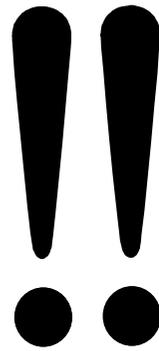


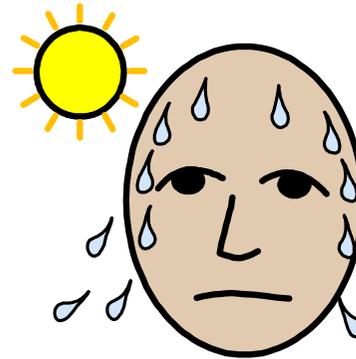
Calor



Está



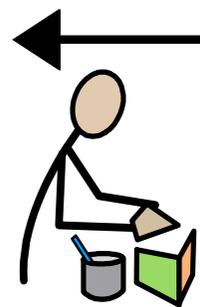
muito



calor



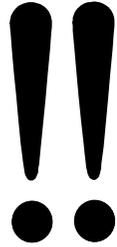
O que



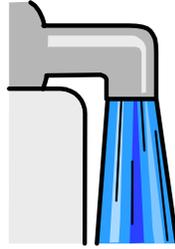
fazer?



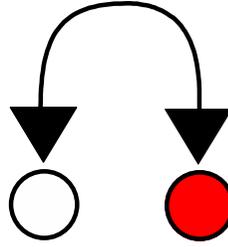
Beber



muita



água



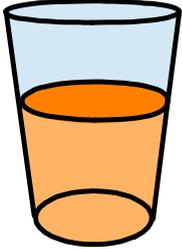
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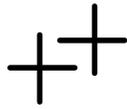
sumos naturais.



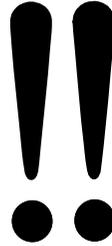
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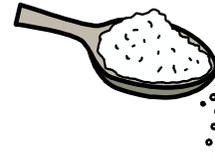
bebidas



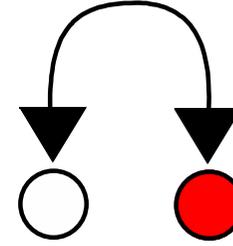
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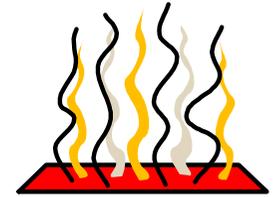
muito



açúcar



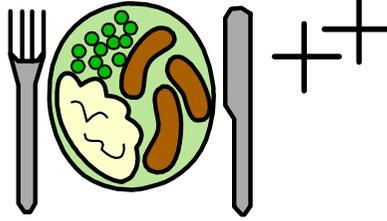
ou



quentes.



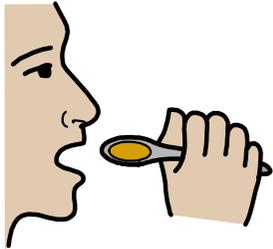
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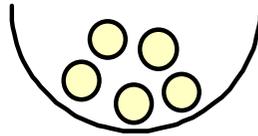
refeições



leves.



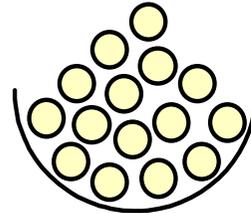
Comer



pouco



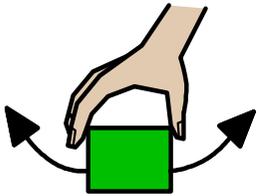
mas



várias

$3 \times 2 =$

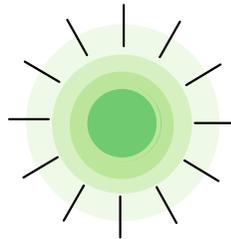
vezes.



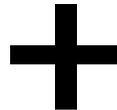
Usar



roupas



frescas



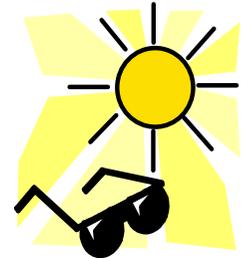
e



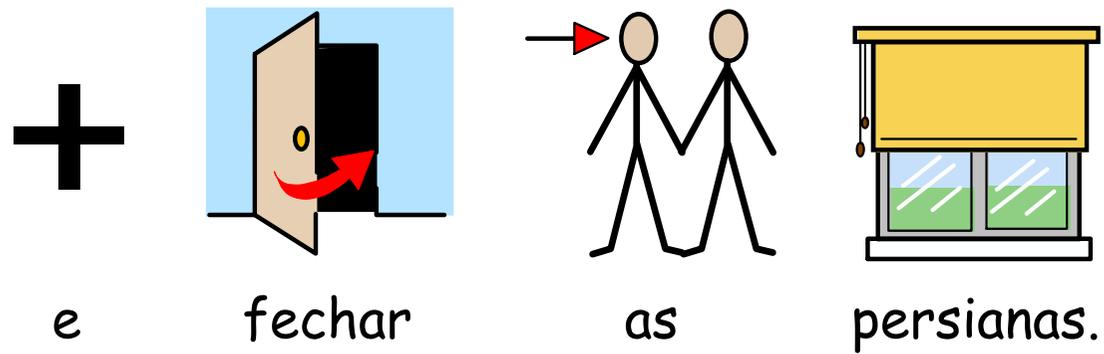
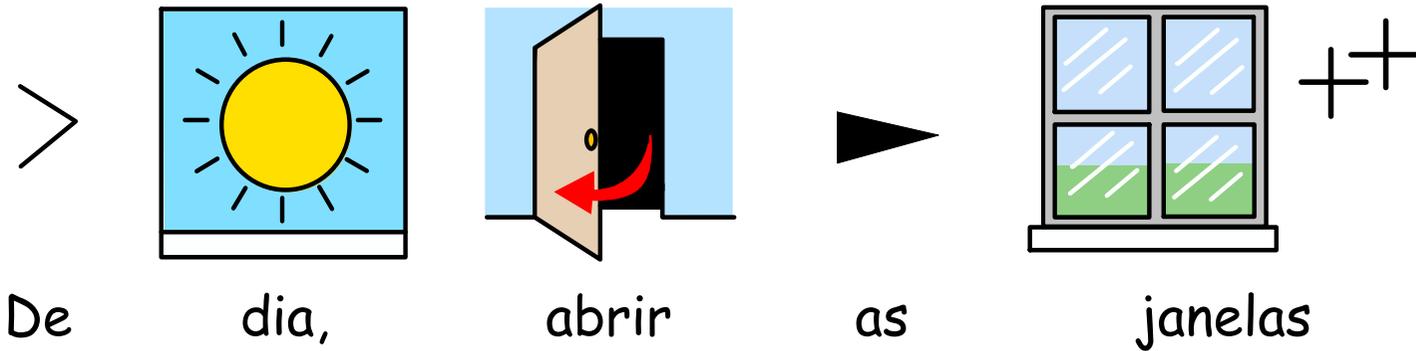
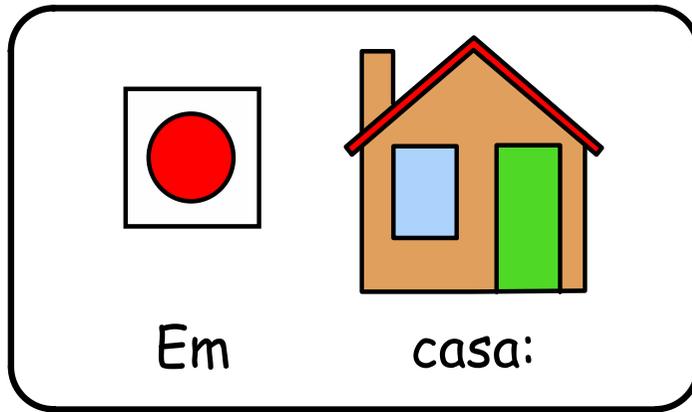
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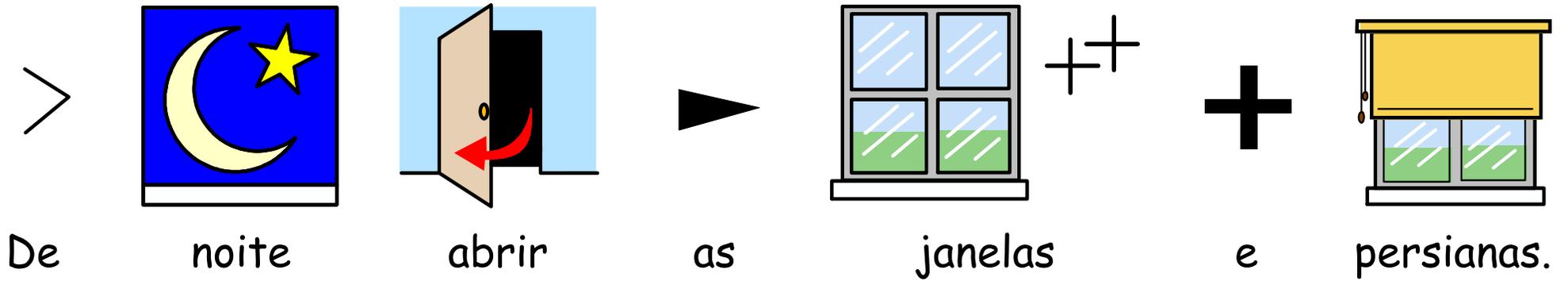


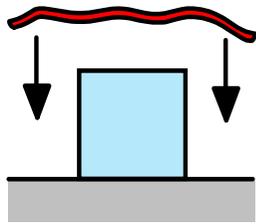
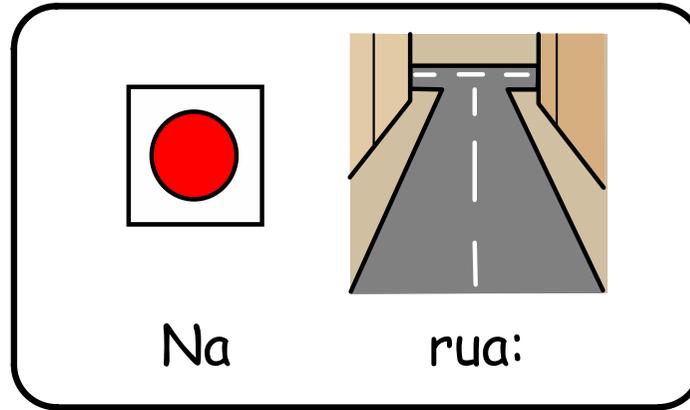
cores



claras.



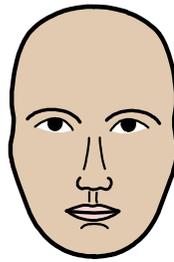




Tapar



a



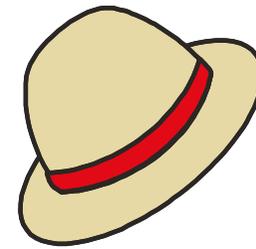
cabeça



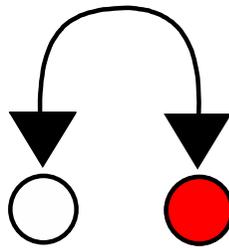
com



um



chapéu



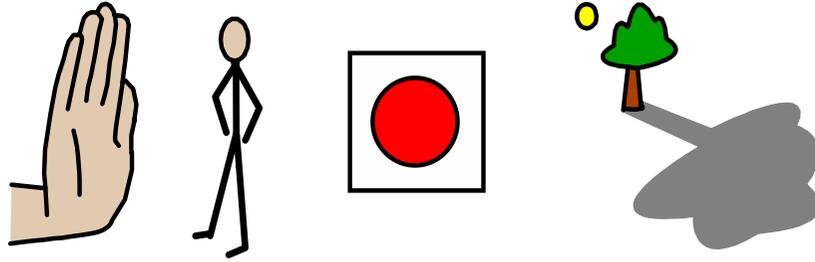
ou



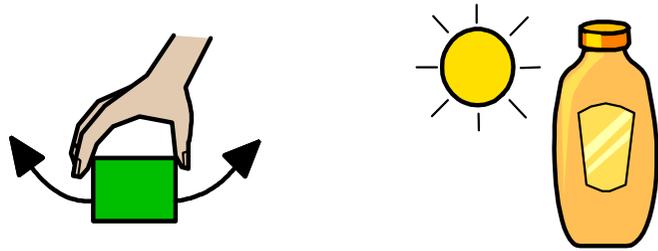
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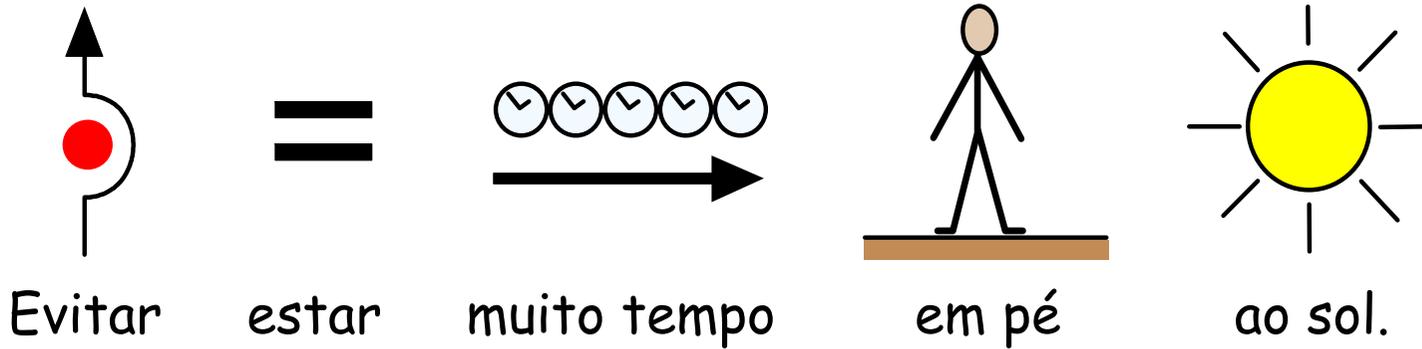
lenço.



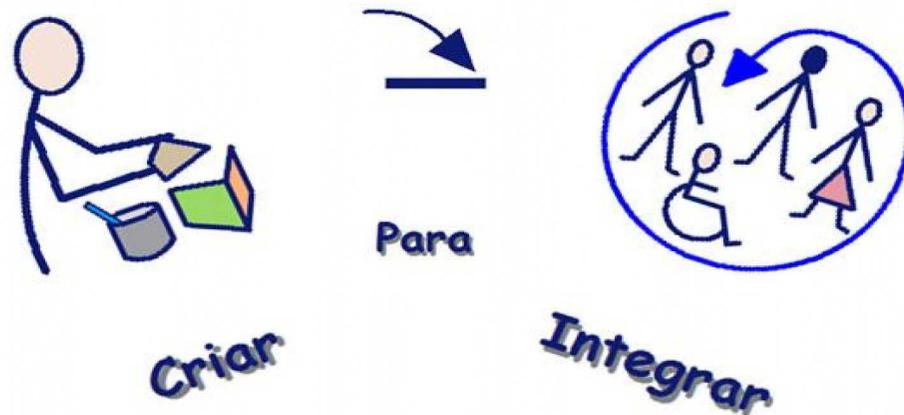
Ficar na sombra.



Usar protector solar.



Evitar estar muito tempo em pé ao sol.



Este livro foi realizado pelo grupo 'Integrar' do 12º ano da ESIDM no âmbito da disciplina de Área de Projecto, com a colaboração do CRTIC Coimbra.



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