

FUNDACIÓN **MAPFRE**

 **VIVIR
EN
SALUD**

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A GIANT IN THE GANG

The comic, *A giant in the gang*, is part of the project VIVIR EN SALUD, coordinated by FUNDACIÓN MAPFRE in collaboration with other educational entities as: Fundación Santa Maria (SM), as well as others such as Fundadeps, Kidekom and AMEP (Personal Trainers Madrilenian Association).

The project VIVIR EN SALUD has emerged as an inducement to the reasoning about our own health. This project endeavours to promote actions that have a direct impact on lifestyles and in the healthy development of our social, family and work environment, thereby improving our quality of life.

If you wish to receive more information, contribute to its distribution or send us your suggestions, you may contact us by phone on:

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And through the following websites:

www.vivirensalud.com

www.fundacionmapfre.com

You can find more information about activities in:

www.educatumundo.com



FUNDACIÓN MAPFRE



Hello, we are Alex, Juan, Vanessa, María and Lucía. We were all part of a super gang. One day, after attending a talk on healthier habits by professor Lunatus, something amazing happened to Alex ...

Together with Professor Lunatus we'll make a plan to help him. The secret lies in a magic potion.

Want to know more about us?



Lucía

I'm Lucía. I'm generous and kind. Whenever there's any trouble, I'm always right in the middle of it!



I'm Alex, the most fun-loving boy in school. As I am a little messy, I make plans, which sometimes end in disaster. I'm happy with my gang and I'm in charge of keeping it together.



Juan

I'm Juan. I'm thin, nervous and a bit of a scatterbrain. I'm a great student in class and really good with computers. I love adventures!



Lunatus

Hi, boys & girls! I'm Lunatus, a magician and I'm a bit of a scatterbrain. In my cloak I hide some of my magic items, like my magic wand. I'm always willing to help the young and share with them all my wisdom.



Vanesa

I'm Vanesa. I'm the tallest in my class, so even if I wanted to, it's hard for me to go unnoticed. I'm brave but very shy.



María

I'm María. I've been doing sports since I was little. I belong to many school teams. I'm agile and strong. I'm responsible and tidy.



HI KIDS! MY NAME IS LUNATUS AND I'M GOING TO TALK TO YOU ABOUT HOW TO STAY HEALTHY.



THIS IS THE MAGIC FORMULA THAT WILL MAKE YOU AS HEALTHY AS AN OX.



HOW BORING!

TOMORROW IS THE PREMIERE OF THE FILM...

LOOK AT MY NEW GAME.

GOSH, WHAT A BORE!



HMM... WE BETTER GET INTO ACTION. THEY SEEM BORED...

HOCUS POCUS! I'D LIKE TO INTRODUCE YOU TO ALWAYSINSHAPE!



GOLLY! I'VE GONE A BIT OVER THE TOP... IT'S TOO BIG...



ANY VOLUNTEERS TO COME UP ON STAGE?

HERE!
ME! ME!

ME! ME!

THEY ALL GO UP.



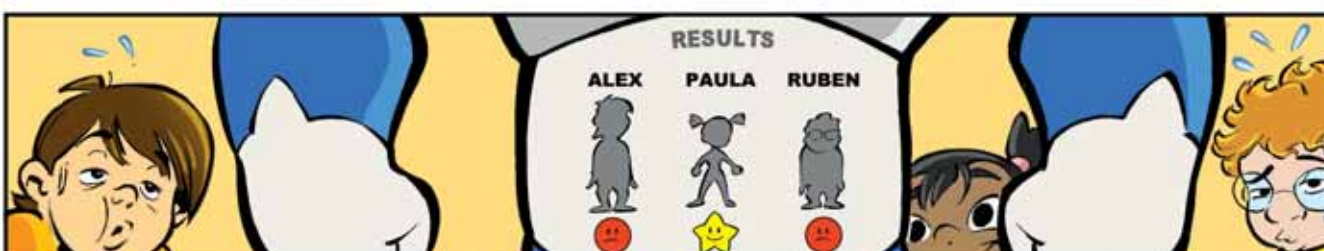
RIGHT, OUR FRIEND ALWAYSINSHAPE IS GOING TO ANALYZE OUR PHYSICAL CONDITION.



THESE TESTS WILL LET US KNOW...



...OUR PHYSICAL CONDITION AND THE HEALTH OF OUR VOLUNTEERS.



THERE ARE THREE GOLDEN RULES THAT YOU MUST NEVER FORGET:

1. TO EAT HEALTHILY AND SLOWLY AND, OVERALL, TO HAVE A VERY GOOD BREAKFAST EVERY DAY!

2. TO DO EXERCISE, TO WARM UP AND STRETCH BEFORE AND AFTER!

3. TO TAKE A SHOWER WHEN YOU'RE DONE AT THE END. I ASK YOU TO PLEASE DO THIS! YOU WON'T WANT TO SMELL LIKE A SKUNK!



HEY!!!! ALWAYSINSHAPE? WHAT'S THE MATTER WITH YOU?

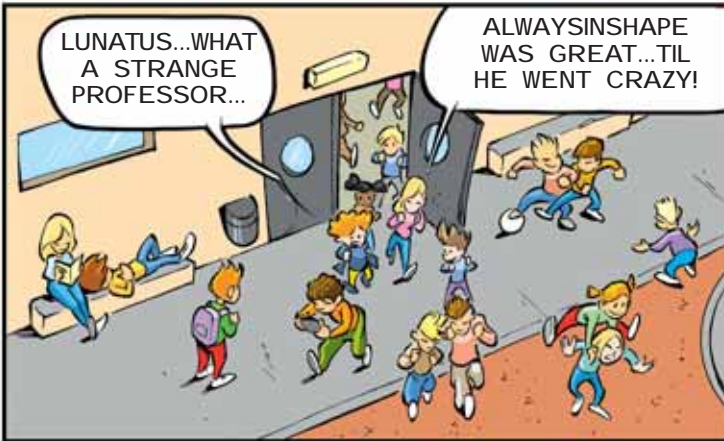


I'LL HAVE TO MAKE A FEW ADJUSTMENTS. IT LOOKS LIKE IT'S BROKEN. SEE YOU SOON!

HOP HOP HOP



CHASS



LUNATUS...WHAT A STRANGE PROFESSOR...

ALWAYSINSHAPE WAS GREAT...TIL HE WENT CRAZY!



I THOUGHT HE WAS GOING TO TAKE ALEX WITH HIM!

OR DRAG HIM, I'D SAY! HA HA HA.

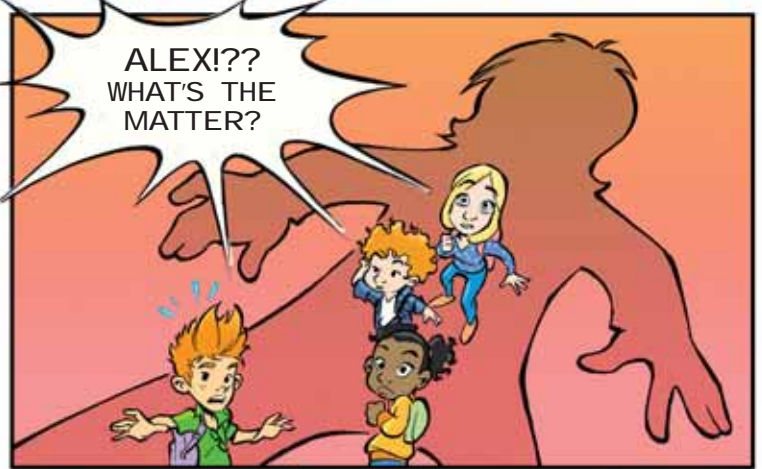
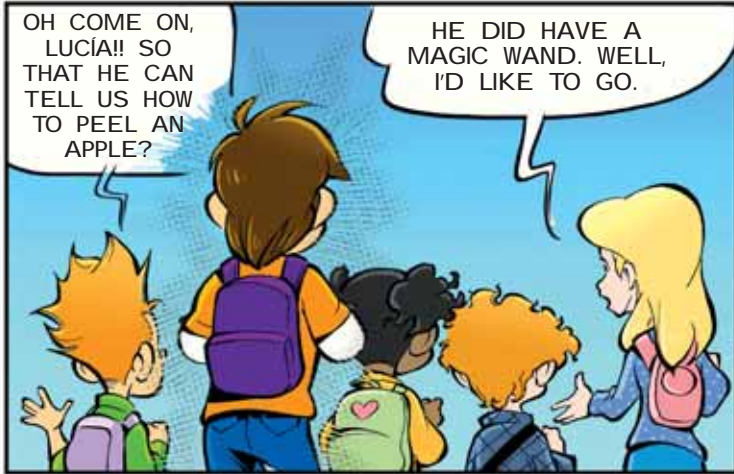


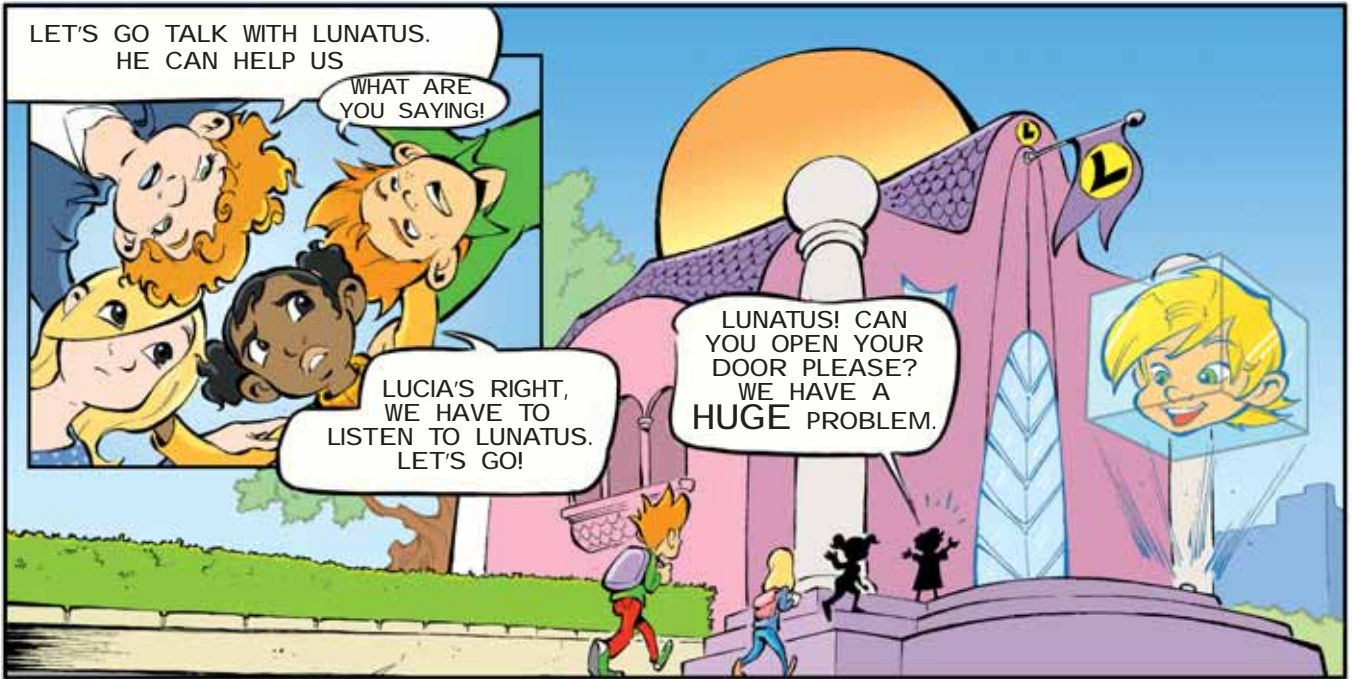
HA...I'D LIKE TO HAVE SEEN YOU GUYS, YOU DON'T EVEN PLAY TABLE FOOTBALL!

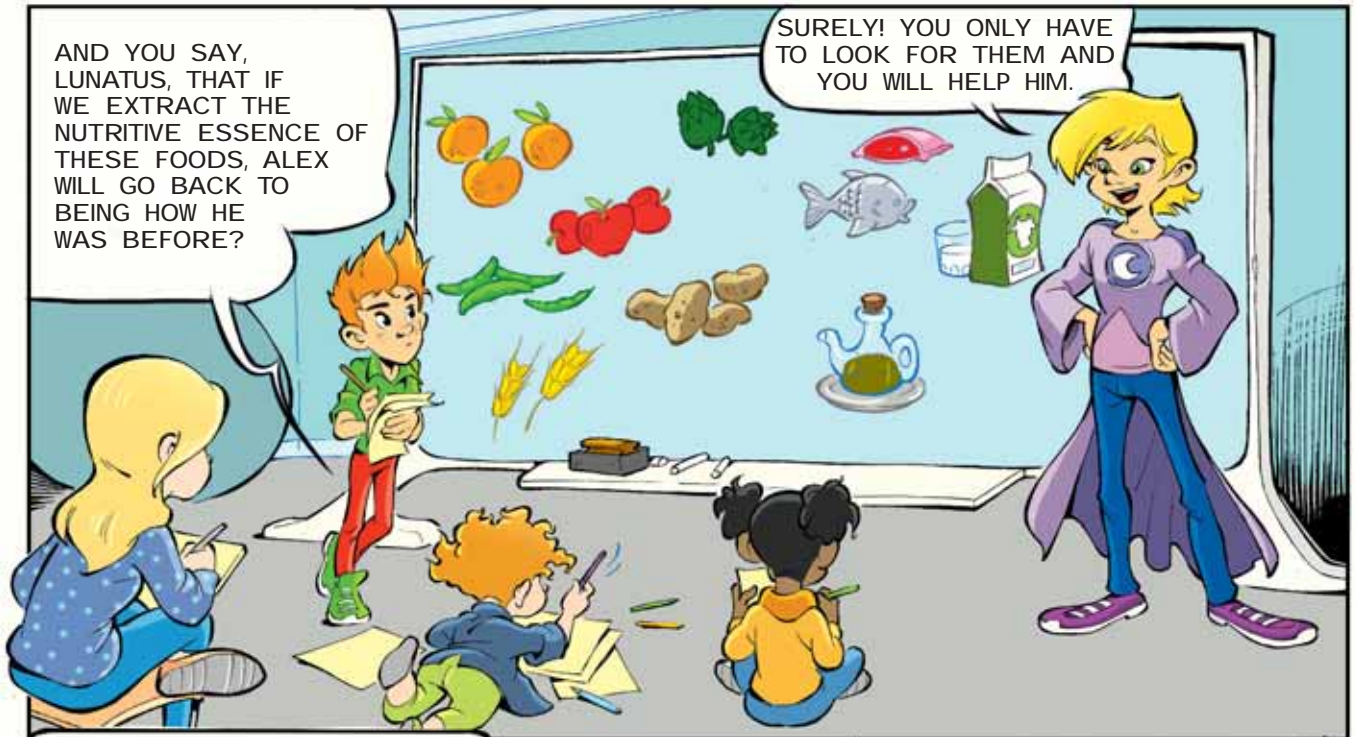
TALK FOR YOURSELF, I'M ON THE SCHOOL'S VOLLEYBALL TEAM. TOMORROW WE HAVE A TOURNAMENT.



LUNATUS COULD TELL US MORE THINGS, WE HAVE HIS HOME ADDRESS.







AND YOU SAY, LUNATUS, THAT IF WE EXTRACT THE NUTRITIVE ESSENCE OF THESE FOODS, ALEX WILL GO BACK TO BEING HOW HE WAS BEFORE?

SURELY! YOU ONLY HAVE TO LOOK FOR THEM AND YOU WILL HELP HIM.

YOU WILL TRAVEL ALL AROUND THE WORLD TO FIND THE BEST INGREDIENTS. BUT BEFORE THIS, WE MUST PREPARE OURSELVES WELL.

LET'S GO! LET US NOT WASTE ANY MORE TIME!

JUAN, NOT SO QUICKLY! YOU HAVE TO PUT ON COMFORTABLE CLOTHES AND STRETCH.



DRINK WATER TO STAY HYDRATED. IT'S BETTER TO DRINK THAN TO BE THIRSTY.



BREATHE DEEPLY AND SLOWLY...

I'M A BOY AND I DON'T NEED TO PREPARE, I'M LEAVING!



JUAN, LISTEN TO LUNATUS!

PLEASE LISTEN TO HIM!



SUDDENLY, A CRAMP!

JUAN, ARE YOU OK?

YOUR MUSCLES WERE COLD AND TENSE. YOU'VE WORKED THEM TOO HARD. THAT'S WHY YOU HAVE TO PREPARE WELL.



LUNATUS GIVES HIM A MASSAGE AND SAYS SOME MAGIC WORDS...



LLULLA, LLULLABI, ATAVIAN DERE...

I'M SORRY, JUAN. YOU CAN'T GO WITH THE GIRLS. YOU'LL HELP ME PREPARE THE DEVICE THAT WILL MAKE THE POTION.

PICK A VEHICLE TO COLLECT FOOD WITH!



SOMEWHERE IN ASIA, MARIA COLLECTS RICE.



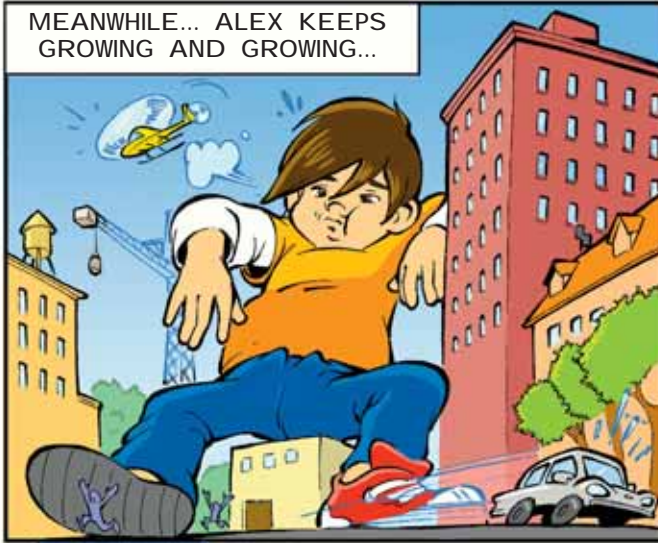
SOMEWHERE IN THE MEDITERRANEAN, VANESSA COLLECTS OLIVES THAT WILL BE TURNED INTO OIL.



SOMEWHERE IN AMERICA, MARIA COLLECTS THE POTATOES NECESSARY FOR THE POTION.



MEANWHILE... ALEX KEEPS GROWING AND GROWING...



SOMEWHERE IN ARABIA, LUCIA COLLECTS DATES.

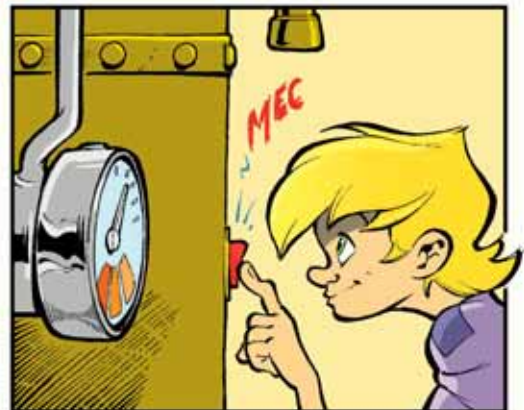
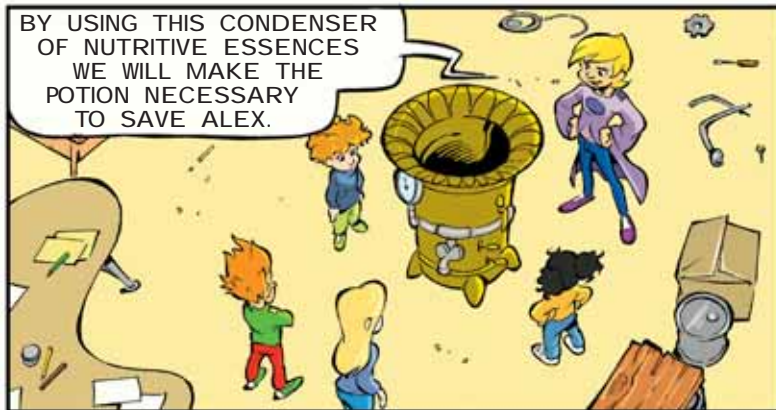


THANK YOU VERY MUCH! NOW I HAVE TO GO BACK TO HELP MY FRIEND.

THE INGREDIENTS ARE READY SO LUNATUS CAN PREPARE THE POTION NOW.



BY USING THIS CONDENSER OF NUTRITIVE ESSENCES WE WILL MAKE THE POTION NECESSARY TO SAVE ALEX.



AS I WAS HURRYING, I DIDN'T HAVE ENOUGH TIME TO MAKE A SILENCER. THROW EVERYTHING INSIDE!



THE OLIVES TRANSFORM INTO OIL!

ALL THIS FOR ALEX!





SUDDENLY...



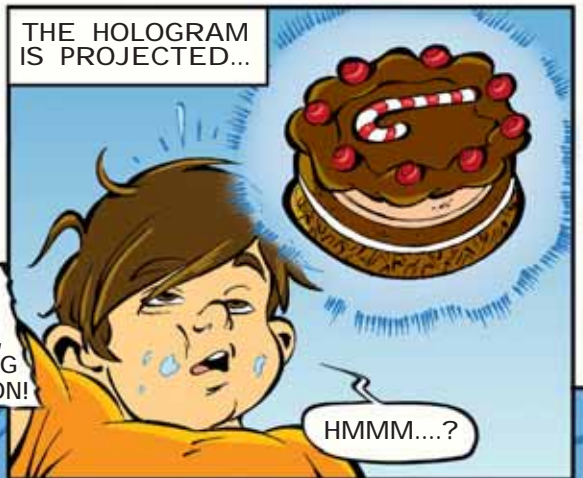
GREAT!!!
FANTASTIC!!" LET'S
GO GET ALEX!



RRON!!!

JUAN,
THERE IT IS!
PROJECT THE
HOLOGRAM!

AT YOUR
SERVICE! I CAN
SEE THE GIRLS,
THEY'RE COMING
WITH THE POTION!



THE HOLOGRAM
IS PROJECTED...

HMMM....?



FASTER, LUNATUS!!!
HE'S FOLLOWING
US!!!

CAKE!!!



A FEW MONTHS LATER...



YOU STILL DON'T REMEMBER WHAT HAPPENED?

HA HA HA THE GIANT! WE SHOULD HAVE RECORDED IT!

VERY FUNNY, JUAN! WELL, NO, I DON'T REMEMBER A THING.



GOOD, I CAUGHT UP TO YOU. ALEX, YOUR RESULTS ARE EXCELLENT! YOU'VE RECOVERED PERFECTLY. BUT YOU MUST ALL REMEMBER WHAT HAPPENED.

WE KNOW THAT, BESIDES DOING DAILY EXERCISE AND WARMING UP, WE HAVE TO TAKE CARE OF OUR POSTURE.

EAT FIVE PIECES OF FRUIT, VEGETABLES AND FISH. ALSO, FISH.

TO HAVE DAIRY PRODUCTS, FRUIT AND CEREAL FOR BREAKFAST.

WE'VE LEARNED A LESSON! WE DON'T WANT TO BE GIANTS!



HUMMM... I'M BETTER AT THIS THAN I THOUGHT. I'LL HAVE TO CONTINUE IN OTHER SCHOOLS WHERE I'LL FIND MORE FRIENDS! IF YOU WANT MORE ADVENTURES, YOU CAN SEE THEM IN: WWW.EDUCATUMUNDO.COM





FUNACTIVITIES



1. To which sport do the following expressions belong to? Match them up.

To shoot a basket

To do a stroke

To dribble

Snowploughing

Knock-up

SKIING

SOCCER

BASKETBALL

TENNIS

SWIMMING

2. What food is it?

It is the same colour of a strawberry, but it's not a strawberry. Takes away thirst and it's really tasty.

W

A

M

They are colourful, they rot away your teeth and sometimes hurt your stomach.

S

E

S

It's round, fresh and has lots of vitamins.

O

R

N

It has three vowels. Goes with salads and is the king of Gazpacho.

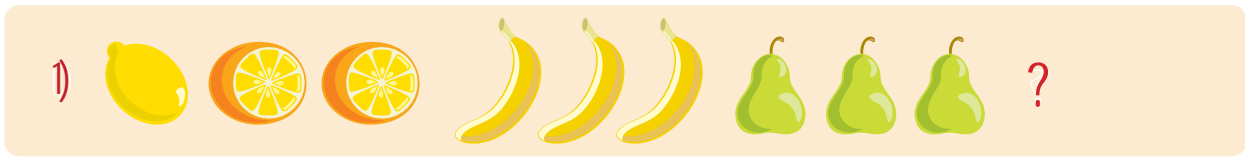
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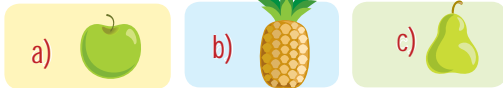
T



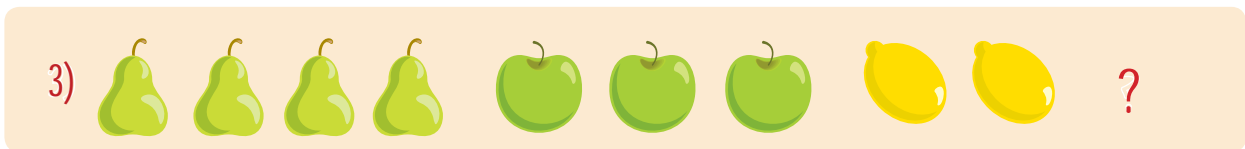
3. Continue the series and choose the correct option:



Option:



Option:



Option:



4. Did you know that?

Plants and vegetables are foods that have no fat and are low in calories, so they help to maintain weight and fight obesity. They are rich in VITAMINS A, B and C. They help care for the eyes, skin, and stomach.

It is believed that the origin of the word VEGETABLE comes from the green colour of the leaves and stems.

a) Which is bigger, a cucumber or a gherkin?

b) What part of the plant is a carrot?

c) Which vegetable is orange in colour?

d) Which vegetable looks like a tree?

5. Spot the odd one out.



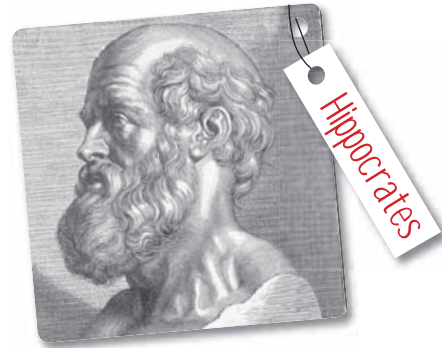
6. Place the signs that are missing to complete the following mathematical operations.



- a) $6 \text{ lemon} \text{ ? } 7 \text{ pear} - 9 \text{ apple} \text{ ? } 8 \text{ banana} \text{ ? } 4 \text{ orange} = 16$
- b) $17 \text{ pear} \text{ ? } 7 \text{ lemon} - 4 \text{ banana} \times 2 \text{ orange} \text{ ? } 4 \text{ apple} = 16$
- c) $4 \text{ apple} \times 5 \text{ orange} \text{ ? } 10 \text{ lemon} \text{ ? } 14 \text{ pear} \text{ ? } 0 \text{ banana} = 16$
- d) $12 \text{ banana} \text{ ? } 8 \text{ orange} \times 5 \text{ apple} \text{ ? } 10 \text{ pear} \text{ ? } 6 \text{ lemon} = 16$

7. Healthy eating.

"Let food be your medicine and your medicine be food"



This phrase was said by a doctor of ancient Greece named Hippocrates. He wrote it more than 2400 years ago! What did Hippocrates mean with this sentence?

- a) That medicine tastes better if taken together with food.
- b) That the best medicine available is just to have a good diet.
- c) That medicines are more important than food.

8. Ten ideas for eating fruit and vegetable without boring yourself to death.

1. Peel and cut a carrot and dip it in melted cheese.
2. Mix lettuce with pineapple, raisins and pine nuts.
3. Peas? They're really tasty if you have them together with sweetcorn.
4. Wrap endive leaves with pieces of apple
5. Have you ever had a cucumber and cheese sandwich? You will have it again.
6. Do you like pizza? Try to make it adding a few slices of pineapple. Really tasty!
7. An omelette that is made only with eggs? If you also add pieces of courgettes it will be really yummy!
8. Have a carrot cake for tea; you'll be amazed at how nice it tastes!
9. Caprese Salad: tomato, mozzarella, olive oil and oregano. Yummy!
10. Draw a face on your vegetable soup by pouring a little olive oil on it. You'll see how much fun it is!



Answers

1. To shoot a basket - Basketball. To do a stroke - swimming. To dribble the ball - Soccer.
2. Watermelon, Sweets, Orange, Tomato.
3. 1c, 2c, 3c
4. a) Cucumber b) The root. c) Pumpkin d) Broccoli.
5. Bread. The rest are fruit.
6. a) +++ b) - + c) - - + d) - - +
7. b) The best medicine is to eat a healthy diet.

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.** A varied diet, 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**.





A GIANT IN THE GANG

Alex, Juan María and Lucía make a very special gang. At school one day, they get a talk on healthy eating habits. The guest speaker is professor Lunatus, a young-looking magician who explains to kids all he knows about healthy foods to eat, how often it is necessary to do sports and which healthy habits must be included in the daily routine to be healthy and strong.

Outside, in the school playground, after the talk, something strange begins to happen to Alex. The only thing his friends can do is to ask Lunatus for help: he'll know what to do.

The project VIVIR EN SALUD by FUNDACIÓN MAPFRE, of which A giant in the gang is part of, unfolds educational materials aimed at parents, children and teenagers, as well as professionals working in education, health care and in similar disciplines.

VIVIR EN SALUD is for everyone, and with this project, we all take part. If you wish to receive more information, contribute to its distribution, send us your suggestions or find more information about activities; you may contact in:

www.vivirensalud.com
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