

AGE 5-7

# Has the Jumper Shrunk?

PIPO AND TUNO'S 10 SECRETS



ACTIVITY BOOK

FUNDACIÓN **MAPFRE**

 **VIVIR  
EN  
SALUD**

**sm**

STUDENT



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# Pipo, Tuno and .....

(Write your name)

all have a precious gift to care for. Do you know what it is?

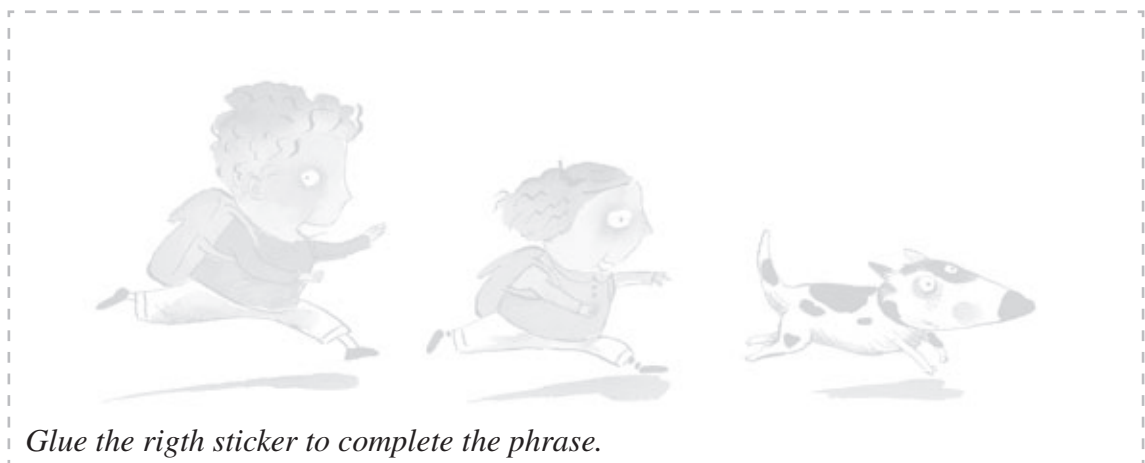


Draw yourself here. Then colour in your picture.

## Their bodies!

Do you want to find out their secrets to caring for this precious gift?

Turn the pages and...



*Glue the righth sticker to complete the phrase.*

1<sup>st</sup>

SECRET



Pipo and Tuno always mind their  
**posture!**

**They mind their posture...**



...while they eat.

...at home.



...when they carry their bags.



...at school.



To discover what Pipo and Tuno are always aware of, fill in the vowels that have escaped.

They are always aware of their  
b\_\_d\_\_'s posture.

# REMEMBER



- You only have one body. You have to keep it healthy.
- When you pick something up from the floor, your back should be straight and you should bend your knees.
- When you are sitting, keep your feet on the floor and your back straight against the back of the chair.



Find the 7 differences between these two pictures.







Pipo and Tuno are careful with  
**their bags.**



Complete the sentences below.

Pipo and Tuno  
get their  
b\_\_gs ready  
before they go to school.



Tuno  
always carries  
his bag  
flat against his b\_\_ck.



Pipo's bag,  
which is heavier,  
has wh\_\_ \_\_ls so it can be  
pulled along the ground.





# REMEMBER



- Your bag should be light. Put the heaviest things in the part closest to your body and make sure your bag is held flat against your back.
- If you have to carry a lot of weight, use a wheeled bag.
- Be responsible. Leave time to calmly prepare your bag yourself.



There are red and green faces on the stickers page. Stick the red faces on the pictures where the bag is not being carried correctly and the green ones on the pictures where it is being carried correctly.



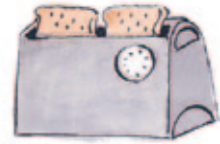
3<sup>rd</sup>

**SECRET**

For **breakfast,**



Pipo and Tuno  
always have...



Place the sticker here.

...a dairy product (a glass of milk or a yoghurt, etc.).



Place the sticker here.

...some fruit (a piece of fruit, fresh juice, dried fruit, etc.).



Place the sticker here.

...carbohydrates (bread, biscuits, etc).

# REMEMBER



- Breakfast is the most important meal of the day.
- It should consist of milk or milk products (yoghurt, cheese, etc.), fruit and carbohydrates.
- Eat your breakfast calmly and take your time. Sit down while you eat.



Circle the foods and drinks you should have for breakfast.





# Pipo and Tuno exercise.



Complete these sentences.

We exercise when we  
walk to sch\_\_\_ \_l  
or walk the d\_\_\_g.



When we go up and  
down the st\_\_\_ \_rs.



And during br\_\_\_ \_k, too.

# REMEMBER



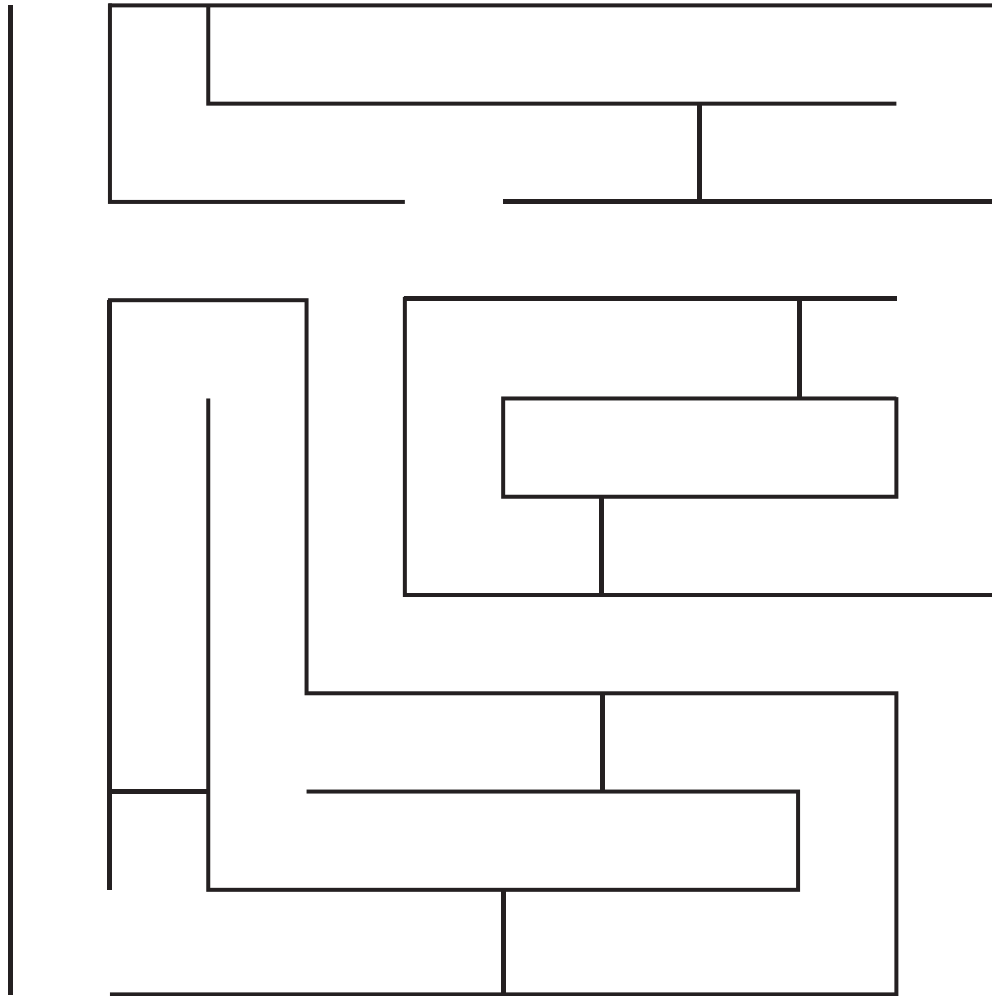
- If possible, walk to school.
- Avoid the lift: take the stairs.
- Play, jump and move around with your friends during break.



Help Tuno find the way to do sport and reach the finish line.



**START**



**FINISH LINE**



5<sup>th</sup>

SECRET



**Eat** 5 times a day.



Complete the names of the meals with the stickers you'll find at the back of the book.



BR



S



LU



T



DIN



# REMEMBER



- Eat 5 meals a day.
- Eat breakfast, lunch and dinner sitting down.
- Eat 5 pieces of fruit or vegetables a day.



Place the meal stickers from the stickers page in the order in which you eat them to complete this picture.

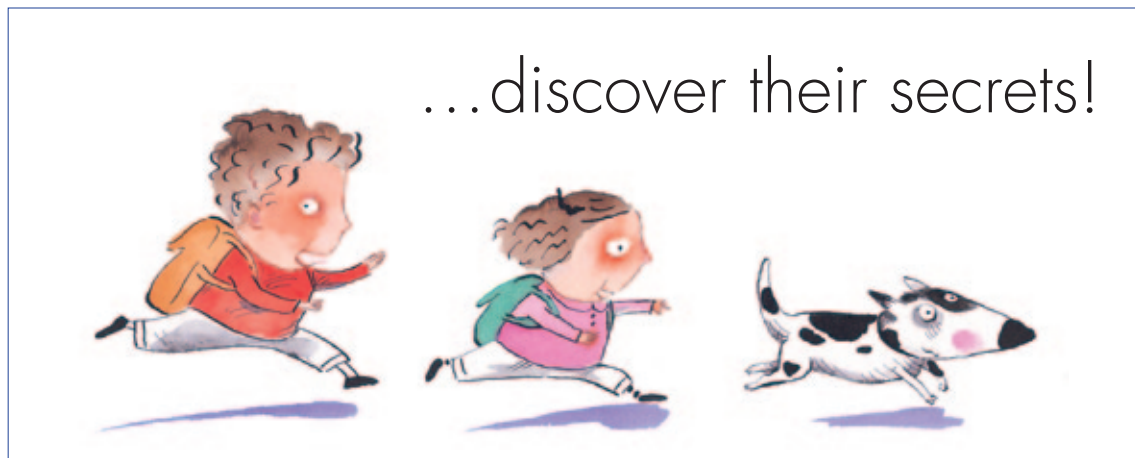
1	
2	
3	
	4
5	





Use the stickers below to complete the advice Pipo and Tuno give you in this book.

Page 3



Page 3



Page 7



Page 8



BR

KF

A

N

E

S

NER

DIN

LU

EA

AST

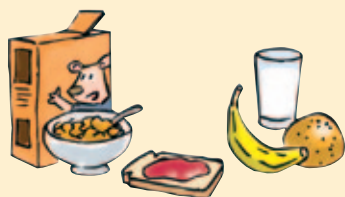
K

NAC

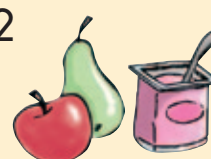
T

CH

1



2



3



4



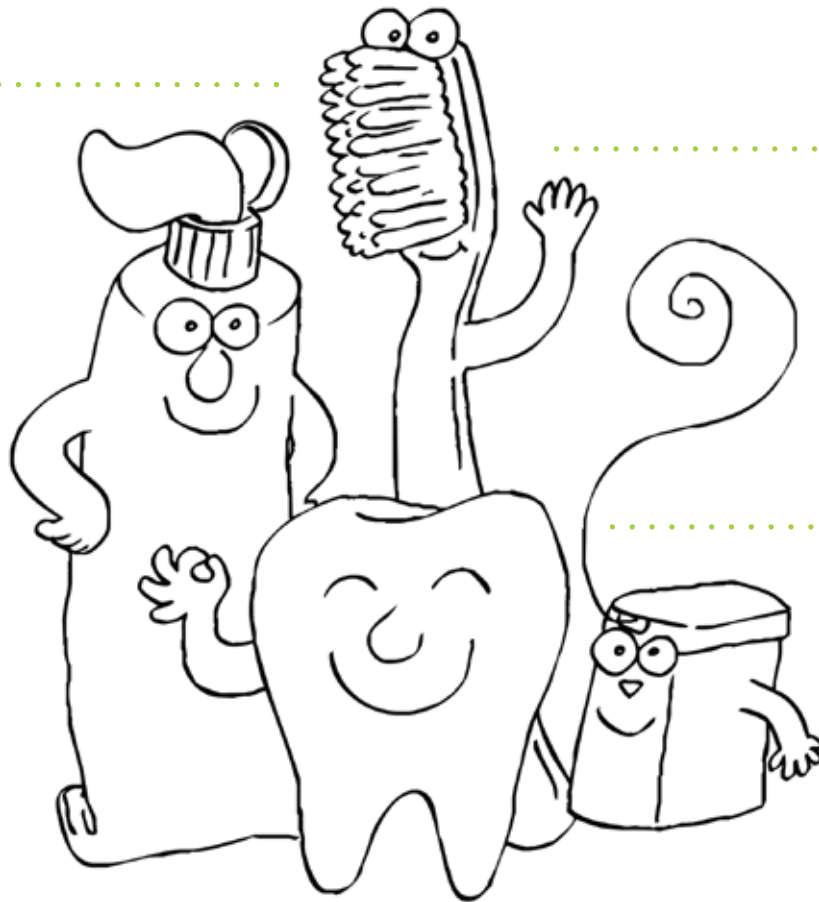
5



Pipo and Tuno wash their **hands**  
before they eat  
and brush their **teeth**  
after every **meal.**



Colour in the picture and write the names of the objects that help you take care of your mouth after every meal.



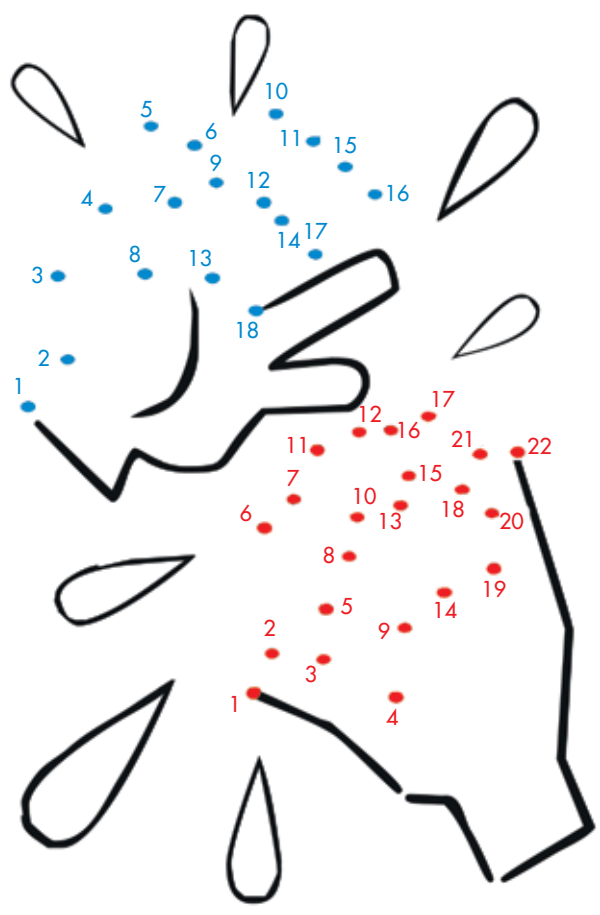
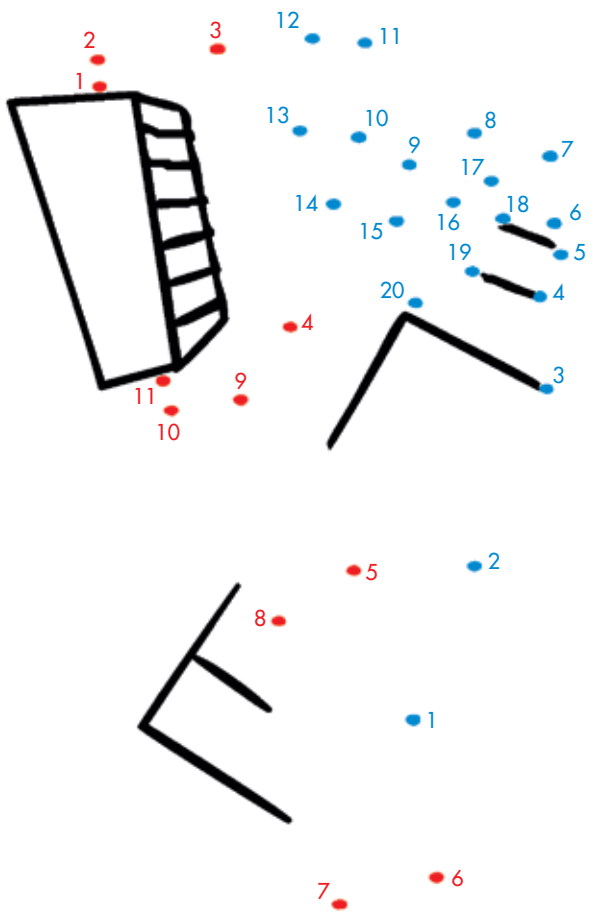
# REMEMBER



- Wash your hands after each meal and after going to the toilet.
- Take your time while brushing.
- Turn off the tap when you are not using it. Be responsible and save water.



Connect the same colour dots (red or blue) following the numbers in order. Then colour in the pictures that will be revealed.





They love **sport!**

And, most importantly,  
they do not mind if they win  
or l\_\_s\_\_, they just like  
to have fun and participate  
with their friends!



What is your favourite sport? Draw it here.

A large rectangular area with a dotted border, intended for drawing.

# REMEMBER



- We do sport to have fun and keep our bodies healthy.
- Try different sports and activities: dancing, skating, etc. You are sure to find something you like.
- What matters is that you play with your friends, not whether you win or lose.



Find these 6 sports and activities in the word search.

- TENNIS
- SWIMMING
- RUNNING
- FOOTBALL
- DANCE
- JUDO

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



8<sup>th</sup>

SECRET

Pipo and Tuno  
drink  
lots and  
lots and  
lots of

**water.**  
**8 to 10**  
**glasses**  
every day!



You also get water from



fr         t,



s    l    d



and s         p.



## REMEMBER



- Most of your body is made up of water.
- You need to drink water, even when you are not thirsty, especially when you do sport and in the summer.
- You should drink 8 to 10 glasses of water a day.



Decorate the glasses of water however you like. You can glue on yarn, crepe paper balls or pieces of cardboard. Or, try painting them with water colours.





# They help

with chores at home.

For example,  
they lay the t\_\_bl\_\_.



They also  
tidy the h\_\_s\_\_.



And you know what?

This way, they also get \_\_x\_\_rc\_\_s\_\_.



# REMEMBER



- When we work together to do chores, things get done better and faster.
- Everyone can participate: by laying the table, carrying the dishes to the sink, put away their clothes, making their own beds, etc.



Colour the circle next to each activity green if you do the activity at home. Colour it red if you do not do it.

Lay the table.

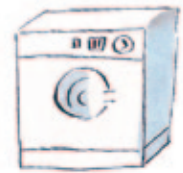
Clean my room.

Make my bed.

Help do the shopping.

Take out the rubbish.

Watch television.



What else do you think you could do to help out at home?

10<sup>th</sup>

SECRET

Pipo, Tuno and .....  
(Write your name)

go to bed



early.



Complete these sentences.



P\_\_p\_\_ ,



T\_\_n\_\_ and

.....

(Write your name)

know that they need to sl\_\_ \_p



between 8 and 10 h\_\_ \_rs



so that they will have lotss of \_\_n\_\_rg\_\_.



# REMEMBER



- The best position to sleep in is on your side.
- You should go to bed early.
- You should get between 8 and 10 hours of sleep.



Which of these three children is sleeping in the right position? Why? Tick the correct picture.



Remember, \_\_\_\_\_,  
(Write your name)  
with the secrets of Pipo and Tuno,  
how to take care of your body  
is a new thing you know!

# LET'S REVISE



Following the example, draw lines between the matching items to show Pipo and Tuno that you know the secrets to staying healthy.

Before and after every meal

8-10 glasses a day

5 a day

8-10 hours a day

Fruit, dairy products & grains



Water



Breakfast



Meals



Sleep



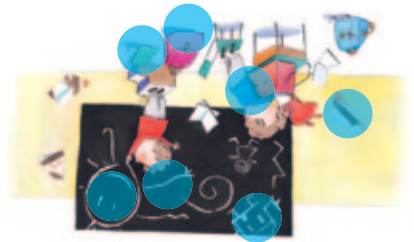
Brush your teeth and wash your hands



# ANSWER KEY

## SECRET 1

They are always aware of their **bodies'** posture.



## SECRET 2

Pipo and Tuno get their **bags** ready before they go to school. Tuno always carries his bag flat against his **back**. Pipo's bag, which is heavier, has **wheels** so it can be pulled on the ground.

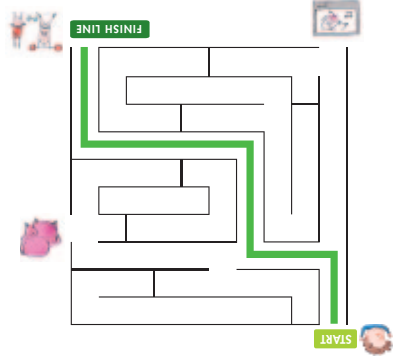


## SECRET 3



## SECRET 4

We exercise when we walk to **school** or walk the **dog**. When we go up and down the **stairs**. And during **break**, too.

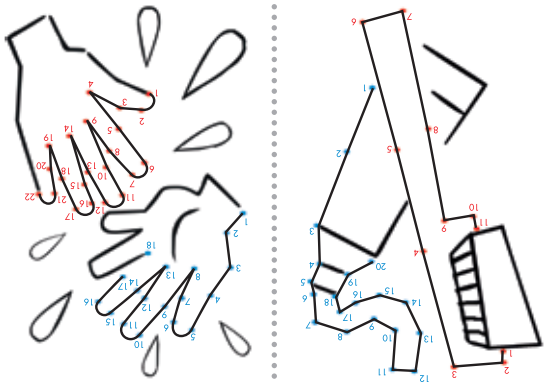


## SECRET 5

BR-EAK-F-AST, S-NACK, L-UNCH, T-E-A, D-IN-N-E-R

## SECRET 6

Toothpaste, toothbrush and dental floss.



## SECRET 7

And, most importantly, they do not mind if they win or **lose**, they just like to have fun and participate with their friends!

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

## SECRET 8

You also get water from **fruit**, **salad** and **soup**.

## SECRET 9

For example, they lay the **table**. They also tidy the **house**. And you know what? This way, they also get exercise.

## SECRET 10

**Pipo, Tuno** and **(your name)** know that they need to **sleep** between 8 and 10 **hours** so that they will have lots of **energy**.  
The **child** on her side in a bed, with her head on a **pillow**, is sleeping in the correct position.  
Remember, **(your name)**, that with the **secrets** of Pipo and Tuno, how to take **care** of your body is a new thing you know.

## LET'S REVISE

Before and after every meal – **Brush your teeth and wash your hands**.

8-10 glasses a day – **Water**

5 a day – **Meals**

8-10 hours a day – **Sleep**

Fruit, dairy products and grains – **Breakfast**



If you've read *Has the Jumper Shrunk?*, then you know Pipo and Tuno. Now you'll join these two brothers in learning some good habits to help you grow up strong and healthy. You'll also get to solve their fun puzzles.

While you are having fun reading, it's important that you think about what makes up a healthy diet, how often you should exercise and what healthy habits you should follow every day.

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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## THE TEN RULES FOR A HEALTHY LIFE

**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.

**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**.

