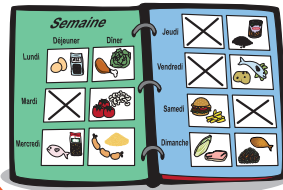


# Comment manger plus de fruits et légumes ?

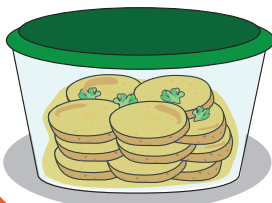
1

Je fais mes menus



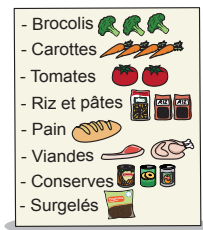
6

J'utilise les restes



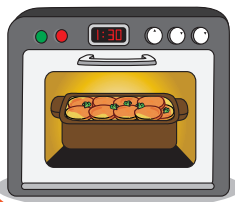
2

Je fais ma liste de courses



5

Je prépare et conserve mes repas



3

Je fais mes courses



4

Je range mes courses

