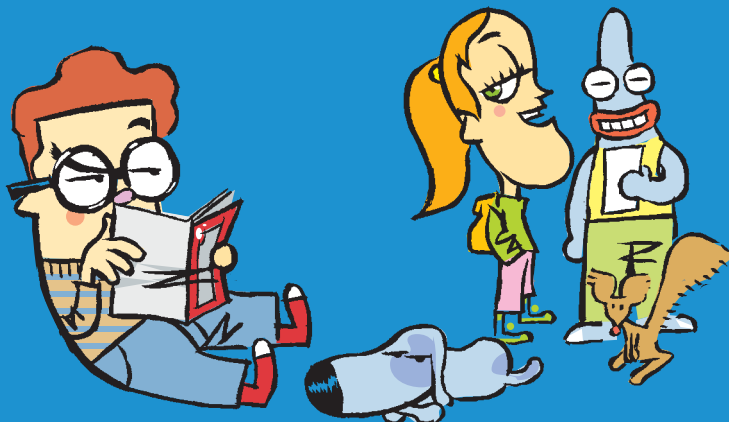


Play, eat and have a good time
with Tranqui



Student notebook

Third and Fourth Grade
Primary School

*Time to
dance!*



Gobierno
de Navarra



Play, Eat and have a good time with Tranqui

Student notebook

Third and Fourth Grade Primary School

Sponsored by:

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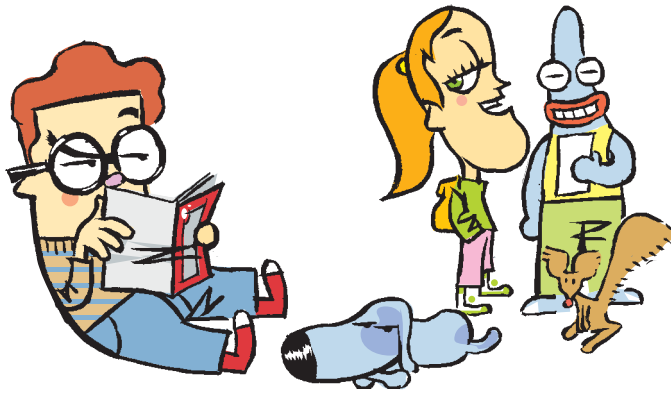
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ÍNDICE

4 Learn
about us

8 Short story:
"Time to dance!"

17 Activities
and advice for
parents and
children

This short story, along with the "Teacher's Guide", form part of the campaign set up by the Government of Navarre to prevent juvenile obesity. This campaign aims to make students, parents, and teachers aware of the importance of a varied and balanced diet along with the need for physical exercise to battle against obesity.

This short story is specifically meant for boys and girls in third and fourth grades so that they can learn a bit more about the role of healthy eating and daily physical exercise in preventing juvenile obesity.

If we manage to make students and their parents aware of how important it is to maintain a healthy weight for their age, then the main objective of this campaign will have been achieved: decreasing the prevalence of diseases associated with obesity like diabetes type 2 or cardiovascular ones.

LEARN ABOUT US

Tranqui



They call me Tranqui and I'm the Government of Navarre's mascot in their campaign for "Sports and Clean Playing". I'm really relaxed about life. I love sitting in front of the T.V. and having loads of junk and pop corn on the sofa with my buddy, Goyo, another fan of minimum effort.

«If there's an elevator, why should I go up the stairs? I've got very little willpower»

That is, of course, if our friend Lola isn't around: she really gets upset with us and tells us to get our bikes and go for a ride with her. "C'mon, Tranqui, Goyo, let's go ride the skate boards! C'mon put some music on so we can make up a new dance!".

I'm telling you, she can be a real pain in the butt! But, you know what? We end up having lots of fun and we're both beginning to look athletic lately, thanks to her. The thing is that it's really tough at times because I can be super lazy but when I see pictures of myself from a couple of years ago and then I look at myself now. Well, I now know that all this exercise and all this fuss about what we're eating is obviously true when you look at the mirror! I can't deny it: I feel great.

Goyo



My name's Goyo and I just want you to know that you shouldn't believe everything you hear about me especially if it comes from Lola who sometimes seems more like an enemy than a friend! Do you know what she calls me?

«They all keep telling me I've got to be more active, but isn't reading an activity?»

“Mr. Slow Motion”! O.K., I know I'm not as fast as she is and that I like to take my time with things, and it's true that she always has all the good ideas about what games to play. . . . Well, this isn't really true because who

says playing video games or reading comics isn't fun? I bet you think I'm right –you can't always go out and play in the park! You can't always ride your bike, go on an excursion or go swimming. . .

The truth is that when I do end up doing these things I have a good time and I actually feel better but Lola can be such a pain in the neck with her badgering about going out to play, moving around, and eating good stuff. Oh, now that she isn't around I'll speak my mind and say loud and clear that if you want me to choose between an apple and a donut, I'll take the donut, thank you. Give me a break, please!

Lola



At this point I'm sure you all know that I'm Lola. And if they've told you what I think they've told you then you all think I'm really bossy, right? Well, don't listen to them. My friends can't accept the fact that I always have all the good ideas –but I have no choice! They always want to the same things:

«There are so many things to do yet barely any time to do them!»

T.V. with sofa or sofa with Play station and that, as far as I'm concerned, is not a very exciting plan for the afternoon or day! I mean, that's o.k. if there's no choice

because it's pouring outside but there are so many exciting things we could do!

You know, deep down, they're really grateful –you can see what a great time they're having with whatever it is that I've thought up to do. Of course, they'll never say it. It is true that I love outdoors stuff, going to different places, meeting new people, dancing... I just love it! And between you and me, I like video games, too –but only every once in a while.

Now, don't start drawing any wrong conclusions! Let's make it clear: we're the best of friends in the whole wide world, neighbours, classmates, buddies in loads of adventures and some times the best of enemies, too! That can also make you better friends too, you know!

Pilas



O.k., O.k... we haven't forgotten you guys.

They are, without a doubt, the most important members of the gang and the ones who never argue about anything.

Pilas, Lola's jumpy squirrel, as you can see, just won't stop. Boy does she move!

Right now Siesta is giving her some really nasty looks: he knows what's coming next. It's always the same: the first ones to move are Lola and Pilas and then, after dragging their feet for a while, Tranqui and Goyo begin to move. Trailing after them comes Siesta. Nobody's asked him whether he wants to sleep a bit more or if he really wants to walk a whole bunch of useless kilometres trailing or running behind the rest of them.

He isn't upset with Lola: she'll never change! But who he's really angry at is Tranqui –that traitor! He tries to let Tranqui the traitor knows how upset he is with his new ways.

At least before the two of them could put up a front against Lola's hyperactive attacks. Now he actually looks like he's having fun! Even Goyo, who never seemed enthusiastic about her ideas before rarely complains anymore! Life is tough these days, that's for sure!

Siesta



Time to dance!


Lola's really excited lately. She's planning something really big. Goyo, immersed in his comic books and drawing pads can sense she's up to something but prefers to act as if he's on another planet.

She frightens him when she starts acting that way. What'll it be this time?

He goes back to the quiet refuge of his comic books and drawing pads and hopes that whatever she's up to has nothing to do with him.

LOOK AT THOSE
TWO!,
TRANQUI'S UP TO
SOMETHING, TOO!





HE'S A BIT OF A TRAITOR LATELY. TELLS
ME LESS AND LESS ABOUT WHAT'S
GOING ON...
WHAT'RE THEY LAUGHING AT NOW?

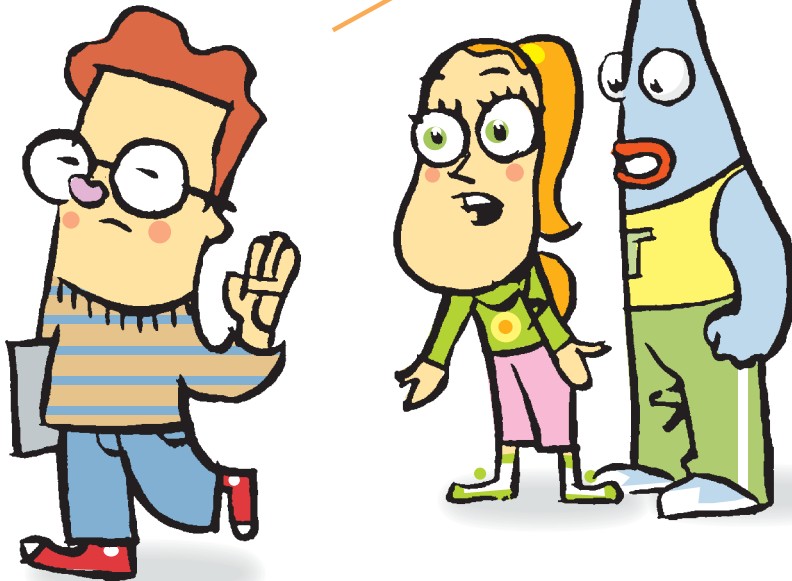
TOO LATE. THEY'RE
COMING TOWARDS ME.

- Goyo, we've got this fantastic idea! ... Do you want us to tell you about it?
- Ah... you're going to tell me about it anyway.

Well, this fantastic idea that both Tranqui and Lola had was just the last straw! They wanted to sign up for a dance competition in the neighbourhood civic centre! They're crazy if they think he's going to let them convince him to participate with them! What's happening to Tranqui's sense of dignity these days? He sure wasn't going to make a fool of himself in front of the rest of the neighbourhood! And, on top of that, dancing –that has to be exhausting!

AH, C'MON, AT
LEAST COME AND
SEE US REHEARSE!

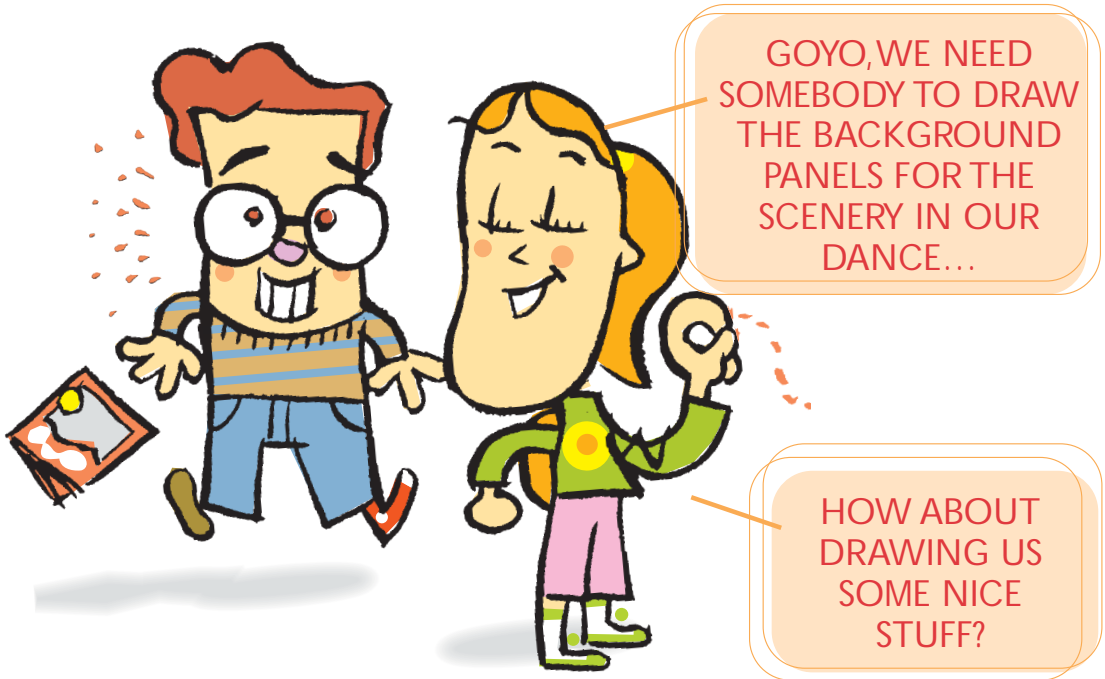
OH, NO.... IF I GO YOU'LL
END UP MAKING ME
DANCE TOO -NO WAY!



Tranqui tries to make Goyo see that it really is a lot of fun and that he's having loads of fun but he just won't listen. The dancing is a lot like the gymnastics at school but much more fun and it's helping him keep in shape, too.

But Goyo won't budge. He refuses to dance.

Lola, however, won't give up and finally figures out how to at least get Goyo to show up at a rehearsal. She knows his "soft spots" very well.



Goyo's eyes light up eagerly as Lola tries to hide her smile. It worked!



The days leading up to the performance are super hectic. Lola, Tranqui and the rest of the dancers use any free time to practice their steps. Goyo doesn't waste a minute, either. He's busy drawing and colouring a star-filled night surrounding the skyscrapers of a big city –the scenery for the dance.

Goyo, much to his dislike, cannot control himself and won't take his eyes off the dancing rehearsals. The music is beautiful and really catchy and in all honesty the dance seems fun. Even Pilas has a role in the choreography!

Some times he catches himself doing a step or two from the dance while he listens to the rhythm of the music. They are really enjoying themselves doing the dance –it's so obvious. The best part of the dance is when Tranqui has to start break-dancing as everyone surrounds him and he starts spinning on the floor! Goyo can't believe it! He looks on wide-eyed and with a bit of envy as his friend spins away....

Every once in a while they stop to rest and drink water. They guzzle that water down in litres! Lola always brings along apples and nuts to nibble on during these breaks. Who would have thought Tranqui would be acting this way! Tranqui is eating that fruit the way he used to wolf down slices of chocolate cake!



Meanwhile, Goyo gives the background scenery its final touches as his buddies do the same with their dance. The dance contest is coming up and everything is almost perfect.



But... What a disaster! One of the dancers has called in sick and he won't be well enough to dance on the day of the competition! Everybody's eyes –and especially Lola's look in Goyo's direction.

GOYO, YOU'LL
HAVE TO TAKE
HIS PLACE!

NO!

C'MON, GOYO, YOU'RE
THE ONLY ONE
WHO'S BEEN
AROUND LONG
ENOUGH TO DO THE
DANCE LIKE HIM!

YOU KNOW THE
CHOREOGRAPHY BY HEART!
YOU HAVE TO! YOU'VE SEEN
US DO IT MILLIONS OF TIMES!
AND, ANYWAY, I KNOW THAT
DEEP DOWN YOU'D LOVE TO
DO IT BECAUSE YOU CAN
DO IT JUST AS WELL AS HIM!

C'MON! WE'LL ALL
HELP YOU, YOU'LL
SEE. WE CAN DO
IT IN THE NEXT
COUPLE OF
DAYS....

Well, as you can guess, Goyo ended up doing the sick dancer's part. Not so much because his friends were so good at convincing him but because deep down he really had wanted to be in the dance. Circumstances allowed him to dance without having to confess the truth.

Oh, and the dance was a hit and everybody applauded like mad. Goyo was really proud of himself although he ended up with a lot of sore muscles because of all the extra hours he put into the couple of days he had left to prepare the part. His friends, who had been able to warm up and stretch throughout the many days of rehearsal didn't have this problem. But Goyo didn't mind. Mr. Slow Motion, as Lola had called him up to now had actually had fun! And his work on the scenery had been a success too!



THE END.

Consejos de Alimentación

Explica a tus padres cuales son los alimentos de consumo diario y los de consumo ocasional para que ellos también lo aprendan como tú.



Grasas y dulces
(margarinas, bollería)

OCCASIONAL

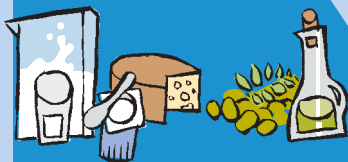


Carnes grasas,
embutidos



Carnes magras, pescados, huevos, legumbres
y frutos secos (2 raciones)

DIARIO



Lácteos (2 - 3 raciones)
Grasas saludables (3 - 5 raciones)
aceite de oliva



Verduras (2 raciones)
Frutas (3 - 5 raciones)



Pan, cereales, cereales
integrales, arroz,
pasta, patatas
(4 - 6 raciones)



A diario
El escolar debe
tomar al menos
8 vasos de agua
al día.

Tabla de Raciones Recomendadas

Grupo de alimentos	Raciones (r)	Ración media
Lácteos	2-3 r/ día	Leche 150 - 200 g
		Yogurt 125 g
		Queso 20 - 40 g
Cereales y patatas	4-6 r/ día	Cereales 50 - 80 g
		Patatas 100 - 150 g
		Pan 25 g
Verduras	≥ 2 (una cruda) r/ día	Cocidas 150 - 200 g
		Crudas 30 - 70 g
Legumbres	2-3 r/ semana	60 g
Carnes y pescados	Alternar consumo	Carne 80 - 100 g
		Pescado 100 - 150 g
Huevos	3-4 unidades / semana	60 g
Frutas	≥ 3 (un cítrico) r/ día	80 - 100 g
Grasas	3-5 (de condimento) r/día	Aceite 10 g
Dulces y bollería	Moderar consumo	

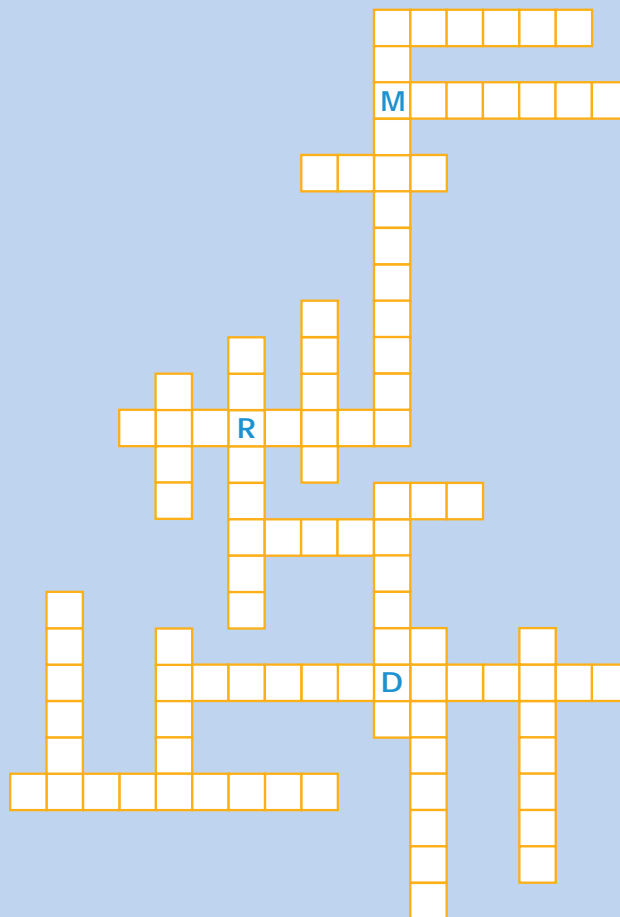
Utiliza esta tabla como guía para orientarte sobre las cantidades adecuadas que debes consumir de cada grupo de alimentos.



Actividades

Vamos a jugar al juego de las palabras cruzadas, es muy sencillo. Rellena las casillas con los alimentos correspondientes. Para ello deberás contar cuántas casillas hay y elegir la palabra adecuada. Si no puedes sólo, pide ayuda a tus padres.

Palabras Cruzadas



PALABRAS

- 3 Letras: PAN
- 4 Letras: AGUA, KIWI
- 5 Letras: LECHE, FRUTA, CARNE
- 6 Letras: AZÚCAR, HARINA
- 7 Letras: PESCADO, MANZANA, LÍPIDOS
- 8 Letras: HIDRATOS, CEREALES, VERDURAS
- 9 Letras: PROTEÍNAS
- 11 Letras: HAMBURGUESAS
- 13 Letras: ACEITE DE OLIVA



Recomendaciones higiénico-dietéticas para una adecuada alimentación

Básicamente, en la alimentación de cualquier niño deberá tenerse en cuenta las siguientes recomendaciones:

- Debe establecerse un horario regular de comidas.
- Hay que sentarse a la mesa para comer y dedicarle un tiempo determinado.
- Hacer 5 comidas al día que incluyan desayuno, almuerzo, comida, merienda y cena, y evitar que el niño “pique” entre horas.
- Planificar una dieta variada que incluya todos los grupos de alimentos.
- Disminuir el aporte de proteínas animales, sobre todo carne, y potenciar el consumo de cereales y legumbres.
- Reducir el consumo de grasas saturadas y colesterol; consumir pescado y recomendar el uso de aceite de oliva.
- Limitar el consumo de bollería industrial y de los azúcares refinados.
- Controlar el consumo de sal de mesa.
- Aumentar el consumo diario de frutas, verduras, y pan.
- Evitar la comida basura.

ADEMÁS...

- Se recomienda que los niños en las comidas beban agua y no zumos ni bebidas gaseosas. Mejor dejar la leche para el postre.
- Si el niño tiene hambre antes de acostarse se le puede dar una pieza de fruta o un lácteo.
- Es muy importante educar al niño con unos hábitos correctos de alimentación, pero también hay que recordar que son niños y que de vez en cuando pueden tomar aquellos alimentos que les gustan más, tipo hamburguesas, dulces, pizzas... PERO SIEMPRE DE VEZ EN CUANDO Y EN CANTIDADES JUSTAS.

¿QUÉ DEBE COMER EL NIÑO?

El niño debe hacer **5 comidas diarias**, organizadas de la siguiente manera:

Desayuno

Siempre debe contener una ración de Lácteo, Cereal y Fruta.

Ejemplo:

Vaso de leche
+ cereales de desayuno o tostadas de pan
+ fruta entera o zumo natural.

Almuerzo / Merienda

Puede haber varias combinaciones de alimentos, pero lo aconsejado es mezclar cereales con fruta y/o lácteo y variar entre los almuerzos y las meriendas.

Evitar los productos de bollería industrial (sobaos, magdalenas, galletas con chocolate...)

Ejemplo:

Almuerzo

bocadillo de jamón
(se debe variar todos los días)
+ fruta o yogurt líquido.

Merienda

vaso de leche
+ 4 galletas maria normales.



Comida / Cena

Siempre debe haber 1º, 2º y postre.

Se deben combinar los siguientes grupos de alimentos:

1º: Verduras, legumbres, pasta y arroz.

2º: Carnes, pescados y huevos.

Postres: Fruta o lácteo.

La cena dependerá de lo que se ha comido y se recomienda alternar los platos, es decir si se come carne se debe cenar pescado o huevo.

Ejemplo:

Comida

Lentejas guisadas c/
verduras.
+ Conejo asado c/
patatas al horno.
+ Fruta.

Cena

Puré de verdura.
+ Tortilla de atún.
+ Yogurt o vaso de leche.



Consejos de Actividad Física



Para el niño

¿ERES PRINCIPIANTE?

- Busca actividades agradables que puedas hacer todos los días.
- Practica diferentes actividades.
- Empieza de forma PROGRESIVA (intensidad moderada).
Tras 4 – 6 semanas aumenta un poco la intensidad.

- Practica ejercicio de manera REGULAR; te sentirás mejor y te divertirás.
- Bebe durante el ejercicio para no deshidratarte.
- Realiza una dieta variada, que incluya frutas y verduras.

¿ERES EXPERTO?

- Calienta antes de hacer ejercicio.
- Durante el ejercicio, bebe antes de tener sed.

- No finalices el ejercicio físico bruscamente. Continúa realizando lentamente la misma actividad durante 2 – 3 minutos.

EN CUALQUIER CASO...

- Come y bebe después de realizar ejercicio, podrás recuperar antes.
- Duerme y descansa para tener vitalidad.
- Si estás enfermo: NO hagas ejercicio intenso, en todo caso, consulta a un médico si lo quieres hacer.



Para la familia

¿PORQUÉ ES IMPORTANTE EL EJERCICIO SI SE QUIERE PERDER PESO?

- Se consigue un mayor bienestar y autoestima.
- Aumenta el nivel de condición física, mejorando la fuerza, la flexibilidad y la resistencia.
- Puede mejorar los valores de la tensión arterial, el colesterol y los triglicéridos (aunque no se pierda mucho peso).
- Evita la reducción del metabolismo basal, que es inevitable cuando sólo se sigue una dieta hipocalórica.
- Reduce la pérdida de músculo, que es inevitable cuando sólo se sigue una dieta hipocalórica.
- Favorece la pérdida de peso y en consecuencia motiva para continuar realizando ejercicio.
- Cuando se abandona la dieta, ayuda a mantener el peso perdido.

CUANDO EL NIÑO CRECE...

- Pierde interés por el juego.
- Prefiere competir. Le gusta ganar.
- Aparecen alternativas de tiempo libre, que suelen ser actividades sedentarias.

¿QUÉ PODÉIS HACER?

- Analizar el entorno (familia, amigos, colegio, barrio) y buscar alternativas "activas" para el tiempo de ocio.
- Seleccionar las actividades físicas que más le gusten.
- Dejar que el niño elija.
- Inscribirles en este tipo de actividades.
- Divertirnos practicando ejercicio.
- Ser **ACTIVOS**; así seremos una referencia para ellos.
- Caminar, ya que es la actividad física más sencilla, fácil y barata.

¿QUÉ PODÉIS EVITAR?

- El deseo de ganar siempre.
- Considerar el ejercicio físico como una imposición.
- Empezar con actividades difíciles.



