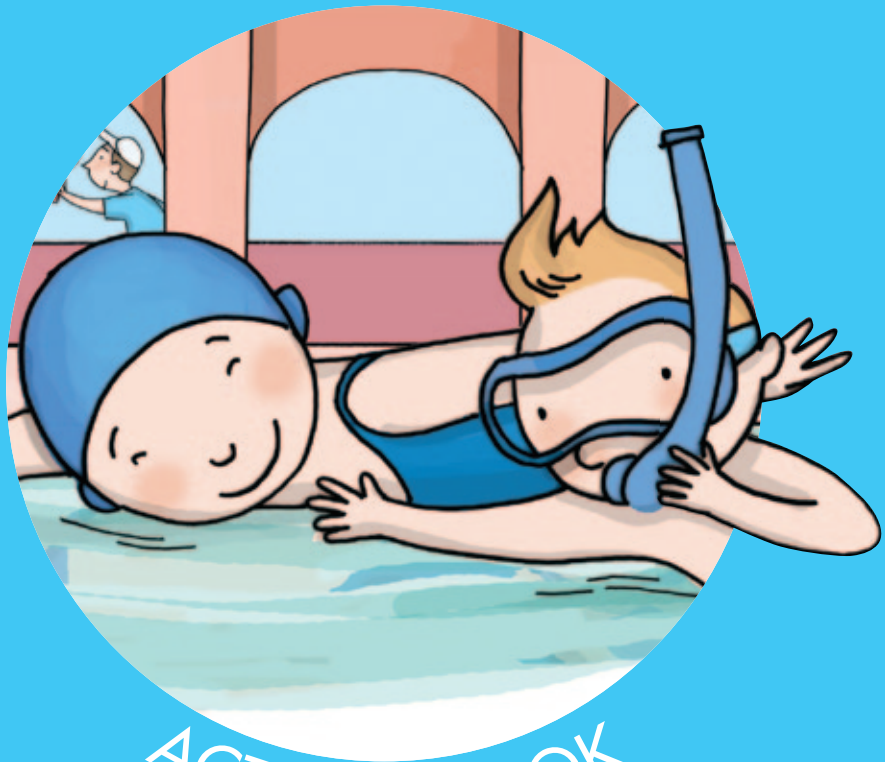


AGE 7-9

Let's All Play

DISCOVERING HEALTHY HABITS



ACTIVITY BOOK

FUNDACIÓN **MAPFRE**

 **VIVIR
EN
SALUD**

sm

STUDENT

AGE 7-9

Let's All Play

DISCOVERING HEALTHY HABITS



STUDENT

FUNDACIÓN **MAPFRE**

 **VIVIR
EN
SALUD**

sm



These materials were developed in collaboration with the Association of Personal Trainers of Madrid (AMEP).

Mapfre would like to thank San Ignacio de Loyola School in Madrid for the revision of all the texts in English.

AUTHORS

Borja Abad Galzacorta
Marina Barba Muñiz
David Cañada López

CONTRIBUTORS

Lara Ruiz Álvarez
Marcela González-Gross

PROOFREADER

Ignacio Oscoz Zudaire

Technical coordinators at FUNDACIÓN MAPFRE: Yolanda Minguenza Sebastián

Coordinating editor: Carla Balzaretti

Editors: Marta Domínguez Gómez and Ana Moreno Medina

Cover and book design: Estudio SM

Layout: María Jesús Merinero

Illustrations: Avi and Luis Filella

Photographs: Javier Calbet, Sonsoles Prada, María Pía Hidalgo, Sergio Cuesta/Archivo SM; Montse Fontich; Daniel Gale/DREAMSTIME; KEYSTONE; PHOTODISC; INGRAM; INGIMAGE; THINKSTOCK; ORANGESTOCK; ISTOCKPHOTO.COM; ABLESTOCK; STOCKBYTE

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Paseo de Recoletos, 23
28004 Madrid (Spain)
www.fundacionmapfre.com

© Ediciones SM, 2012

Impresores, 2 - Urbanización Prado del Espino
28660 Boadilla del Monte, Madrid (Spain)
www.grupo-sm.com

ISBN: 978-84-9844-327-1

Legal deposit: M-12417-2012

Printed in EU

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1. INTRODUCTION



1.1 Welcome!

Hello! We're Lidia, Carlos and friends, and we would love for you to come along with us and FUNDACIÓN MAPFRE as we discover the secrets to leading a healthy life.

Are you coming? Then open your eyes and pay attention!

The future is in your hands!



NAME:

SURNAMES:

CLASS:

SCHOOL:



1.2. What are we going to learn from this notebook?

Together, we're going to discover a lot of secrets with this notebook.

We're going to learn more about doing **physical activity** and how to make our own **Physical Activity Pyramid, specially adapted to our needs**.

We'll discover the **Healthy Habits Pyramid** and check what we have learned with a "True or false" exercise (if we dare!).

We're going to work with the **Food Pyramid**, and we'll even be composers for a day as we use what we've learnt to make up a rap about eating right.

And finally, we'll learn how to choose the **school bag** that's right for us, and we'll find out why this is important.



1.3 What about my family?

You can share everything you learn with your brothers and sisters, your parents, your grandparents... with your whole family! They'll appreciate it, because **we all have to look after our health, no matter how old we are**.

Are you ready to discover the secrets to leading a healthy, active life? Then **let's go!**



2. PHYSICAL ACTIVITY (1)



2.1 The Physical Activity Pyramid for kids

The Physical Activity Pyramid for kids is specially adapted to our needs. It's a visual representation (a picture) that teaches us how important it is to know what types of physical activities to carry out and how much physical activity we need to do every week in order to stay healthy.



It's important to stay physically active, but it's just as important to know which activities to do and how many times a week to do them.

As you can see in the picture on the next page (Figure 1):

- The **base** of the pyramid shows activities that we should carry out every day, like walking to school, helping out at home (for example, by doing the shopping), climbing stairs and walking the dog (if you have one).
- **Level 1** includes activities that improve our endurance, like going for a light jog, swimming at a moderate pace, playing football and dancing.
- **Level 2** shows activities that help us develop strength and flexibility, like judo, gymnastics and trekking.
- **Level 3** activities are more sedentary, things we should do as seldom as possible. This group includes watching television, playing video games and sitting at the computer.



WE RECOMMEND...

- *One hour of physical activity every day*
- *Strength and flexibility activities 2-3 times a week*

Physical Activity Pyramid for kids

Figure 1

NO MORE THAN TWO HOURS A DAY

- Television
- Computer
- Video games



LEVEL 3

2-3 TIMES A WEEK

- Trekking, hill walking
- Stretching
- Cycling
- Judo
- Strength exercises: climbing, sit-ups, etc.



LEVEL 2 (STRENGTH AND FLEXIBILITY)

3-5 TIMES A WEEK

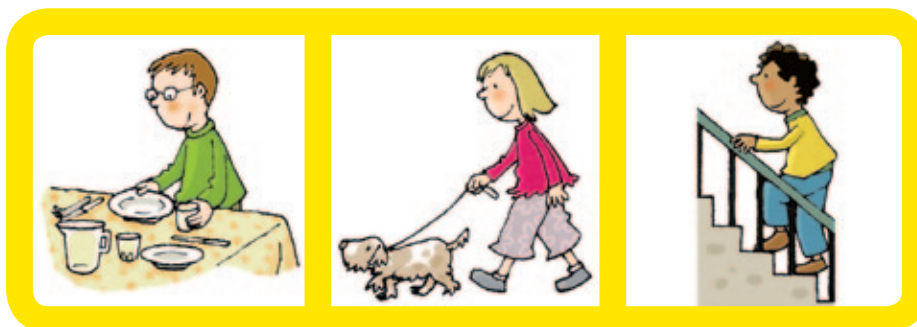
- Swimming
- Basketball, football, etc.
- Dancing
- Jogging
- Physical Education class



LEVEL 1 (ENDURANCE)

EVERY DAY

- Playing in the playground
- Helping out at home
- Climbing stairs
- Walking to school
- Walking the dog



BASE



2. PHYSICAL ACTIVITY (1)

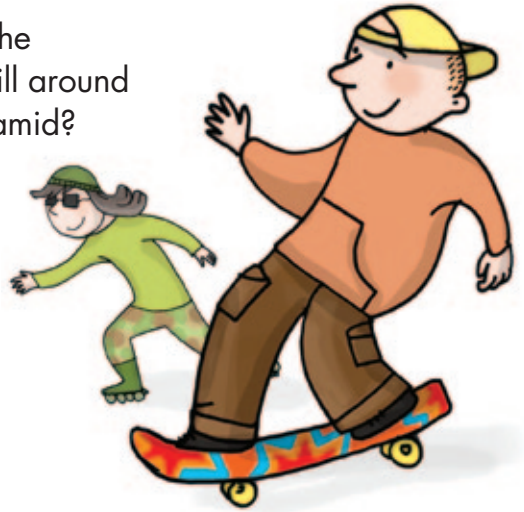
ACTIVITY SHEET 1

Building my own pyramid

Have you heard of the pharaohs of Egypt? How about the Mayan civilisation? They built huge pyramids that are still around today. Do you think that you could create your own pyramid?

The exercise below will help you learn which activities we can and should do every day, and which ones we should only do once in a while.

If you'd like, ask your teacher to tell you more about pyramids.



Activity

Now fill in this pyramid with the physical activities you do.

You should be honest!

If you watch television or play video games every day, include those activities at the base of the pyramid.

When you're finished, compare your pyramid with the one we recommended on the previous page (Figure 1) to see if you're making healthy choices.

You can also compare your pyramid with those of your classmates or your parents.

ONCE IN A WHILE

.....

.....

.....

2-3 TIMES A WEEK

.....

.....

.....

3-5 TIMES A WEEK

.....

.....

.....

EVERY DAY

.....

.....

.....

Help your friends discover the secrets to staying physically active!



Now you're going to play reporter. Interview one or more of your classmates to check whether they have healthy habits when it comes to physical activity.

Reporter's name: Interviewee's name:

- How do you usually get home from school? (By car, on foot, by public transport).
.....
- How far away from school do you live? (In metres, kilometres or minutes).
.....
- If you walk home, how long does it take you?
.....
- What floor do you live on? Do you usually take the lift or the stairs?
.....
- Do you do physical activity during break? For how long?
.....
- Do you do any sports outside of school? Which one? How many hours a week?
.....
- And at the weekends? Is there a place near your house where you can do physical activity?
.....

Tick the box that shows how much time your partner spends doing physical activities per day. Then see what their level of physical activity is and suggest some ways to improve their habits. After a few months, see if they have changed to a different coloured box.

0-30 min. VERY LOW	30-60 min. LOW	60-75 min. NORMAL	75-90 min. GOOD	90 min. + VERY GOOD
------------------------------	--------------------------	-----------------------------	---------------------------	-------------------------------

RECOMMENDATIONS FOR YOUR PARTNER

- 1
- 2
- 3



3. PHYSICAL ACTIVITY (II)



3.1. The Healthy Habits Pyramid

The **Healthy Habits Pyramid** gives us recommendations on hygiene, physical activity, nutrition and academic and leisure activities. You can see it on the next page (Figure 2).

- The **base** of the pyramid includes daily activities, like doing an hour of physical activity, showering, washing our hands, brushing our teeth, eating five meals a day and getting 8 to 10 hours of sleep every day.
- **Level 1** recommends doing activities such as studying, reading, playing in the park and playing a sport 3 to 5 times a week.
- **Level 2** suggests doing strength and flexibility exercises, training, going to the library or a museum and exploring new places in our free time, 2 to 3 times a week.
- **Level 3** shows activities that we should only do once in a while, like watching television and playing video games.



The Food Pyramid should always be used along with the Physical Activity Pyramid and the Healthy Habits Pyramid. Together, the three pyramids make up the perfect guide to healthy living.



Healthy Habits Pyramid*

Figure 2

NO MORE THAN TWO HOURS A DAY

- Television
- Computer
- Video games



LEVEL 3

2-3 TIMES A WEEK

- Training (school leagues, clubs, etc.)
- Stretching
- Strength exercises
- Visiting museums



LEVEL 2

3-5 TIMES A WEEK

- Playing in the park
- Walking
- Doing your homework
- Reading
- Doing sport



LEVEL 1

EVERY DAY

- Sleeping 8-10 hours
- Brushing your teeth
- Eating 5 meals
- 1 hour of physical activity
- Showering



BASE

* Adapted from the pyramid in GONZÁLES GROSS, M.; LORENTE-GÓMEZ, J. J.; VALTUEÑA, J.; ORTIZ, J. C., and MELÉNDEZ, A. *The healthy lifestyle pyramid for children and adolescents*. Nutr. Hosp., 2008, 23(2), pp. 159-168.



3. PHYSICAL ACTIVITY (II)

ACTIVITY SHEET 3

True or false

This activity gives you a chance to show how much you really know about healthy and unhealthy lifestyles.

Do you think that you'll be able to answer correctly?

We all know the secrets of the **Healthy Habits Pyramid**. Tick true (T) or false (F).

- 1 We need 7 hours of sleep every day. T F
- 2 We should eat 5 meals a day. T F
- 3 Reading and playing video games are activities that we should only do once in a while. T F
- 4 The most important pyramid is the Food Pyramid. T F
- 5 We should do strength and flexibility exercises 2 to 3 times a week. T F
- 6 We should do one hour of physical activity every day. T F
- 7 Personal hygiene is the same as posture. T F
- 8 Watching television and playing on the computer form the base of the Healthy Habits Pyramid. T F



Write a letter about what you're going to do to improve your habits. Re-read the letter in a few months and see if you've kept your promises.



PLACE:

DATE:

Now that I know the secrets to healthy living, I've decided that from now on I'm going to

Signature



4. EATING RIGHT

4.1 The Food Pyramid

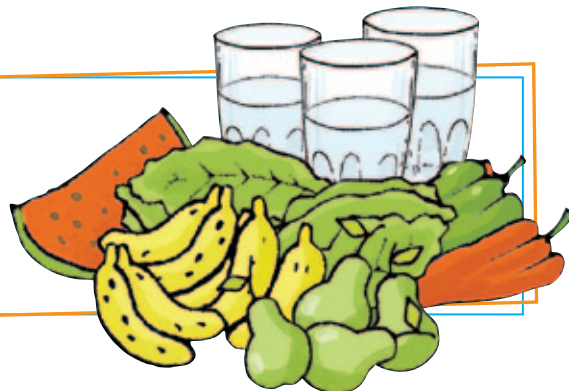
As you know, **the Food Pyramid** is a simple picture that gives us information on what types of food we should eat, in what amounts and with what frequency (in other words, how many times per day or per week).

The first Food Pyramid was introduced in the United States in 1992. But **there is no single Food Pyramid**: there are many small differences among different countries' pyramids, since products and customs vary from one nation to another. The Food Pyramid (Figure 3) is shown on the next page.

- **The base** of the pyramid includes foods we should eat every day.
- **The top level** tells us which foods we should only eat once in a while.

REMEMBER:

You need 3-5 servings of fruits and vegetables a day and 8-10 glasses of water.



WATER

- *Don't forget that $\frac{3}{4}$ of your body is made up of water.*
- *A lot of this water is lost through **urine, breathing and sweat.***
- *That's why the base of the pyramid says we should drink **8-10 glasses of water a day.***

Food Pyramid

Figure 3



ONCE IN A WHILE:
Sweets, soft drinks and snacks



3-4 TIMES/WEEK: Eggs, fish, pulses and meat



2-4 SERVINGS/DAY: Dairy products



3-4 SERVINGS/DAY: Oil and nuts



3-5 SERVINGS/DAY: Fruits and vegetables



6-8 SERVINGS/DAY: Pasta, rice, carbohydrates, bread and potatoes



8-10 GLASSES OF WATER A DAY

4. EATING RIGHT

ACTIVITY SHEET 5

The healthy rap

Do you know what a rap is?

If not, ask your friends or your teachers.

Have you ever dreamed of getting up on stage and singing your favourite songs? We'd like you to try being a musician for a bit. You're going to make up a rap about healthy eating, foods that make up a balanced diet, the Food Pyramid, etc.

Activity

Here's a trick to help you with your rap: first, choose a word that's related to food. Then think of a word that rhymes with it. For example, **bite and right**. Now all you have to do is use the words in a sentence that makes sense, like this:



Listen up before you take a bite:
kids have got to learn to eat right.

Oranges, apples, pears and a cherry:
Are these foods healthy? Very!

Check out the cool rap on the next page.
We love it! It sums up the secrets
to staying healthy.

It's the **healthy rap**.

Learn it and rap it to your friends!



THE HEALTHY RAP

We don't care for the sofa, or for sitting, no **way**!
Because now we do exercise every **day**.

I've swapped my pastry for some veggies and **fruit**
and swapped the controller for a jogging **suit**.

The time has come, the moment is **here**,
to start moving and get our bodies in **gear**.

Now make sure that you sit and walk **straight**.
That way you will always look and feel **great**.

Remember that if you get tired too **fast**,
it's time to get moving, and make the change **last**!

(Repeat the rap as many times as you'd like.)



Your turn!

Put your creativity to the test by making up your own rap.



1

2

3

4



5. GOOD POSTURE



5.1. My school bag!

Having good posture means holding yourself, moving and lifting things in a way that puts the least strain on your back. In this chapter, we're going to learn more about a friend of yours who's going to keep you company throughout primary and secondary school: **your school bag**.

It's also important to remember that if you don't use your school bag right, it can turn into your back's worst enemy.

In order to help you get to know your bag better, we're going to answer a few questions.

What parts does a school bag have?

PADDED BACK PANEL

This adjusts to your back better than a hard back panel.

HANDLE

You use it to push the bag, lift it or hang it up. Wheeled bags usually have a handle that can be adjusted to suit your height.

STRAPS

They should be adjustable, padded and at least 4-5 centimetres wide. Adjustable, wide straps are more comfortable and adaptable.

MULTIPLE COMPARTMENTS

These compartments keep you organised and help you remember to place the largest and heaviest items closest to your back.



WAIST BELT

It distributes the load, takes weight off your shoulders and keeps the contents of your bag from moving around when you walk.



What kinds of school bags are there?

The two most common kinds of school bags are:

- Backpacks with one or two straps.
- Wheeled bags.



HOW DO I CHOOSE THE RIGHT BAG?

- Your bag should **rest flat against** your back.
- The bottom should sit **5 centimetres** above your waist.
- It should **be the right size** for your age and body.
- Wheeled bags **take the load off** your back.

Using a school bag that does not have these features may lead to back pain.



5. GOOD POSTURE

How should I pack my school bag?

It's very important to pack our bags right, but often, we're not as careful as we should be. Sometimes we're in such a hurry to leave the house or school that we carry our bags any which way. That's why it's essential that you take a few minutes to organise your school bag and only pack what you really need. Your body will thank you!

When packing your bag, place the biggest and heaviest objects closest to your back. The lightest objects should be farthest away from your body, either inside the bag or in the outer pockets.



How should I put my bag on?

It is also very important that you lift your bag correctly. When you are about to put your backpack on, you should:

- Bend at the knees. Don't strain your back.
- Keep your back straight.
- Lift the bag slowly, not in one sudden motion.
- Lift mostly with your legs and use your arms to help.
- Before lifting your bag, bring it close to your body.

TIP: Before packing your books, put your empty bag on a table or desk. Distribute the weight just like you've learned. When your bag is ready, position the straps facing you, turn around and put your arms through them. Now that you have your backpack on right, tighten the straps and buckle the waist belt if you can. You'll see, it's easy!



How much should my bag weigh?

The amount of weight you should carry in your school bag depends on how much you weigh. Experts recommend carrying no more than **10% of your weight**. That's why you should only pack what you need.

If on a given day you have to carry more than 10% of your weight, it's best to distribute the load and carry a few things in your arms.

$$\text{BAG WEIGHT (KG)} = \frac{\text{YOUR WEIGHT (KG)} \times 10}{100}$$

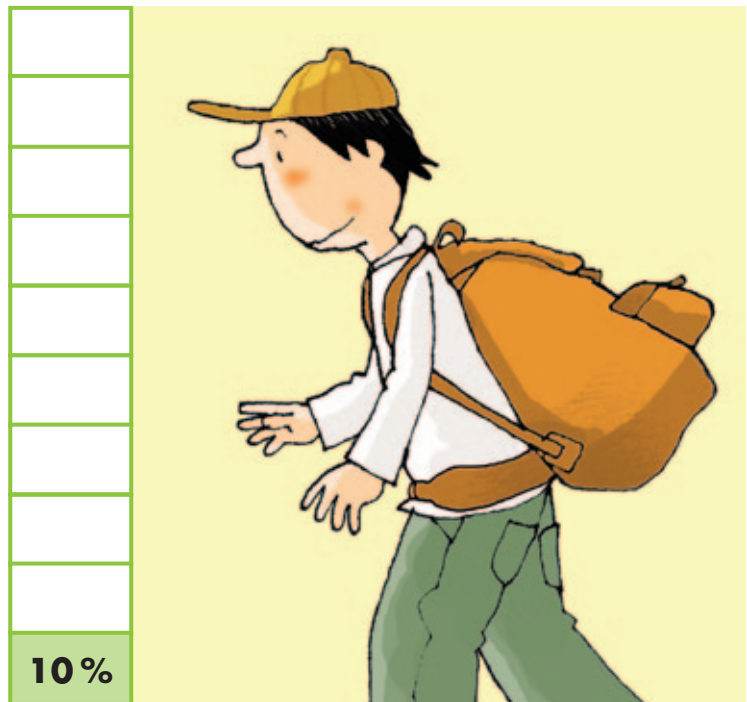
EXAMPLE:

- Juan weighs 35 kg.

At the most, how much should Juan's school bag weigh?

- At the most, Juan's bag should weigh **3.5 kg**.

Here's a trick to calculate this number easily: write your weight and put a decimal point between the two numbers. This is the maximum weight you should be carrying in your school bag.



NOW CALCULATE HOW MUCH YOUR BAG SHOULD WEIGH!

YOUR WEIGHT:

MAXIMUM BAG WEIGHT:

5. GOOD POSTURE

ACTIVITY SHEET 6

Posture crossword

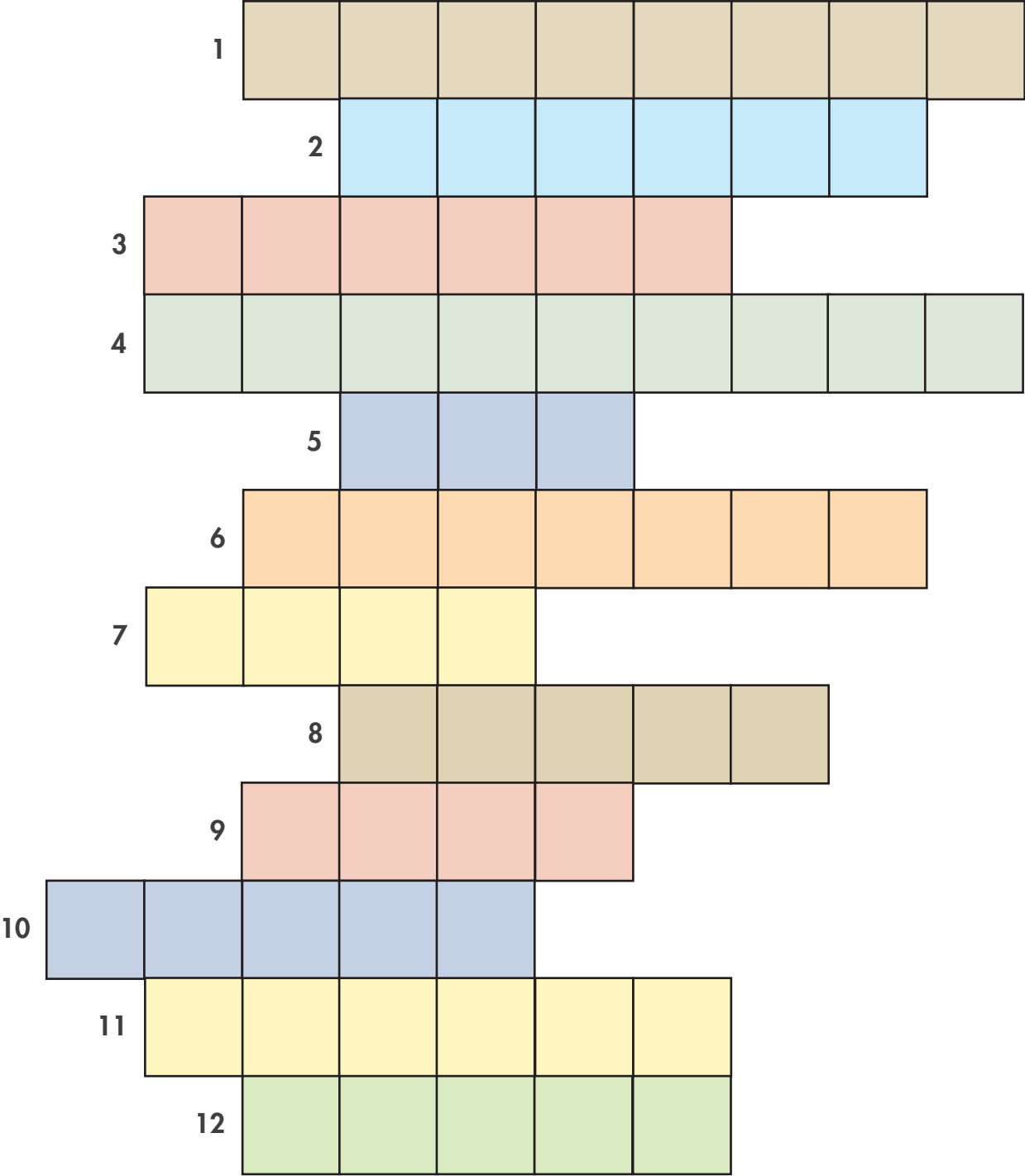
¿Are you ready to take the posture crossword challenge?

Read the previous chapter carefully and then try to do the crossword without looking at the "cheat sheet". If you're missing some answers when you're done, go ahead and use it. On your marks, get set, go!



- 1 When lifting weight, my back should be
- 2 We use this to hang our backpacks on the wall, on a hook, etc.
- 3 If I have to carry too much weight, it's a good idea to use a bag with
- 4 If you choose the right one, your back will thank you.
- 5 You should carry no more than % of your body weight in your backpack.
- 6 Having good means being aware of your body's position when you sit, walk and lift heavy objects.
- 7 We only have one, and we have to take good care of it.
- 8 This is the set of bones that supports the weight of your back, head and arms.
- 9 There should be about cm between the bottom of your backpack and your waist.
- 10 When I go to pick something up, I should bend these so that I don't strain my back.
- 11 You should have two and they should be padded.
- 12 This programme is called "Vivir en", and this notebook forms part of it.

Posture crossword








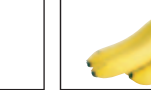










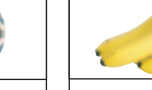

6. LET'S REVISE

Discover the secret

Here's a fun activity which can be done individually or in groups. Each of the symbols below represents a different letter of the alphabet. Use them to decode the secret to healthy living on the next page.

 A	 B	 C	 D	 E	 F
 G	 H	 I	 J	 K	 L
 M	 N	 O	 P	 Q	 R
 S	 T	 U	 V	 W	 X
 Y	 Z				

The secret to healthy living lies in...

 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>			
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.....
.....

6. LET'S REVISE

As a final activity, Carlos has got a fun game for you to play on your own or with a group. You have to try to fill the boxes with words that begin with the letter in the first column on the left*. You get 1 point for every box you complete correctly, and if you complete the entire row you get 3 more points.

	NAMES	SPORTS/GAMES
C
A
R
L <small>*(for sports: words that contain an L)</small>
O <small>*(for sports: words that contain an O)</small>
S



Play the game on your own or with one or more friends and take all the time you need.

READY, STEADY... GO!



FOODS	COUNTRIES/CITIES	TOTAL POINTS
.....
.....
.....
.....
.....
.....



THE TEN RULES FOR

1 Eat **five times a day**. You should sit down to eat breakfast, lunch and dinner.

2 Try to drink **8-10 glasses of water a day**. Choose water, fruit juice or milk instead of fizzy drinks.

3 **Eat all kinds of food**. Varied food in the right amounts is the basis of a good diet.

4 Do **an hour of physical activity** every day and **strength and flexibility** activities two or three times a week.

5 Take advantage of **your free time to do some exercise** and **play** with your friends and family.



FOR A HEALTHY LIFE



6

Spend **less than two hours a day** on **computer games, internet** and **TV**.

7

Protect your back. Sit upright and carry your school bag properly.

8

Go to bed early and try to sleep for **8 to 10 hours**.



9

Remember to **shower once a day, brush your teeth** and **wash your hands** before eating and after going to the toilet.



10

Look after your **health** to be **fit and strong**.



8. VOCABULARY

- **Basal metabolic rate:** The minimum amount of energy required to maintain the body's vital functions when at rest.
- **Body mass index (BMI):** Formula used to determine a person's weight-size ratio. It is calculated by dividing a person's weight (in kg) by their height squared.
 $BMI = \text{weight} / \text{height}^2$
- **Eating right:** This means having a varied, balanced diet that provides all of the nutrients a child needs to grow and develop properly.
- **Energy balance:** The amount of calories a person takes in every day in relation to the calories they burn.
- **Exercise:** A planned and intentional movement designed to help a person stay physically fit and healthy. Examples are activities like taking a brisk walk, doing aerobics, cycling, and even active hobbies like gardening and dancing.
- **Good posture:** This means holding the body, moving and lifting objects in such a way that as little strain as possible is put on the back.
- **Kcal:** Unit used to measure the energy foods contain (their calorie content).
- **Kyphosis:** Excessive outward curvature (45° or more) of the upper spine which causes the spine to lose all or part of its ability to curve inwards.
- **Lordosis:** Excessive curvature of the cervical or lumbar region of the spine.
- **Nutrients:** Components of foods. They are grouped into carbohydrates, lipids, proteins, vitamins and minerals.
- **Nutrition:** The scientific study of the different processes involved in taking in, transforming and using foods in order to carry out the vital functions.
- **Obesity:** An excessive amount of body fat that is often associated with other harmful illnesses like diabetes and heart disease.
- **Physical activity:** Any voluntary movement of the body that uses up energy. Some of the most common everyday physical activities are picking up school bags, skateboarding, playing catch, helping with chores at home and doing the shopping.
- **Physical fitness (physical condition):** Ability or quality (endurance, flexibility, strength) needed to perform physical activities.
- **Scoliosis:** Excessive lateral curvature of the spine.

















































































































- **Sedentary lifestyle:** This is when someone is not physically active enough to stay healthy. Sedentary people are more prone to diseases than active people.
- **Serving:** Standard portion of food.
- **Sport:** Competitive physical activity governed by a set of rules.



ANSWER KEY

COUNTRIES/CITIES	FOODS	SPORTS/GAMES	NAMES
Canada Chile China	Carrots Cereal Cheese	Canoeing Cricket Cycling	Carlos Claudia Cintia
Amsterdam Acapulco Alicante	Almonds Apples Apricots	Aquatics Archery Automobile racing	Alberto Alfonso Alvaro
Romania Russia Rwanda	Rabbit Raspberries Rice	Rafting Rodeo Rowing	Raul Roberto Ruben
Latvia Lithuania Lugo	Lamb Lettuce Lobster	Lacrosse Climbing Basketball	Laura Lidia Luis
Orlando Oslo Oviedo	Olives Onions Oranges	Golf Hockey Judo	Oscar Orlando Olga
Sevilla Sweden Switzerland	Salmon Sausage Sardines	Sailing Skateboarding Surf	Sara Sandra Silvia

(Pages 26 and 27)

									
A	B	C	T	V	L	A	A	N	D
									
A	B	C	T	V	L	A	A	N	D
									
A	B	C	T	V	L	A	A	N	D
									
A	B	C	T	V	L	A	A	N	D
									
A	B	C	T	V	L	A	A	N	D
									
A	B	C	T	V	L	A	A	N	D
									
A	B	C	T	V	L	A	A	N	D
									
A	B	C	T	V	L	A	A	N	D
									
A	B	C	T	V	L	A	A	N	D
									
A	B	C	T	V	L	A	A	N	D
									
A	B	C	T	V	L	A	A	N	D

3 Let's revise (pages 24 and 25)

- 2 Activity sheet 6** (page 22): Posture crossword.
 1. Straight; 2. Handle; 3. Wheels; 4. School bag; 5. Ten; 6. Posture; 7. Body;
 8. Spine; 9. Five; 10. Knees; 11. Straps; 12. Salud.

- 1 Activity sheet 3** (page 12): True or false.
 1. F; 2. T; 3. F; 4. F; 5. T; 6. T; 7. T; 8. F

If you've read *Let's All Play*, then you know Lidia, Carlos and their friends. Now they're going to keep you company as you learn some good habits to help you grow up strong and healthy. They also have some fun puzzles for you to solve.

While you are having fun reading, it is important that you think about what foods make up a healthy diet, how often you should exercise, and what healthy habits should be part of your daily life.

This activity book is part of FUNDACIÓN MAPFRE's VIVIR EN SALUD project, which creates educational materials aimed at parents, children and adolescents, in addition to professionals in fields such as education and health care. VIVIR EN SALUD is for everyone and involves us all.

If you would like more information on FUNDACIÓN MAPFRE's VIVIR EN SALUD project or would like to collaborate with its promotion, please contact us on:

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