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## Aliments

R J E F Q U E I J O B V Q C L S E espinafre
RE X P T N S B Q X A Z X Z E O S
Q FM V P B MA A $P$ TE E R I FP beterraba
Ar S E P UR F NL TA M J NT T I
$P$ S FE R A VA Ã O TA A Ã E V N macarrão
OT EP UXMNNAACRFQQA
U J S IX S S A L $\tilde{A} C A R T X T H$ banana
$C A R N E C I R ~ \tilde{A} B \tilde{A} R O R C U R$

$A \vee B E T E R R A B A \tilde{A} U S X O V$
$Z \tilde{A} F M B C C \tilde{A} Q \quad X \quad F O Q L R E \tilde{A}$
AU NO VO S P NM S NC P X S R
A AT B PM MC E V M T T Z T LX
Z X N I M B Z Z A U Z R E R E Q X
R LT XX CE TA TS QP E IX E
E Q A NA PA O Q VA S VF U E B
$\tilde{A} Z N B Z N V F V A F A L F A C E$
carne
arroz
avos
pão

