

Buchstäblich Fit

Wort-Bild-Karten



© Klaus Aras, BLE



der Brokkoli

© polina / fotolia



- **180 Wendekarten verknüpfen Wort und Bild**
- **Motive aus den Bereichen Ernährung und Bewegung**
- **Differenzierbarer Einsatz beim Spracherwerb**

© Ilijco Smekens / fotolia



Radfahren

© Peter Meyer, BLE



© Klaus Arras, BLF



© Peter Meyer, BLF



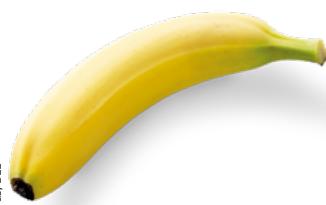
© Peter Meyer, BLF



© Klaus Arras, BLF



© Klaus Arras, BLF



© Klaus Arras, BLF



© Peter Meyer, BLF



© Klaus Arras, BLF



© Klaus Arras, BLF



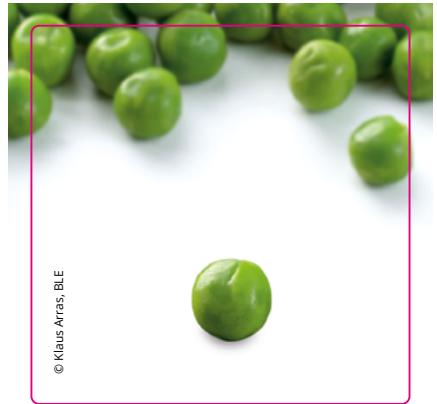
© Peter Meyer, BLF



© Peter Meyer, BLF



© Klaus Arras, BLF



© Peter Meyer, BLF



© Klaus Arras, BLF



© Peter Meyer, BLF

die Apfelsine

der Apfel

die Ananas

die Birne

die Banane

die Aprikose

der Brokkoli

die Bohne

der Blumenkohl

die Erbse

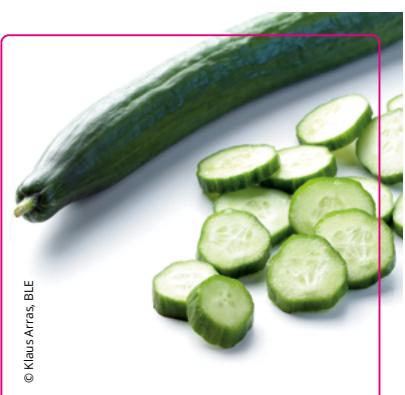
die Mandarine

die Brombeere

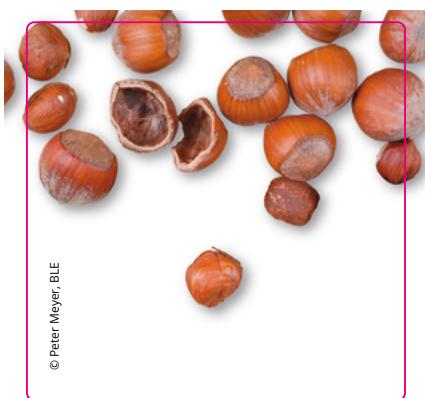
der Feldsalat

die Feige

die Erdbeere



© Klaus Arras, BLE



© Peter Meyer, BLE



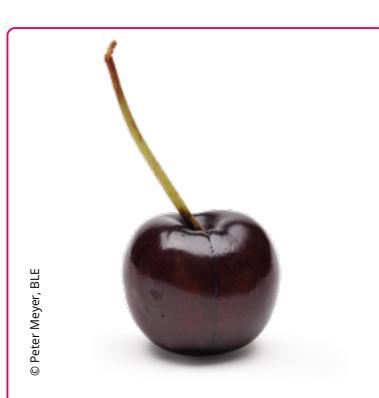
© pixabay



© Klaus Arras, BLE



© Andregrit/stock.adobe.com



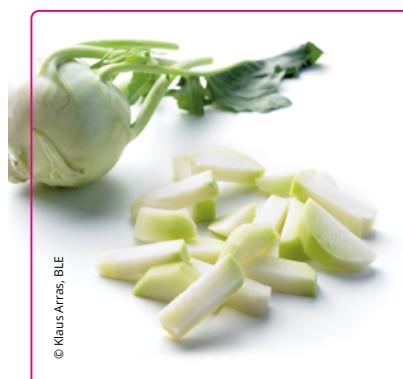
© Peter Meyer, BLE



© Klaus Arras, BLE



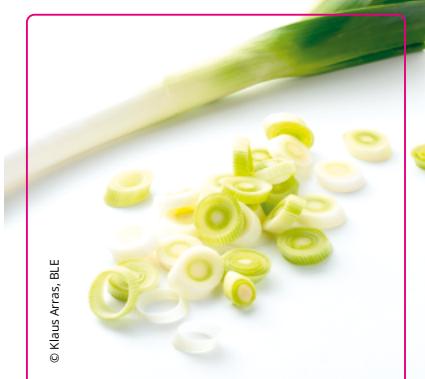
© Peter Meyer, BLE



© Klaus Arras, BLE



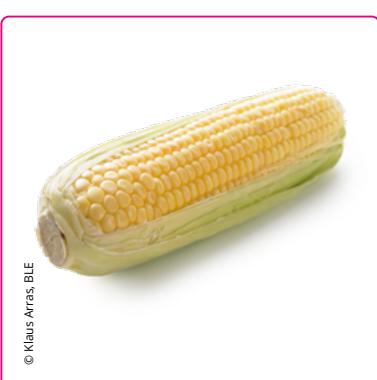
© Klaus Arras, BLE



© Klaus Arras, BLE



© Thomas Francois/stock.adobe.com



© Klaus Arras, BLE



© pixabay



© Klaus Arras, BLE

die Himbeere

die Haselnuss

die Gurke

die Kirsche

die Kichererbse

die Johannisbeere

der Kohlrabi

der Knoblauch

die Kiwi

die Linse

der Lauch

der Kürbis

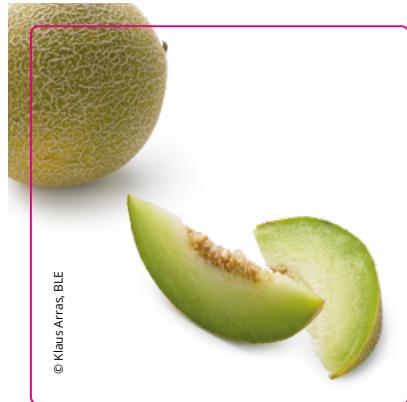
die Mango

die Mandel

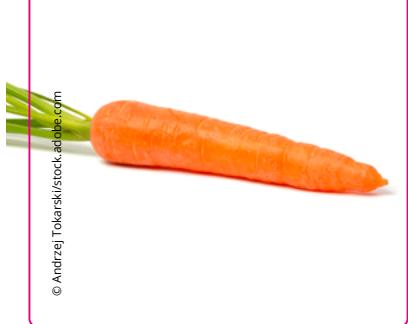
der Mais



© Peter Meyer, BLE



© Klaus Arras, BLE



© Andriej Tokarski/stock.adobe.com



© Klaus Arras, BLE



© Peter Meyer, BLE



© Peter Meyer, BLE



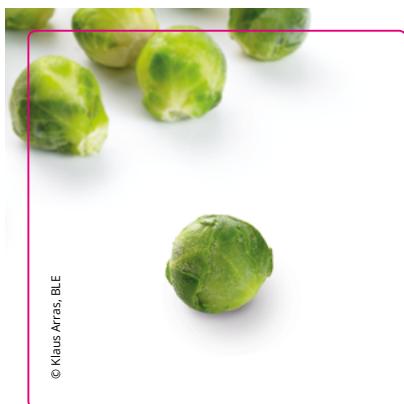
© Peter Meyer, BLE



© Peter Meyer, BLE



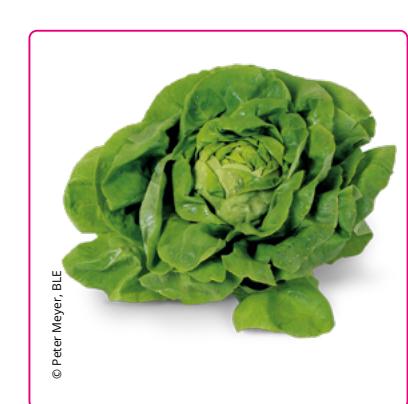
© Peter Meyer, BLE



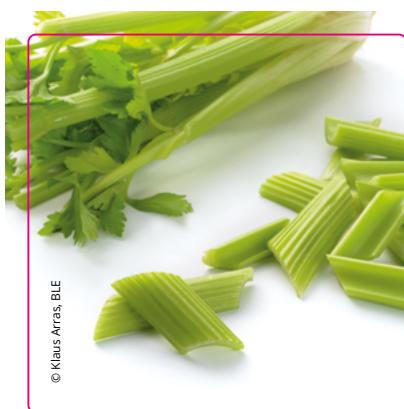
© Klaus Arras, BLE



© Klaus Arras, BLE



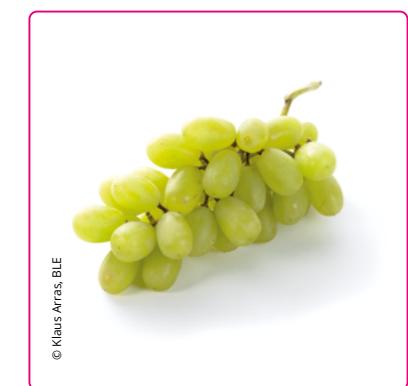
© Peter Meyer, BLE



© Klaus Arras, BLE



© Peter Meyer, BLE



© Klaus Arras, BLE

die Möhre

die Melone

der Mangold

die Pflaume

der Paprika

die Olive

das Radieschen

die Quitte

der Pilz

der Salat

der Rotkohl

der Rosenkohl

die Traube

die Tomate

der Sellerie



© Klaus Aras, BLE

© Peter Meyer, BLE



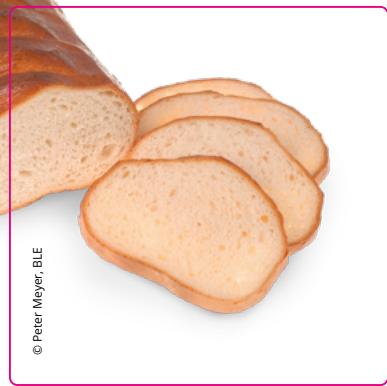
© Peter Meyer, BLE



© Peter Meyer, BLE



© Klaus Aras, BLE



© Peter Meyer, BLE



© Klaus Aras, BLE



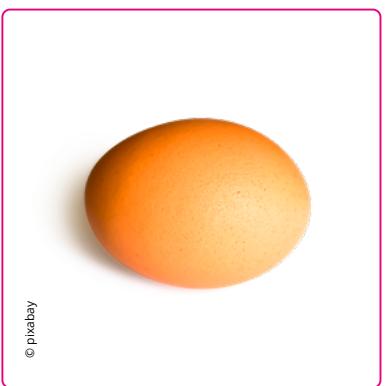
© Camugnero Silvana/stock.adobe.com



© Peter Meyer, BLE



© Michael Ebersoll, BLE



© Pixabay



© AlenkaD/stock.adobe.com



© Michael Ebersoll, BLE

die Zitrone

der Wirsing

die Walnuss

das Backpulver

die Zwiebel

die Zucchini

das Brötchen

das Brot

die Brezel

die Chips

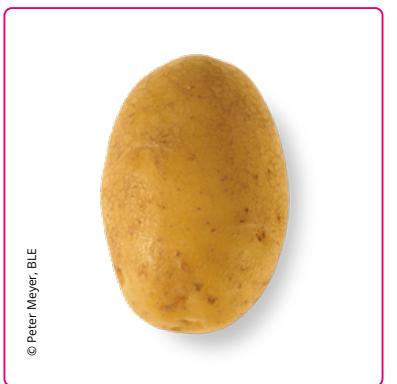
die Butter

der Bulgur

der Feta

der Essig

das Ei



die Hefe

das Fleisch

der Fisch

die Kartoffel

der Joghurt

der Honig

die Marmelade

die Margarine

der Käse

die Nudeln

das Müsli

das Mehl

die Pizza

der Pfeffer

das Öl

© homydesign/stock.adobe.com



© Michael Ebersoll, BLE



© Martin Rettenberger/stock.adobe.com



© Juergenphoto/stock.adobe.com



© Michael Ebersoll, BLE



© Peter Meyer, BLE



© Michael Ebersoll, BLE



© asterronero/stock.adobe.com



© Peter Meyer, BLE



© Peter Meyer, BLE



© KlausArras, BLE



© ExQuisine/stock.adobe.com



© KlausArras, BLE



© homydesign/stock.adobe.com



© Juergenphoto/stock.adobe.com



© HandmadePictures/stock.adobe.com

die Schokolade

das Salz

der Reis

die Wurst

der Thunfisch

der Senf

die Bratwurst

die Bratkartoffeln

der Zucker

der Eintopf

der Döner Kebap

der Bulgursalat

die Falafel

der Flammkuchen

das Eis



© Jacek Chabaszewski/stock.adobe.com



© MovingMoment/stock.adobe.com



© Andrea bbs/stock.adobe.com



© Edenshuttle/stock.adobe.com



© artofstock.adobe.com



© tunedin/stock.adobe.com



© Printemps/stock.adobe.com



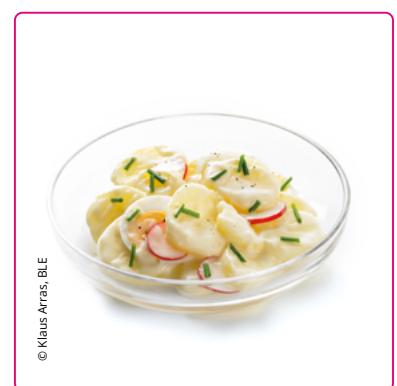
© Afrika Studio/stock.adobe.com



© Mara Zemgalite/stock.adobe.com



© Artem/stock.adobe.com



© Klaus Arras, BLE



© photocrew/stock.adobe.com



© BillionPhotos.com/stock.adobe.com



© photocrew/stock.adobe.com



© Klaus Arras, BLE

die Frikadelle

das Fischstäbchen

das Steak

der gefüllte Paprika

das Gulasch

der Grillteller

der Hummus

der Hamburger

das Gyros

die Kroketten

der Kartoffelsalat

der Kartoffelbrei

der Kuchen

die Klöße

die Kekse



© Klaus Arras, BLE



© Quade/stock.adobe.com



© Markus Minko/stock.adobe.com



© Barbara Pfeby/stock.adobe.com



© Lukas Horlacher, BLE



© emuck/s/stock.adobe.com



© Andrea Willheim/ stock.adobe.com



© Jacek Chabraszewski/ stock.adobe.com



© Klaus Arras, BLE



© Peter Meyer, BLE



© Herf und Braun, BLE



© Andrey Starostin/stock.adobe.com



© Viktor/stock.adobe.com



© Silke Floren, BLE



© Eskyrmakas/stock.adobe.com

das Müsli

der Milchreis

der Kräuterquark

der Obstsalat

die Nudeln
mit Soße

der Nudelauflauf

der Pudding

die Pizza

der Pfannkuchen

der Risotto

der Reibekuchen

die Quarkspeise

das Schnitzel

der Salat

das Rührei



© ksenia23/stock.adobe.com



© KlausArras, BLE



© Lukas Horlacher, BLE



© Silke Flöten, BLE



© Silvia Bogdanski/stock.adobe.com



© pixabay



© KlausArras, BLE



© KlausArras, BLE



© KlausArras, BLE



© KlausArras, BLE



© KlausArras, BLE



© KlausArras, BLE



© KlausArras, BLE (Glass), Michael Ebersoll (Carton), BLE



© Peter Meyer, BLE



© Peter Meyer, BLE

die Tortellini

die Suppe

das Spiegelei

die Pommes frites

der Tomatensalat

das Tiramisu

die Cola

das Bier

die Apfelschorle

die Limonade

der Kaffee

der Eistee

das Wasser

der Tee

der Saft



© Peter Meyer, BLF



© KlausArras, BLF



© KlausArras, BLF



© igorphoto050/stock.adobe.com



© KlausArras, BLF



© Picture-factory/stock.adobe.com



© Giro Santa Maria/stock.adobe.com



© WavebreakMediaMicro/stock.adobe.com



© virginia/stock.adobe.com



© Ljupco Smokovski/stock.adobe.com



© snapitude/stock.adobe.com



© Mihai Blanaru/stock.adobe.com



© corepics/stock.adobe.com



© snapitude/stock.adobe.com



© WavebreakmediaMicro/stock.adobe.com

der Kakao

der Milchkaffee

der Wein

Gymnastik

die Milch

die Bananenmilch

Reiten

Handball

Fußball

Tanzen

Basketball

Tennis

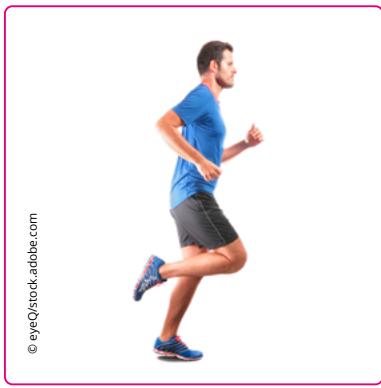
Federball

Schwimmen

Rudern



© Lipco Smrkovski/stock.adobe.com



© eyeQ/stock.adobe.com



© BlueSylemages/stock.adobe.com



© poltolla/stock.adobe.com



© beto_chagas/stock.adobe.com



© tankist276/stock.adobe.com



© Rob Byron/stock.adobe.com



© WavebreakMediaMicro/stock.adobe.com



© xalanu/stock.adobe.com



© Di_Studio/stock.adobe.com



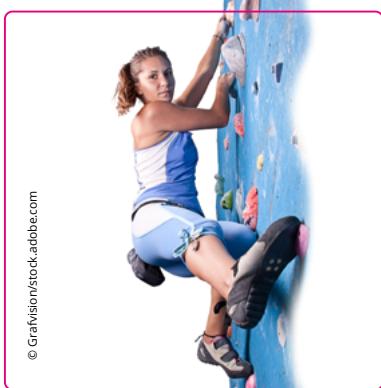
© 103tn/stock.adobe.com



© Dmytro Aksyonov/stock.adobe.com



© nd3000/stock.adobe.com



© Grafvision/stock.adobe.com



© Nicholas Picollo/stock.adobe.com

Eislaufen

Laufen

Radfahren

Turnen

Golf

Volleyball

Gewichtheben

Fechten

Hockey

Speerwurf

Karate

Inliner fahren

Baseball

Klettern

Kegeln



© georgendy/stock.adobe.com



© moodelstock/stock.adobe.com (Man),
Zenon/stock.adobe.com (Water)



© RinocDz/stock.adobe.com



© Andrey Burmakin/stock.adobe.com



© Iulsmolinero/stock.adobe.com



© Dash/stock.adobe.com



© michaelfjung/stock.adobe.com



© f9photos/stock.adobe.com



© PictureArt/stock.adobe.com



© Oleksandr/stock.adobe.com



© yellowpaul/stock.adobe.com



© technoir/stock.adobe.com



© Pixabay



© Nicholas Picollo/stock.adobe.com



© Ilijenco Smokovski/stock.adobe.com

Hochsprung

Wasserball

Skifahren

Tischtennis

Boxen

Angeln

Tauchen

Yoga

Ballett

Segeln

Bogenschießen

Motorsport

Surfen

Ringen

Eishockey



© eyeQ/Fotolia



© Klaus Araks, BLE



„BUCHSTÄBLICH FIT“ WORT-BILD-KARTEN

Besser lesen und schreiben mit den Themen Ernährung und Bewegung

Die Karten bieten vielfältige Einsatzmöglichkeiten,
zum Beispiel:

- Lebensmittel Gruppen zuordnen
- Nahrungsmittel Mahlzeiten zuordnen
- Einkaufslisten zusammenstellen
- Lebensmittel-Eigenschaften beschreiben
- Bewegung in Beruf und Freizeit
- Fitness und Gesundheit thematisieren

Die Wort-Bild-Karten „Buchstäblich fit“ wurden entwickelt vom Bundeszentrum für Ernährung in Zusammenarbeit mit der Europa-Universität Flensburg zur Alphabetisierung deutschsprachiger Erwachsener. Sie lassen sich durch ihren direkten Alltagsbezug auch in vielen anderen Zusammenhängen einsetzen.

Weitere Informationen finden Sie unter
www.bzfe.de/bildung/unterrichtsmaterial/erwachsene/buchstaeblich-fit/



© Peter Meyer, BLE



Deutschlands Initiative für gesunde Ernährung
und mehr Bewegung



Impressum

Bundesanstalt für
Landwirtschaft und Ernährung
Präsidentin: Dr. Margareta Büning-Fesel
Deichmanns Aue 29, 53179 Bonn
Telefon: 0228/6845-0; Telefax:
0228/6845-3444

Gesamtverantwortung:
Bundeszentrum für Ernährung
in der Bundesanstalt für Landwirtschaft
und Ernährung
Dr. Barbara Kaiser, BLE

Redaktion:
Petra Daniels, BLE

Gestaltung:
Wendekarten: Arnout van Son,
Bachstraße 32, 53347 Alfter
Umschlag: Jasmin Friedenburg, BLE

Druck:
quartettbar, Finkenstraße 52,
48147 Münster

Stand:
August 2023

Nachdruck oder Vervielfältigung – auch
auszugsweise – sowie Weitergabe mit
Zusätzen, Aufdrucken oder Aufklebern
nur mit Zustimmung der BLE gestattet.

Buchstäblich fit Wort-Bild-Karten

Bestell-Nr.: 1772
Preis: **kostenlos**

zu bestellen bei:
www.ble-medienservice.de

