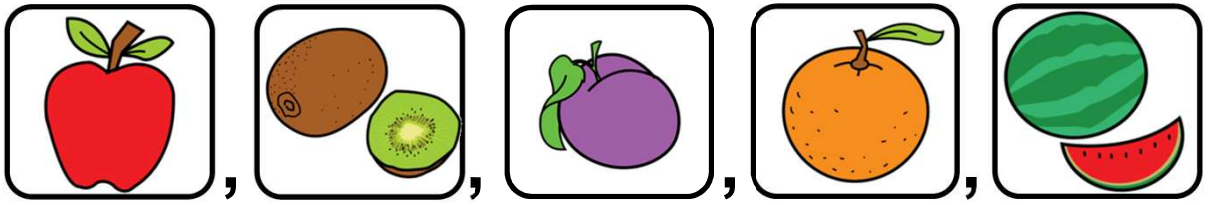

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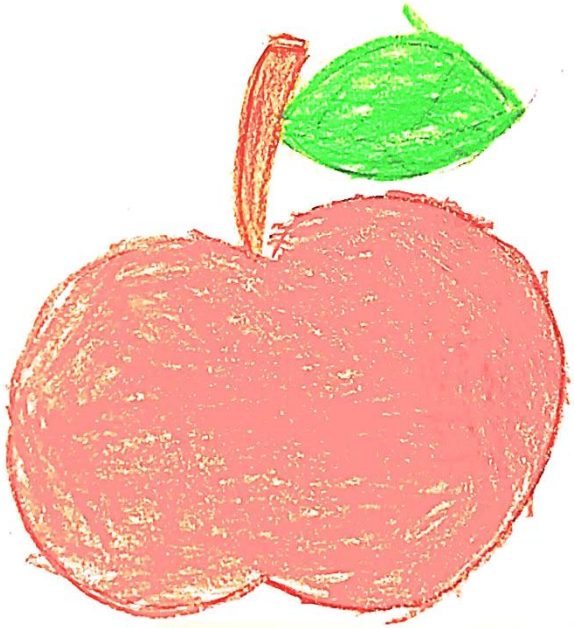


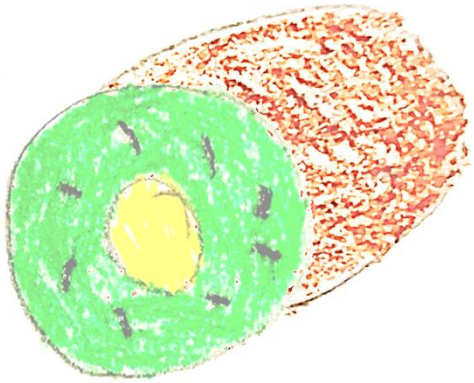
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JABOLKA, KIVI, SLIVE, POMARANČE, LUBENICO.


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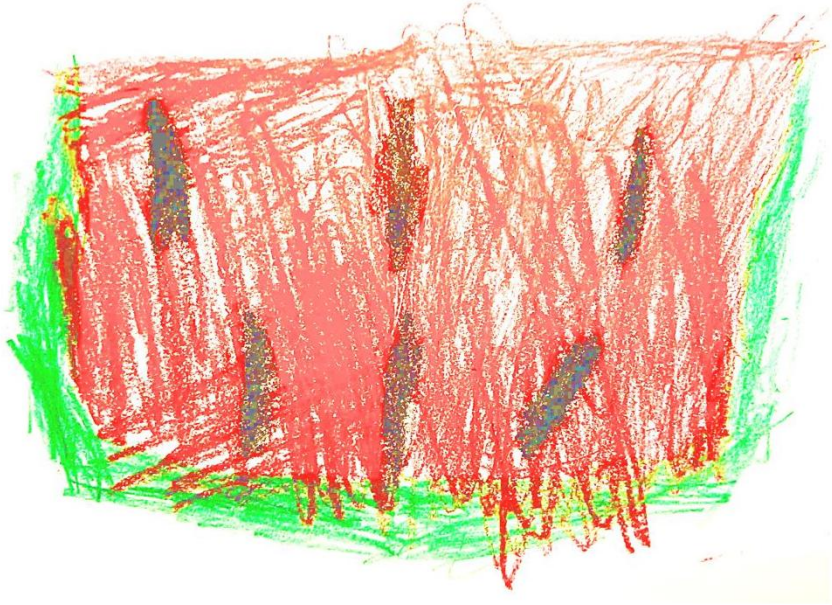

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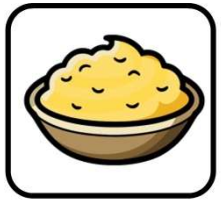
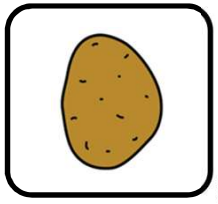
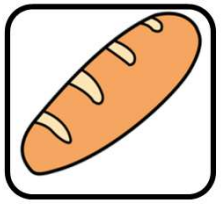


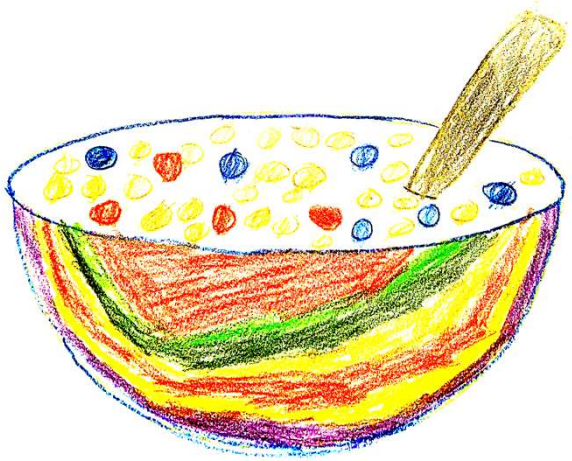
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KOSMIČE, RIŽ, POLENTO, KROMPIR, KRUH.

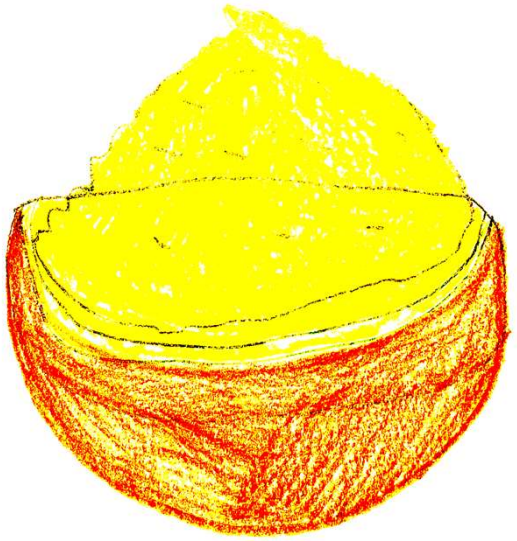

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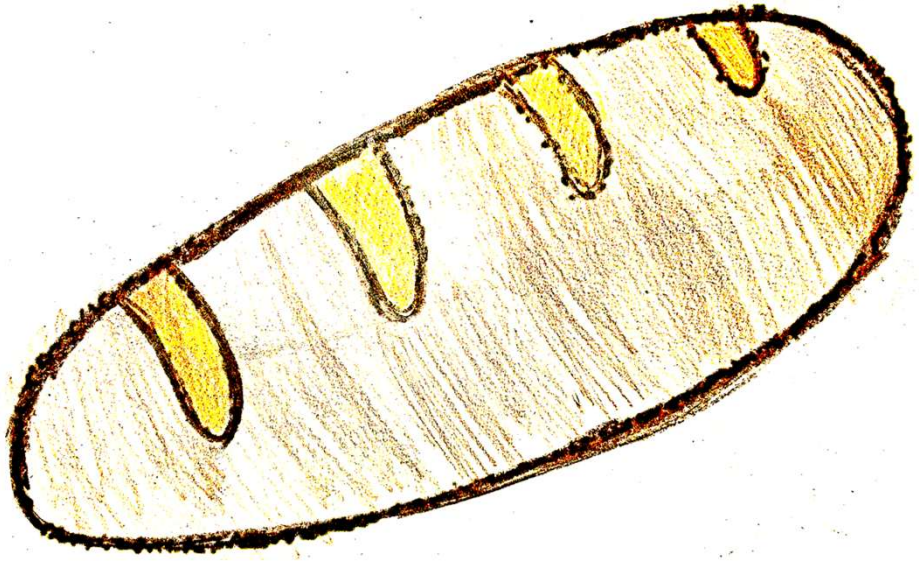
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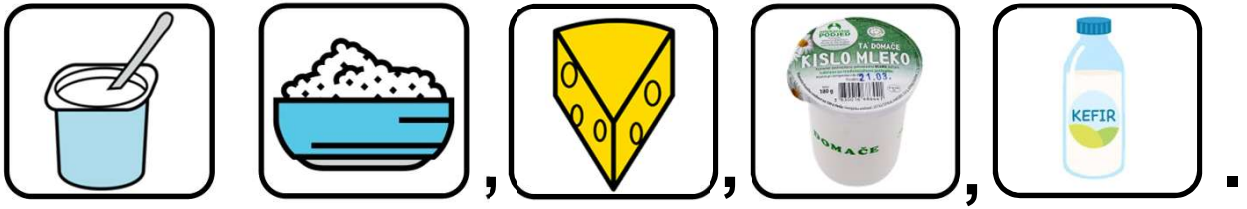


VSAK DAN PIJEM MLEKO.

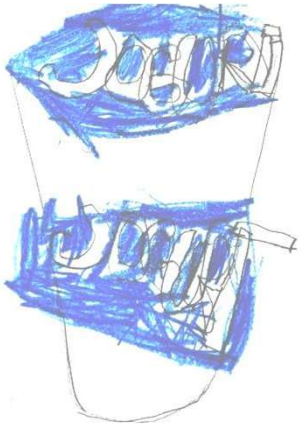
JEM MLEČNE IZDELKE.

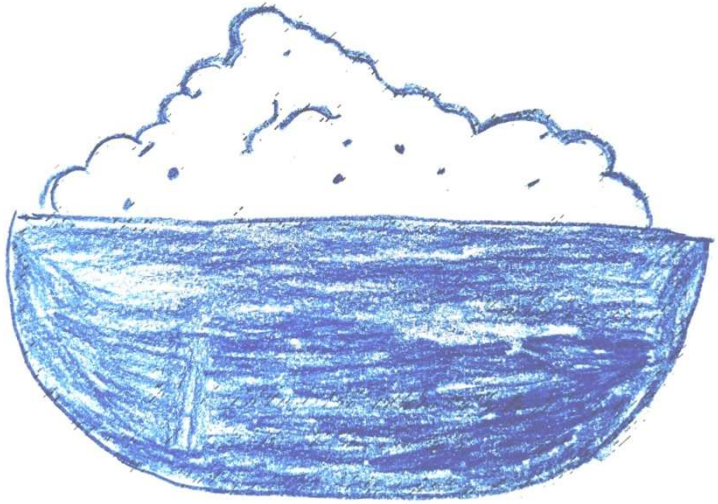
JOGURT, SKUTA, SIR, KISLO MLEKO, KEFIR.

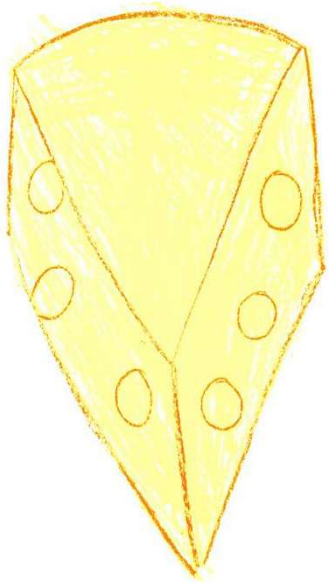












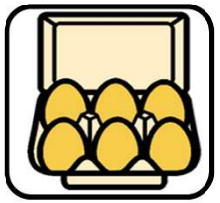

KISLO
MLEKO
KISLO
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KEFIR
KEFIR

JEM MESO, RIBE, JAJCA.

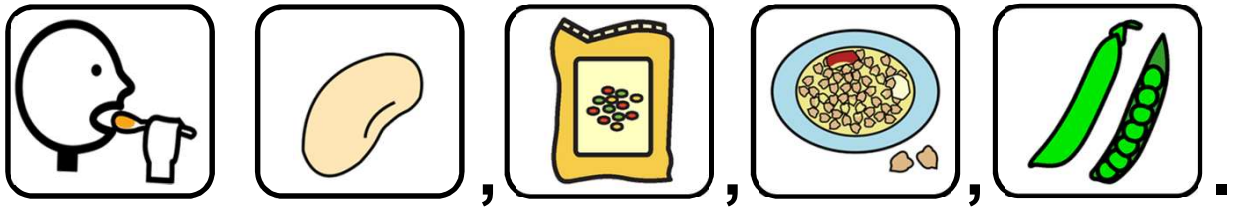


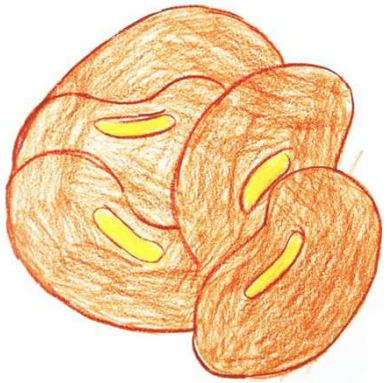
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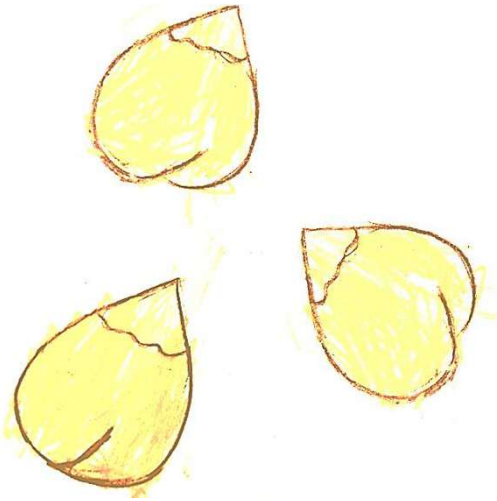


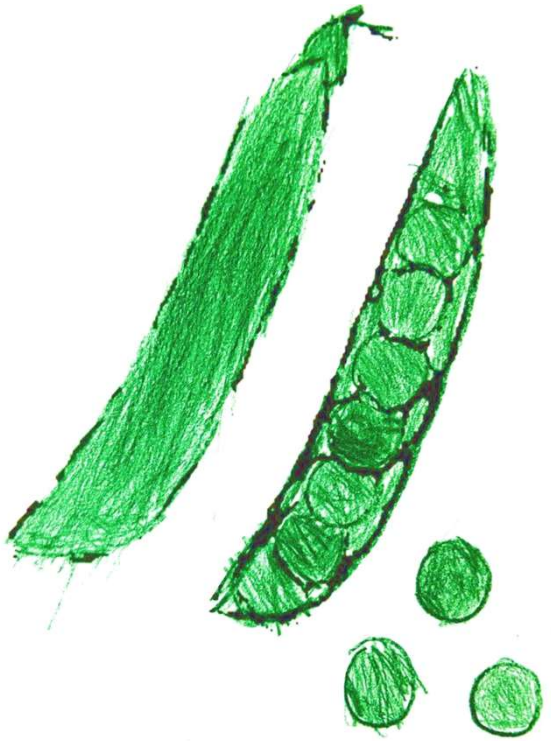
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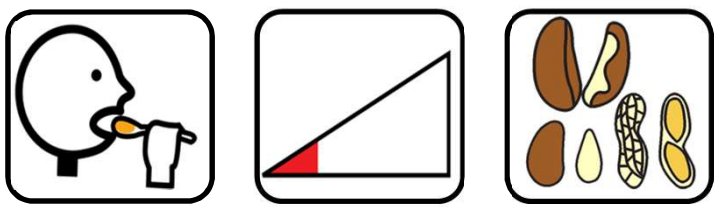


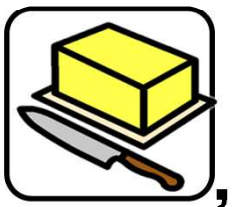
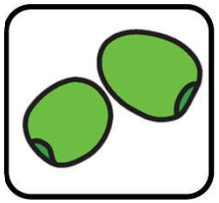


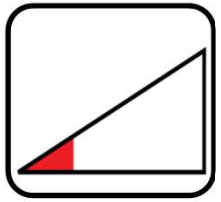


JEM MALO OREŠČKOV, MASLA, OLIV.

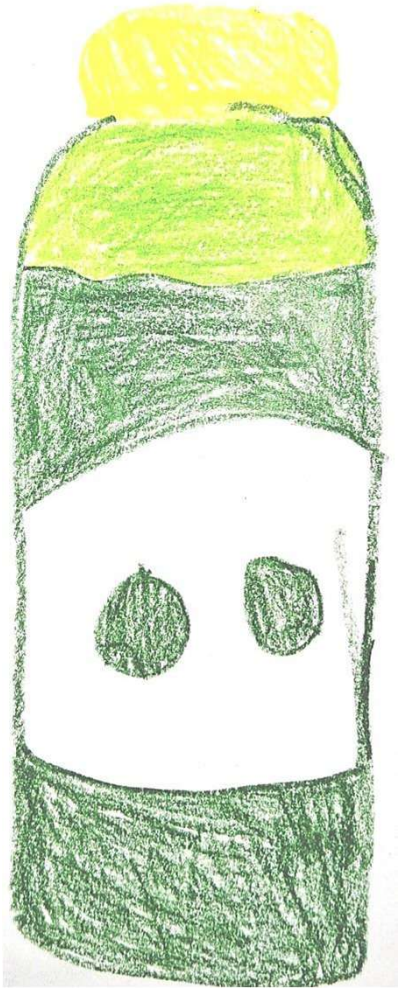
UPORABLJAM MALO OLJA.



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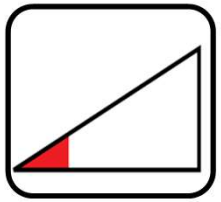
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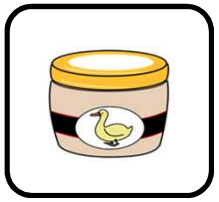


JEM MALO

SLADKARIJ, MARMELAD, PAŠTET, SMETANE, MEDU.

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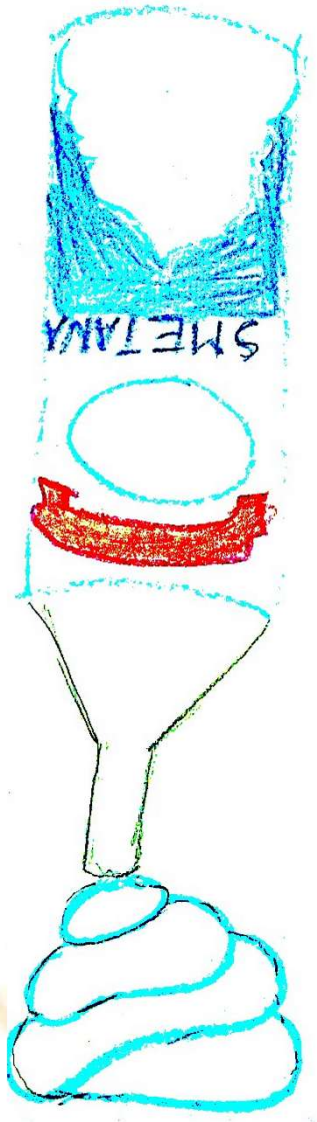
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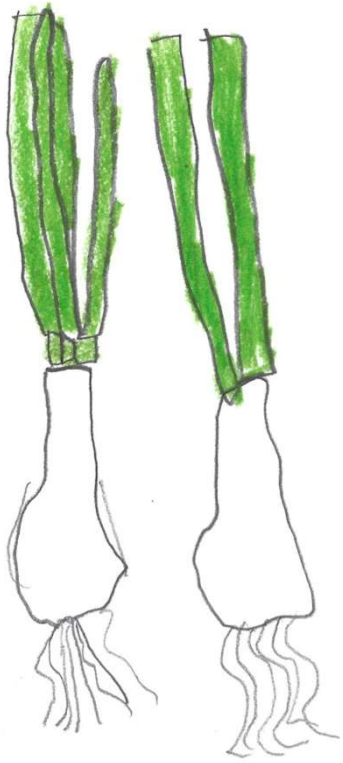

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SMETANA

ZELENJAVA



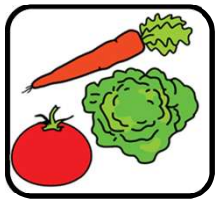




ZELENJAVA JE ZDRAVA.

ZELENJAVA JE POMEMBNA

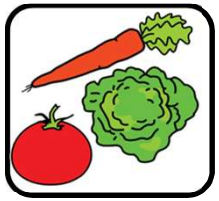
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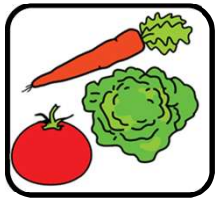
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ZELENJAVA JE OKUSNA.



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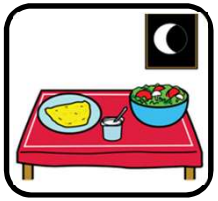
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VSAK DAN JEM ZELENJAVO.

ZA ZAJTRK, MALICO, KOSILO, VEČERJO.

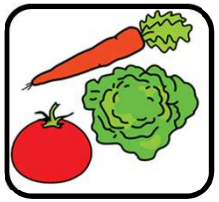

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ZELENJAVA JE

V SOLATAH, JUHAH, OMAKAH, PITAH.



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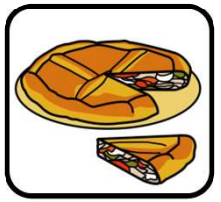
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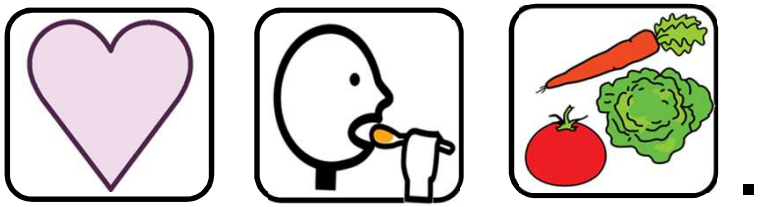


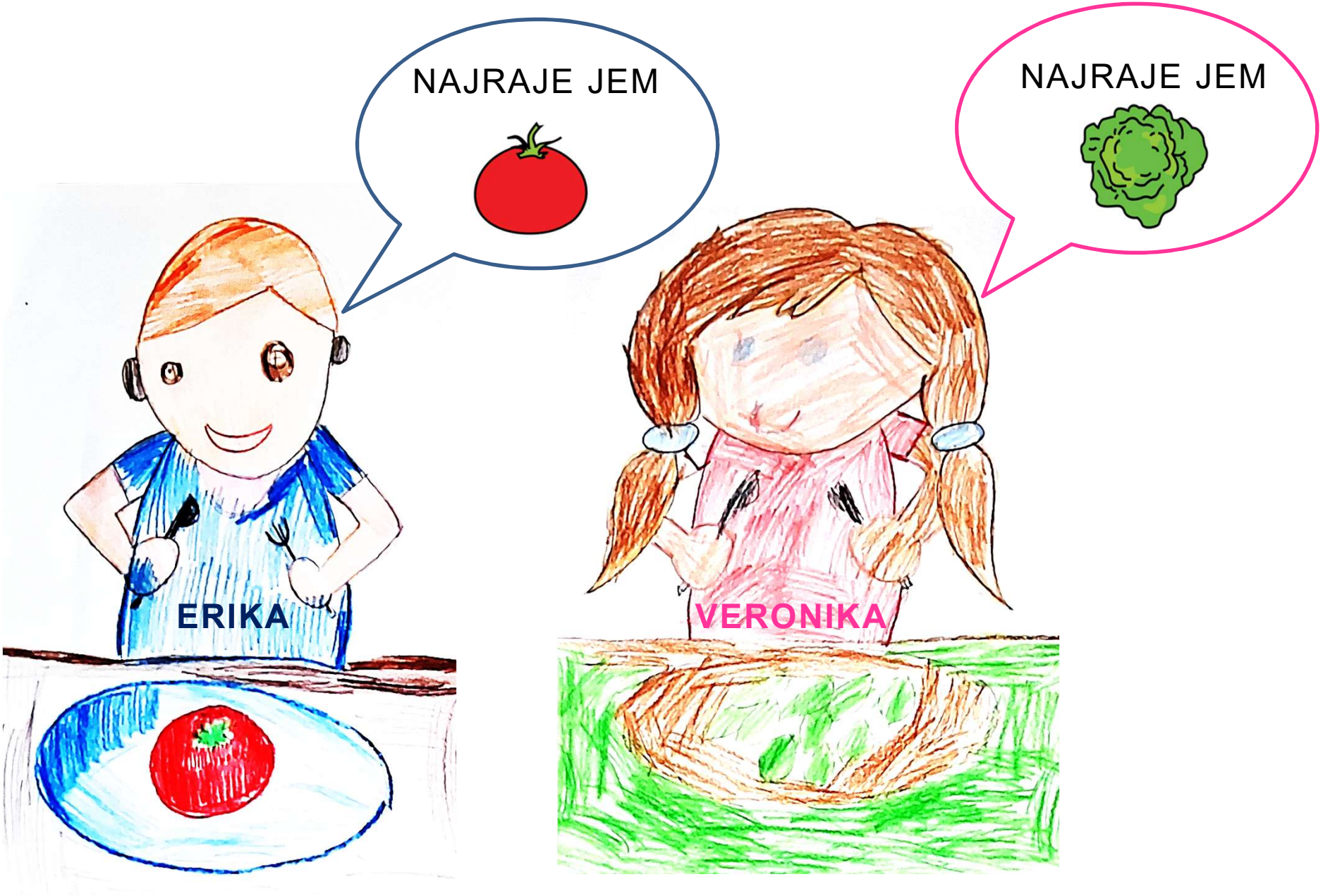




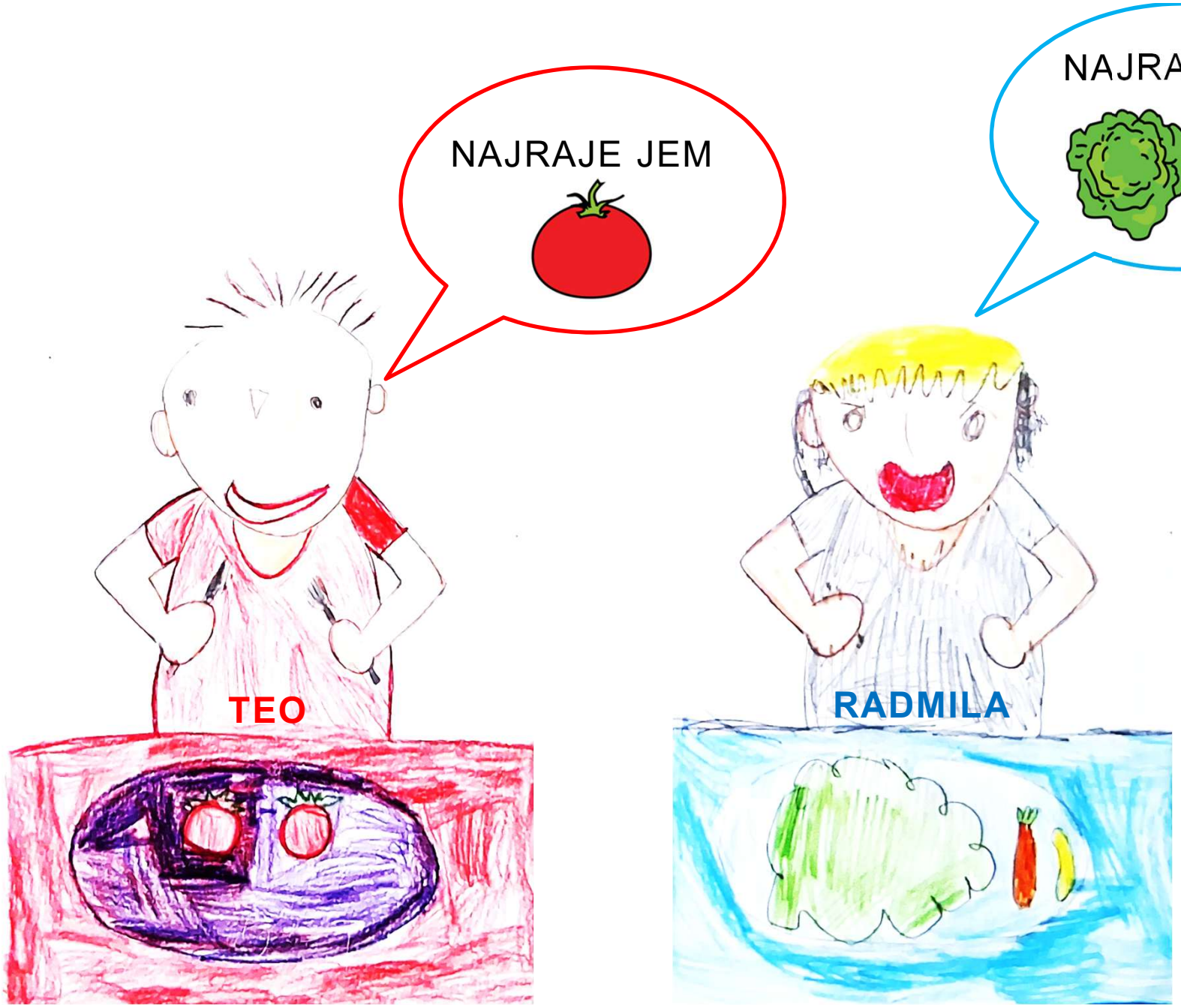
RAD JEM ZELENJAVO.

RADA JEM ZELENJAVO.




NAJRAJE JEM
ERIKA
NAJRAJE JEM
VERONIKA


NAJRAJE JEM
KRISTIAN
NAJRAJE JEM
ANJA


NAJRAJE JEM
TEO
NAJRAJE JEM
RADMILA


NAJRAJE JEM
VIKTOR


NAJRAJE JEM
A.N.

AVTORICA ILUSTRIRANE KNJIGE:	ALJA LEČNIK
BESEDILO JE PRIPRAVILA:	ALJA LEČNIK
OSNOVNE ILUSTRACIJE IN POBARVANKE JE PRIPRAVILA:	ALJA LEČNIK
KNJIGO SO ILUSTRIRALI:	VIKTOR VIDOVIĆ, PP 2B, VERONIKA LEVSTEK, PP 2C, NAZMIJA DERVISHOSKI, PP 3A, RADMILA ARSIĆ, PP 3B ERIKA MARUŠIČ ZUPANČIČ, PP 3B, TEO KRIČEJ, PP 4A, A. N., PP 4B, ANJA RESNIK, PP 4B, KRISTIAN KOMPARE, 4. A
ZNAK ZA LAHKO BRANJE IN OZNAKA STOPNJE:	http://www.lahkojebrati.si/
SLIČICE V SLIKOPISU:	https://www.pictoselector.eu/

BESEDILO SO TESTIRALI:

VIKTOR VIDOVIĆ, PP 2B,
VERONIKA LEVSTEK, PP 2C,
NAZMIJA DERVISHOSKI, PP 3A,
RADMILA ARSIĆ, PP 3B
ERIKA MARUŠIČ ZUPANČIČ, PP 3B,
TEO KRIČEJ, PP 4A,
A. N., PP 4B,
ANJA RESNIK, PP 4B,
KRISTIAN KOMPARE, 4. A

LJUBLJANA, MAJ, 2026

CENTER JANEZA LEVCA
LJUBLJANA