

# Has the Jumper Shrunk?

Julia San Miguel  
Illustrations by Margarita Menéndez





The book, *Has the Jumper Shrunk?* is part of the **VIVIR EN SALUD** project, organised by **FUNDACIÓN MAPFRE** with the collaboration of the **FUNDACIÓN DE EDUCACIÓN PARA LA SALUD (FUNDADEPS)** of the Hospital Clínico San Carlos in Madrid.

**VIVIR EN SALUD** was created to encourage the public to reflect on health, providing activities relating to healthy diet and physical exercise which directly affect the lifestyle and healthy development of the social, family and work environment, improving our quality of life.

**VIVIR EN SALUD** develops educational materials aimed at parents, young people and adolescents, teachers and professionals (education, health, restaurants and hotels, etc.).

For more information, please consult

[www.fundacionmapfre.com](http://www.fundacionmapfre.com)

or download all the documentation for free from

[www.vivirensalud.com](http://www.vivirensalud.com)

**FUNDACIÓN MAPFRE**



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

Special edition for FUNDACIÓN MAPFRE  
First published in Spain in 2011 by SM

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© FUNDACIÓN MAPFRE, 2011  
Paseo de Recoletos, 23  
28004 Madrid  
[www.fundacionmapfre.com](http://www.fundacionmapfre.com)

© Ediciones SM, 2011  
Impresores, 2 – Urbanización Prado del Espino  
28660 Boadilla del Monte (Madrid)  
[www.grupo-sm.com](http://www.grupo-sm.com)

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ISBN: 978-84-9844-337-0  
Legal Deposit: M-4585-2011  
Printed in EU

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# Has the Jumper Shrunk?

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FUNDACIÓN **MAPFRE**


 **VIVIR  
EN  
SALUD**

**sm**

Pipo  and Tuno  are .

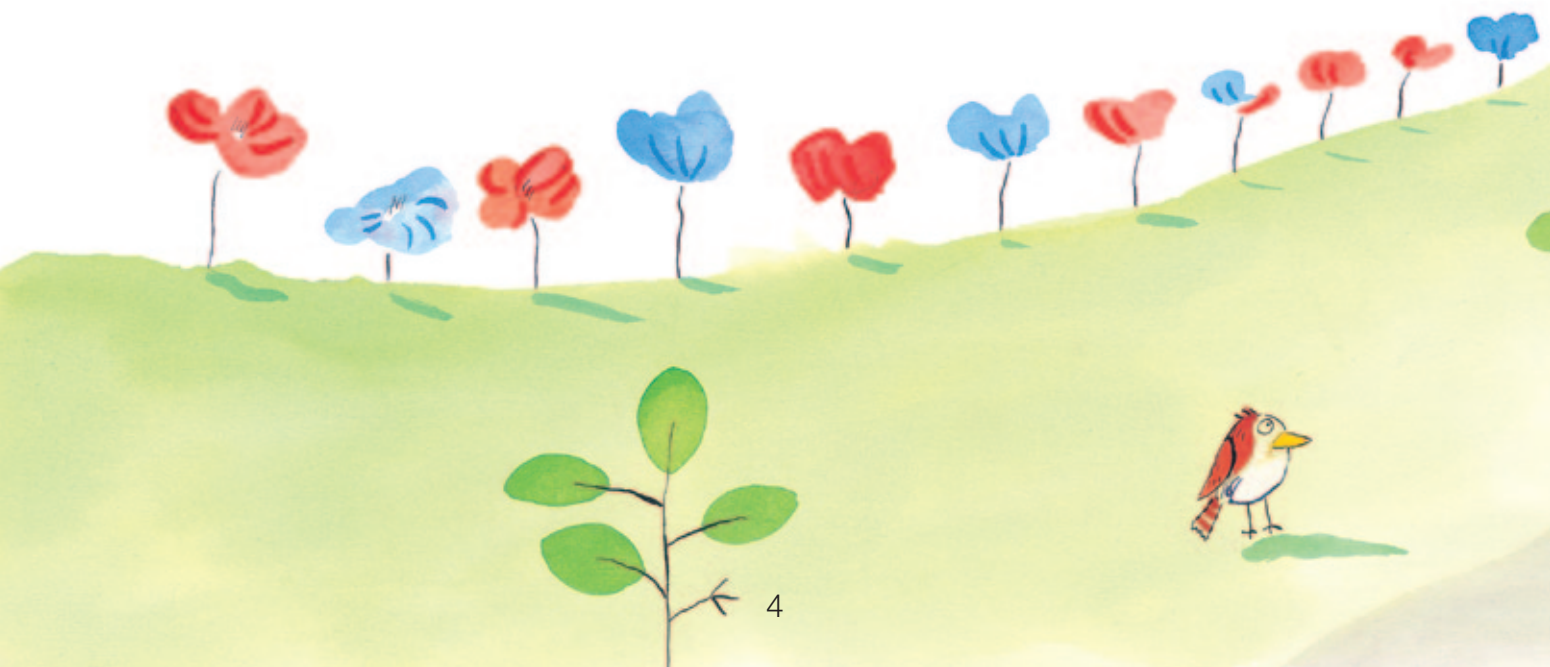
They are as alike as two ,

and to tell them apart,

 always wears a  ,

and  always wears

a  .





But, when no one is looking,

the  swap 

and get up to tricks.



They draw  on the ,

they rummage through 

in  and they eat the last 

in the  without anyone ever knowing

which one of the  it was.






"I saw  running away!"

"No, no! That was !"


And the  laugh.


They even manage to trick Mikaela ,

their dog!



One , however, even 

began to discover which of the 

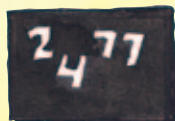
had eaten the last 

from the , which had rummaged


in the   and which had drawn




on the





"I caught you, !"



"I caught you, !"



And they pointed their  at them  
without hesitation.



At , their sister Lara 

kept chanting:

"'s  is too small for him!




's  is too small for him!"

Their  checked the ,


but the  was perfectly alright,

it hadn't shrunk in the .

Then, she looked carefully at 

and at , and she opened her  

in surprise! The  ran out to look at

themselves in the .





Oh no!!! What were their  seeing?

They were no longer like two !!

, you've put on weight!"

exclaimed .

"Why?" asked , confused.

"That is what we have to find out."



So, like two good 

with a ,

 began to watch  closely

and  began to watch .



The  went off and ,

got out of .

While he was dressing, the 

of  with  and  reached

him. Also on the , there was 

and  .







licked his lips. He had spent

the whole



searching for



in the



, and he was very hungry!



 was still in .

 licked his .

“Five more minutes!”

and he covered his  with the .

When  got out of ,

 had already brushed his 

and was about to walk out of the .

“Wait for me, !”



And without washing or having breakfast,



grabbed his



and ran out

after



In the ,  could barely

run with his friends.

The  watched him with concern.

“Did you have breakfast, ?”


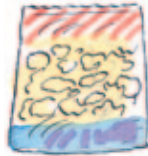
In reply, he heard

's  rumble.

When it was time for , 

was very hungry, but he doesn't like

 with  and only wanted to eat

, lots of , his own and

the ones he took from .

He hid the  in his ,

dreaming of a .






While  and  took

 out for a walk,

 waited for them watching



and eating  .

When they returned, the  was empty.



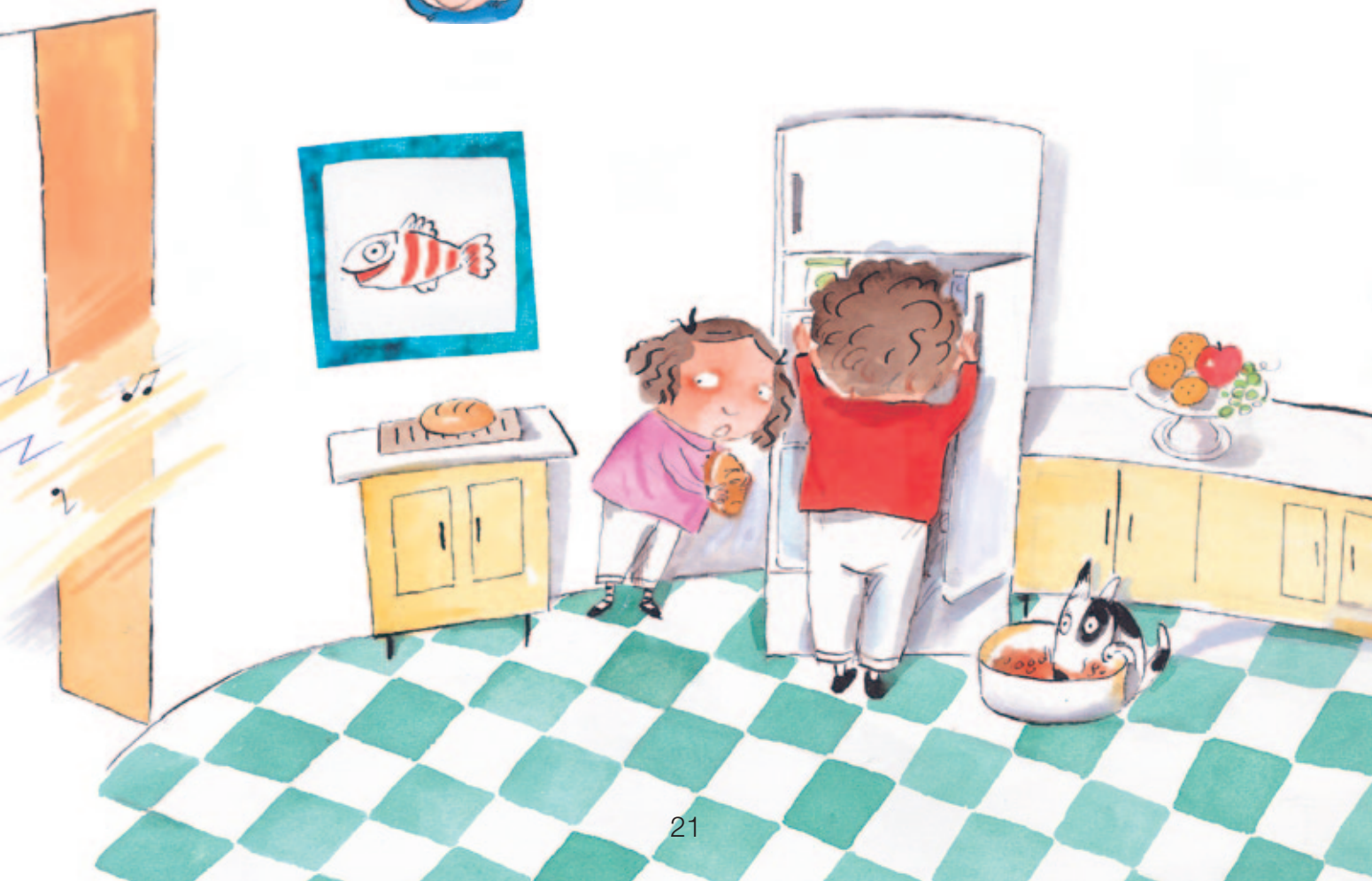
 "you've eaten all of them!"

So  and  made themselves

a healthy .

"I want an afternoon snack!"

exclaimed .





After getting their  ready,

 and  helped

lay the  for supper.

 didn't move from the .

There was  and .

with  that were as sweet as .



But  only wanted .

 had seen enough.

"You should have some ,

splitting an  in half.



The  of  tickled

their , and , , 


and  couldn't stop laughing.

"It's a magic !" said .

"How funny! I want some more!"

said .

 watched them enviously.

"Try a piece" said .



And when he took it,  barked.

She wanted some too.

Surely that piece of  would be

much more delicious than the 

she had hidden in the .



# VOCABULARY



alarm clock  
ALARM CLOCK  
Despertador



blue  
BLUE  
azul



apple  
APPLE  
manzana



bone  
BONE  
hueso



armchair  
ARMCHAIR  
sillón



butter  
BUTTER  
mantequilla



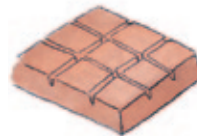
baby tomatoes  
BABYTOMATOES  
tomates



carrot  
CARROT  
zanahoria



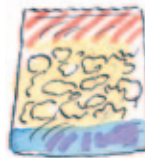
schoolbag  
SCHOOLBAG  
mochila



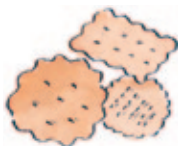
chocolate  
CHOCOLATE  
chocolate



bed  
BED  
cama



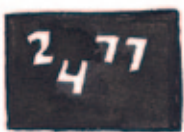
crisps  
CRISPS  
patatas fritas



biscuits  
BISCUITS  
galletas



daddy  
DADDY  
papá



blackboard  
BLACKBOARD  
pizarra



day  
DAY  
día





desert  
DESERT  
desierto



fridge  
FRIDGE  
frigorífico



detectives  
DETECTIVES  
detectives



fruit  
FRUIT  
fruta



doodles  
DOODLES  
garabatos



garden  
GARDEN  
jardín



door  
DOOR  
puerta



green beans  
GREEN BEANS  
judías verdes



eyes  
EYES  
ojos



gym  
GYM  
gimnasia



finger  
FINGER  
dedo



head  
HEAD  
cabeza



fish  
FISH  
pez



home  
HOME  
casa



foot  
FOOT  
pie



jumper  
JUMPER  
jersey



juice  
JUICE  
zumo



mummy  
MUMMY  
mamá



Lara  
LARA



night  
NIGHT  
noche



lunch  
LUNCH  
comida



nose  
NOSE  
nariz



magnifying glass  
MAGNIFYING GLASS  
lupa



orange  
ORANGE  
naranja



jam  
JAM  
mermelada



packet  
PACKET  
paquete



Mikaela  
MIKAELA



peas  
PEAS  
guisantes



milk  
MILK  
leche



piece of chocolate  
PIECE OF CHOCOLATE  
trozo de chocolate



mirror  
MIRROR  
espejo



Pipo  
PIPO



pocket  
POCKET  
bolsillo



table  
TABLE  
mesa



red  
RED  
rojo



teacher  
TEACHER  
profesor



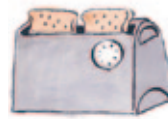
salad  
SALAD  
ensalada



teeth  
TEETH  
dientes



sandwich  
SANDWICH



toast  
TOAST  
tostadas



school  
SCHOOL  
colegio



treasure  
TREASURE  
tesoro



sheet  
SHEET  
sábana



Tuno  
TUNO



smell  
SMELL  
olor



tv  
TV  
televisor



stomach  
STOMACH  
estómago



twins  
TWINS  
gemelos



sweets  
SWEETS  
caramelos



washing machine  
WASHINGMACHINE  
lavadora

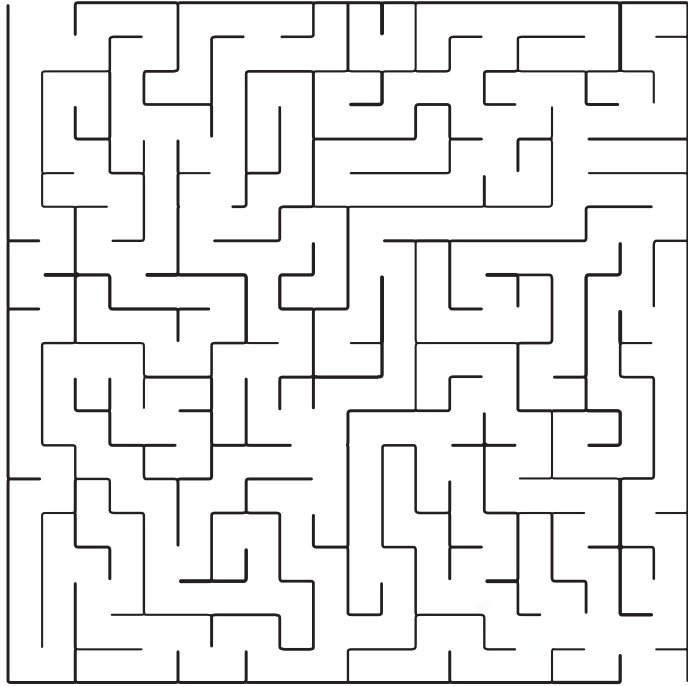


## VIVIR EN SALUD WITHIN THE FAMILY

- Attention must be paid to the basic needs of our children, such as safety, regular sleep and a healthy and balanced diet.
- It is important to frequently vary the food in the diet, eating the right amounts according to age, weight and exercise taken.
- Breakfast should provide a quarter of the calories needed throughout the day.
- Sweets have no nutritional value but are high in calories, causing the feeling of being full and leading to loss of appetite. They also cause tooth decay.
- Food should not be given as a prize or present.
- Precooked foods should be avoided.
- Don't exclude foods, as there are no foods that lead to weight gain or loss. Different foods provide different nutrients helping the body to function properly.
- Keep regular eating hours.
- Meals should be a social event, an opportunity to talk with the family.
- Exercise should be an activity within the family environment. Let's not forget that inactivity, in general, is influenced by surroundings. This is why it is really important for parents to act as role models, transmitting a healthy lifestyle.




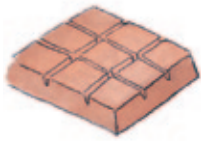
Help Pipo and Tuno find the delicious food their mum has prepared for them:



Salad Fish Fruit



 Tuno doesn't want his jersey to keep on shrinking. At home he has been told that he cannot eat some of the things he used to eat. He needs to start eating healthily. Which of these foods do you think are healthy? Circle them.



chocolate



juice



apple



green beans



salad



sweets



milk



carrot



tomatoes



fish



fruit



crisps





Pictographs are illustrations within the story which represent a noun. Whilst the adult reads, the child will be paying attention to “reading” the pictograph.

This reading system has been created so that children who are still unable to read, or whose reading level is basic, can follow the story thanks to pictographs.

You, fathers and mothers, can continue with the task of educating on healthy lifestyle habits which FUNDACIÓN MAPFRE has initiated.

It is also important for you to enjoy reading, reflecting together on which types of food should be eaten daily to stay healthy, and which should only be eaten as an exception.

When you finish reading the pictograph, encourage your son or daughter to do the puzzles at the end of the book. This way they will remember what they have learnt.

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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