**ANEXO 06**

**TARJETAS DE ALIMENTOS**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **GRUPO I - ALIMENTOS QUE APORTAN ENERGIA** | | | | | | | |
| **CEREALES** | | **LEGUMINOSAS (MENESTRAS)** | | | **TUBERCULOS** | | **PLATANO VERDE** |
| TRIGO | CEBADA | GARBANZO  <http://granoslaperla.com/wp-content/uploads/2015/05/garbanza.jpg> | PALLAR  [http://2.bp.blogspot.com/_lcdrv_C4bgQ/TTOgo-yjoTI/AAAAAAAAAcE/vNFVZgxtzBw/s320/Baby_Lima_Bean.jpg](http://2.bp.blogspot.com/_lcdrv_C4bgQ/TTOgo-yjoTI/AAAAAAAAAcE/vNFVZgxtzBw/s1600/Baby_Lima_Bean.jpg) | TARWI  http://www.eldiario.net/noticias/2015/2015_02/nt150219/f_2015-02-19_11.jpg | CAMOTE  Camote para luchar contra la desnutrición | CHUÑO  [http://agromixindustrial.com/wp-content/uploads/chuno-blanco.jpg](http://www.google.com.pe/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwierbqWy77NAhXFdx4KHeCRAmYQjRwIBw&url=http://agromixindustrial.com/en/products/grains/&psig=AFQjCNGiyMUprovOFX3SNU3VECPmH2hj4Q&ust=1466786370921734)  OLLUCO  [Ollucos](http://perudelights.com/ollucos-one-of-a-kind/) |  |
| ARROZ  http://dotbairesshopping.com/app/uploads/2016/02/arroz-4.jpg | QUINUA | LENTEJA  [Lenteja Pardina](http://www.eladerezo.com/la-alacena/lenteja-pardina-de-tierra-de-campos.html) | FRIJOL  http://static.betazeta.com/www.sabrosia.com/up/2013/07/6BEANS.jpg | HABA FRESCA  http://santiveri.com.mx/wp-content/uploads/2015/05/habas1.jpg | PAPA  [diversidad-de-papas-chile](http://www.pathsofexcellence.org/wp-content/uploads/2013/05/diversidad-de-papas-chile.jpg) |  |  |
| MAIZ  http://www.imexfutura.com/wp-content/uploads/2017/05/maiz-cancha.png | CHOCLO  http://revistazoom.pe/crop.php?imagen=admin/notas/revista_zoom_2618_1.jpg&ancho=800&alto_maximo=450 | ARVEJA SECA  <http://www.saboresandinos.com/uploads/826/products/190773.jpg> | HABA SECA  [http://3.bp.blogspot.com/-7lHeHfF_cU0/TiMW4u_ceJI/AAAAAAAABzc/2IkEWf0bVLc/s320/MICHIRONES1.JPG](http://3.bp.blogspot.com/-7lHeHfF_cU0/TiMW4u_ceJI/AAAAAAAABzc/2IkEWf0bVLc/s1600/MICHIRONES1.JPG) | ARVEJA FRESCA  **[https://cosasricasemilia.files.wordpress.com/2010/02/arvejas001-thumbnail.jpg?w=150&h=93](https://cosasricasemilia.files.wordpress.com/2010/02/arvejas001-thumbnail.jpg)** | YUCA  [Yuca](http://blog.espol.edu.ec/mlandire/files/2014/11/yuca.jpg) | OCA |  |