



# MATHS PLAN

**COUNTRY: Italy**

**SCHOOL: Istituto Comprensivo "N. D'Apolito"**

**ACTIVITY NAME: Maths and Health**

**"The five colors of well- being"**

**ACTIVITY NUMBER: N. 2**

**MATERIALS:**

**MAKING ACTIVITY:**





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DEVELOPING AND IMPLEMENTING NEW STRATEGIES IN MATHS CONNECTED CURRICULAR SUBJECTS



**R  
O  
S  
S  
O**

Anguria,  
Arancia rossa,  
Barbabetola rossa,  
Ciliegia, Fragola,  
Pomodoro,  
Ravanello,  
Rapa rossa



**R  
E  
D**

Anguria,  
Arancia rossa,  
Barbabetola rossa,  
Ciliegia, Fragola,  
Pomodoro,  
Ravanello,  
Rapa rossa



Red contains potassium, ...

Anguria,  
Arancia rossa,  
Barbabetola rossa,  
Ciliegia, Fragola,  
Pomodoro,  
Ravanello,  
Rapa rossa

... a mineral useful for the body to slow down the aging of bones.



**A  
R  
A  
N  
C  
I  
A**

Albicocca,  
Arancia, Carota,  
Clementina, Kaki,  
Limone, Mandarino,  
Melone, Nespola,  
Peperone, Pesca,  
Pesca nettarina,  
Pompelmo, Zucca



**O  
R  
A  
N  
G  
E**

Albicocca,  
Arancia, Carota,  
Clementina, Kaki,  
Limone, Mandarino,  
Melone, Nespola,  
Peperone, Pesca,  
Pesca nettarina,  
Pompelmo, Zucca

Orange contains vitamin C, a substance necessary for normal growth and health of cells and tissues.



**V  
E  
R  
D  
E**

Agretti, Asparagi,  
Basilico, Bieta,  
Broccoletti, Broccoli,  
Carciofo, Cavolo  
broccolo, Cavolo  
cappuccio, Cetriolo,  
Cicoria, Cime di rapa,  
Indivia, Kiwi, Lattuga,  
Prezzemolo,  
Rughetta,  
Spinaci, Uva,  
Zucchina



**G  
R  
E  
E  
N**





Agretti, Asparagi, Basilico, Bieta, Broccoletti, Broccoli, Carciofo, Cavolo cappuccio, Cetriolo, Cicoria, Cime di rapa, Indivia, Kiwi, Lattuga, Prezzemolo, Rughetta, Spinaci, Uva, Zucchina

**Green contains magnesium which contributes to the reduction of tiredness...**



Agretti, Asparagi, Basilico, Bieta, Broccoletti, Broccoli, Carciofo, Cavolo cappuccio, Cetriolo, Cicoria, Cime di rapa, Indivia, Kiwi, Lattuga, Prezzemolo, Rughetta, Spinaci, Uva, Zucchina

**... protects the muscular system and regulates the transmission of the nerve impulse.**



**A** **P**

Fichi, Frutti di bosco, Melanzane, Prugne, Radicchio, Uva nera



**P** **R** **P** **L** **E**


Fichi, Frutti di bosco, Melanzane, Prugne, Radicchio, Uva nera

**Purple contains antioxidants ...**



Fichi, Frutti di bosco, Melanzane, Prugne, Radicchio, Uva nera

**... substances with anticancer properties, which delay cellular aging.**



**B** **I** **A** **N** **C** **O** **C** **C** **O**

Aglio, Cavolfiore, Cipolla, Finocchio, Funghi, Mela, Pera, Porri, Sedano, Noci, Nocciole, Mandorle, Castagne

**W** **H** **I** **T** **E**



Aglio, Cavolfiore, Cipolla, Finocchio, Funghi, Mela, Pera, Porri, Sedano, Noci, Nocciole, Mandorle, Castagne

**White protects bones and lungs and strengthens the immune system.**



**ARCOBALENO di FRUTTE**

All the colors of fruit and vegetables contribute ...



**ARCOBALENO di FRUTTE**

... to our health and our well-being.



Stay fit with the 5 colors of fruit and vegetables.

Anguria, Arancia rossa, Barbabietola rossa, Ciliegia, Fragola, Pomodoro, Ravanello, Sugo rosso

Asparagi, Broccoli, Cetriolo, Cime di rapa, Indivia, Kiwi, Lattuga, Prezzemolo, Rughetta, Spinaci, Uva, Zucchina

Arancia, Carota, Finocchio, Mela, Pera, Porri, Sedano, Noci, Nocciole, Mandorle, Castagne

Frutti di bosco, Melanzane, Prugne, Radicchio, Uva nera







### FRUTTA

Porzione (150 grammi)	Energia Kcal	Carboidrati g	Fibra (mg)	Vitamina C (mg)	Potassio (mg)
Ciliegie	57	13.5	1.95	16.5	343.5
Melone	49	11.1	1.05	48	449
Kiwi	66	13.5	1.17	127.5	600
Prugne	63	15.75	2.25	7.5	285
Mela	79	20.5	3	9	187



### ORTAGGI DA CONSUMARE COTTI

Porzione (200 grammi)	Energia Kcal	Carboidrati g	Fibra (mg)	Vitamina C (mg)	Potassio (mg)
Peperoni	44	8.4	3.8	302	420
Zucca	36	7	—	18	—
Fagiolini	36	4.8	5.8	12	560
Melanzane	36	5.2	5.2	22	368
Funghi	40	1.6	4.6	6	640

### ORTAGGI DA CONSUMARE CRUDI

Porzione (80 grammi)	Energia Kcal	Carboidrati g	Fibra (mg)	Vitamina C (mg)	Potassio (mg)
Ravanelli	8	1.8	1	14	192
Carote	28	6	2.48	3.2	176
Lattuga	15	1.76	1.2	4.8	192
Radicchio	10.4	1.28	2.4	8	192
Finocchi	7	0.8	1.76	9.6	315





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