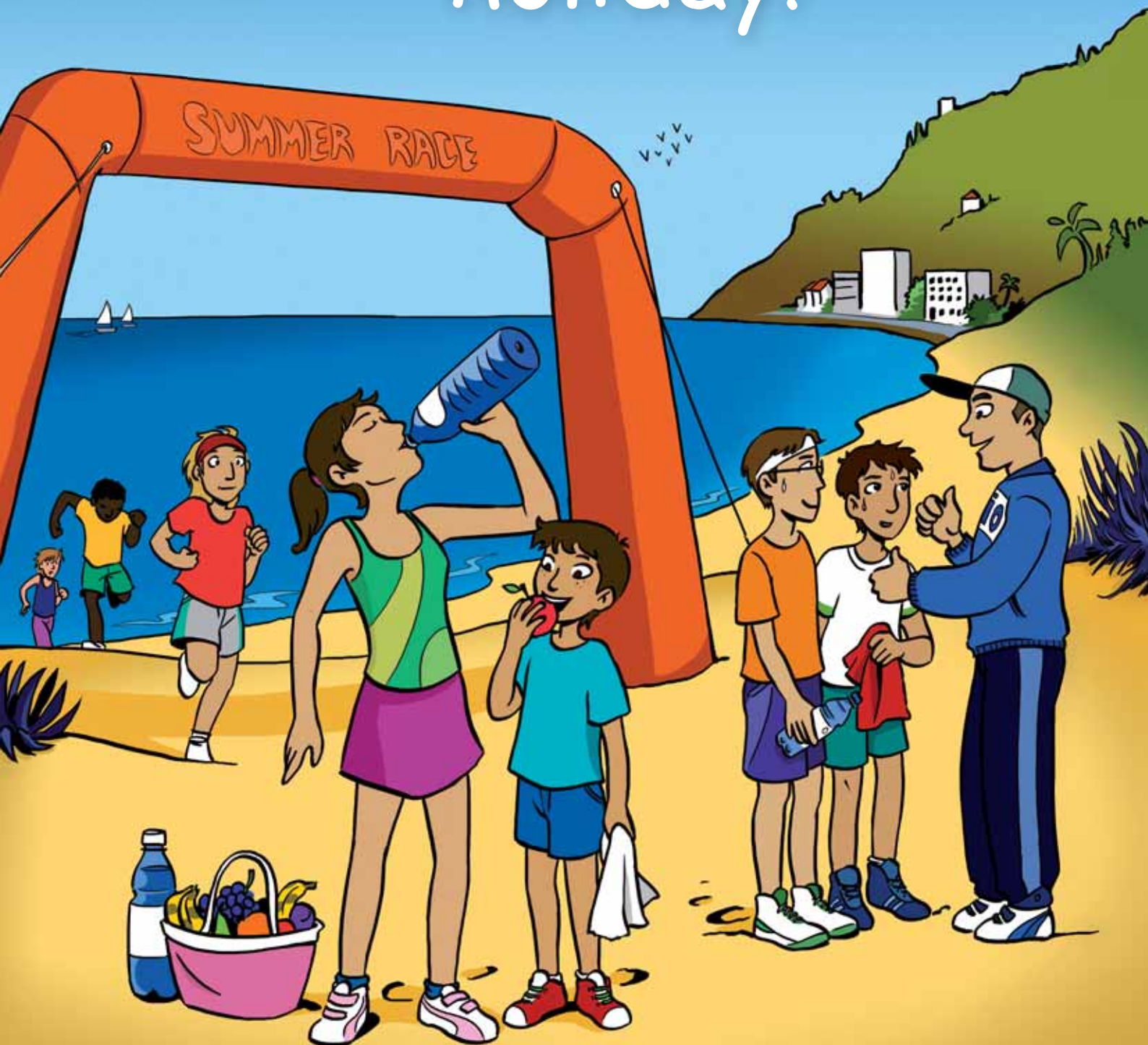




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# The healthiest holiday!



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## THE HEALTHIEST HOLIDAY!

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# The healthiest holiday!





Summer is here. Carlos, Maud and Klaus are packing their bags as they wait for their parents to come home. They are thrilled to be leaving the big city for a family holiday.



Maud, don't forget your sneakers, hat and shirts, like you did last year..



Leave me alone, Carlos. I know what I have to pack. I'm not a kid any more!



My bag's not big enough. And I have more stuff to take for the beach. Do you have any room, Maud?



No. I don't even have enough room for all my books...

Let me see what you've done.



What's this? There's nothing but chocolate and candies! Come on, re-pack your things and put this stuff back in the kitchen. You don't need all this for a three-hour flight!

That's not fair! You take books and I take candies!



Klaus! It's not the same thing at all. Books are not the same as junk food!

Something is wrong at the Engine Technology Center where Carlos, Maud and Klaus's parents work - the new engine prototype is not going well...



I can't wait for tomorrow - a three-week holiday! I'm exhausted.

Oh NO! One more time!



The car is still too slow. Something is wrong, but what is it?

The boss wants to see all the engineers in his office.



Look, I know how hard you are all trying, but this new engine is still not working. I'm sorry, but we cannot afford to fail on this one. And because of this, we are going to have to keep you all working on it.

That means that all holiday requests are cancelled.



This is so unfair. We have already booked our holiday! We were leaving tomorrow!

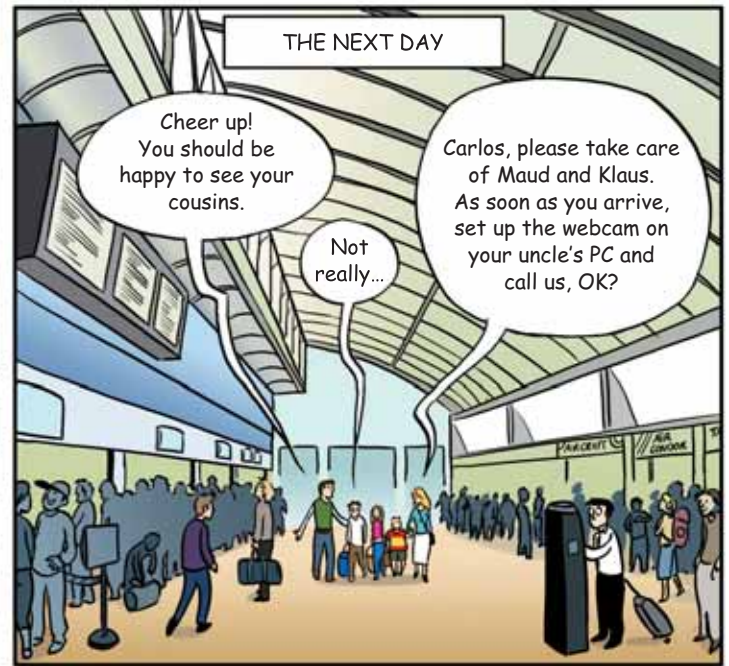
I agree, Elly, but what can we do?

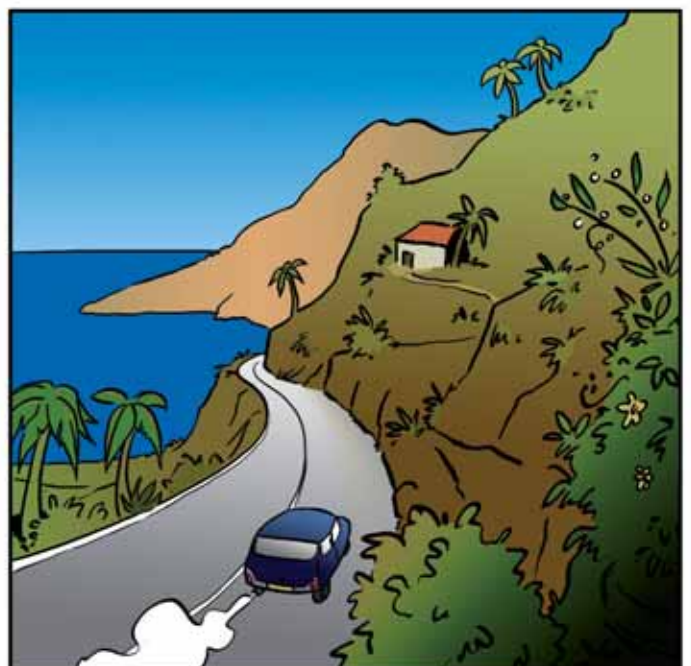
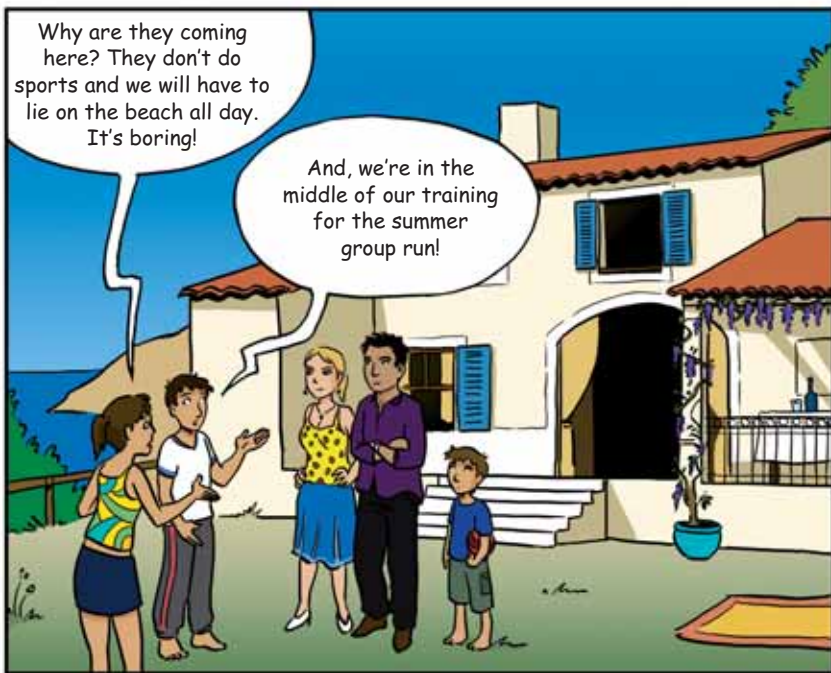


Well, it doesn't look like we'll be making it to the beach!

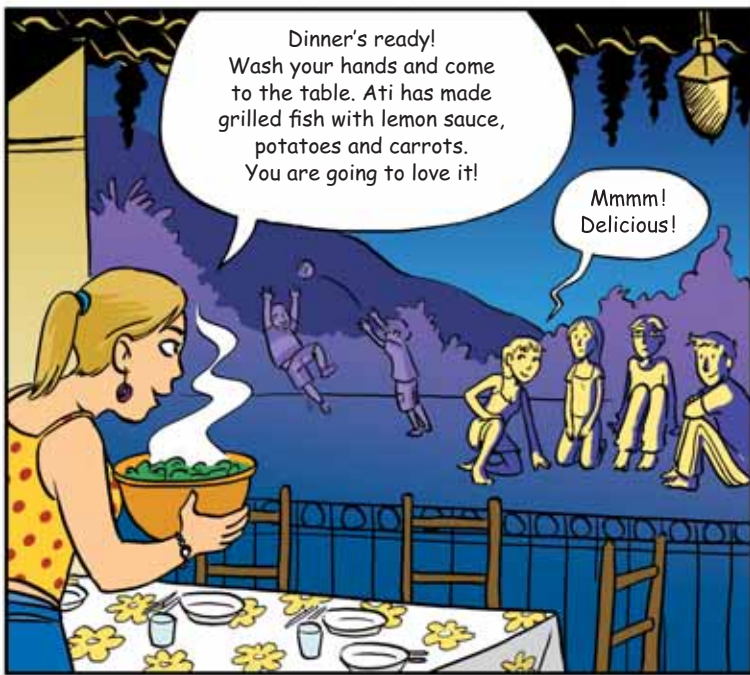
Pffffff!











Dinner's ready!  
Wash your hands and come to the table. Ati has made grilled fish with lemon sauce, potatoes and carrots. You are going to love it!

Mmmm!  
Delicious!



I'm too tired to eat. Do you have any yogurt?

I'd rather use the computer!

Maud, there's no yogurt - this is our dinner. Come on, sit down and eat with us.

And Carlos, you can surf afterwards.



Hi, Mum, everything's O.K.

Perfect!  
See you tomorrow at 8 o'clock then!



Hey Maud - let's run tomorrow!

Errr...but I'm on holiday. I want to relax and read.



But you can't! Mum has already signed us up for the group run.

What's that?



Every summer, sports clubs hold what's called the GroupRun Cup and we train for this every morning.

That sounds tough...and I'm...

What you are is...

What?



Well...you're a bit skinny. Don't you do any sports?

That's not nice, Daisy.



We're just different, that's all. Let's get some sleep. Tomorrow, we'll get you into shape!



Breakfast!  
Where's the chocolate,  
sugar and  
marmalade?

Why don't you try  
some fruit instead,  
it's full of vitamins  
and energy.

Anyone  
seen Maud?

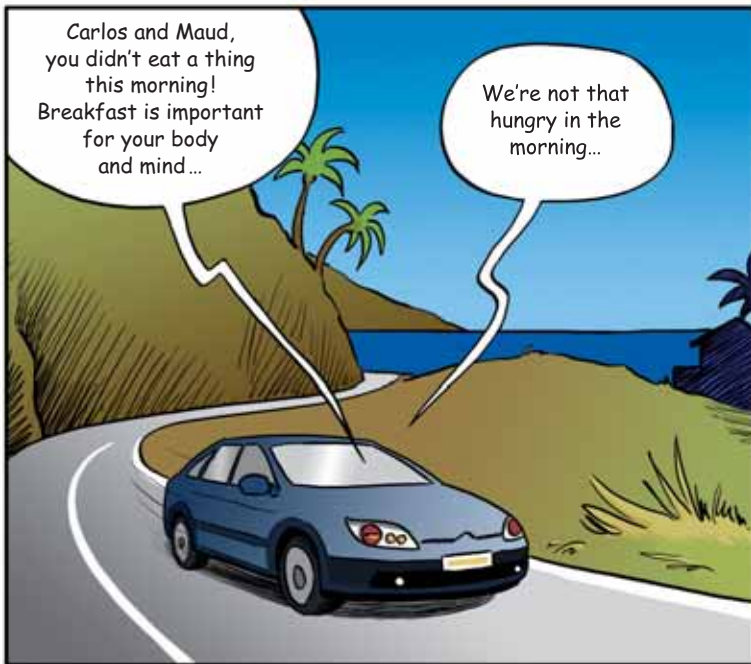


Morning.  
Oooh, I didn't sleep  
very well.

You probably didn't sleep well  
because you spent  
too much TIME  
at the computer.

Have some  
breakfast.

Maybe  
later...



Carlos and Maud,  
you didn't eat a thing  
this morning!  
Breakfast is important  
for your body  
and mind...

We're not that  
hungry in the  
morning...



But how will you manage today?  
The training is tough.  
A great breakfast will give you the  
energy you need during  
the day...

I'll just eat one of  
Klaus's snacks if  
I get hungry...



Hello kids, I'm Antonio,  
your coach. I'm going  
to train you for the  
group run!

What sports do you  
do at home?

We do sports once  
a week at school,  
and we ski...

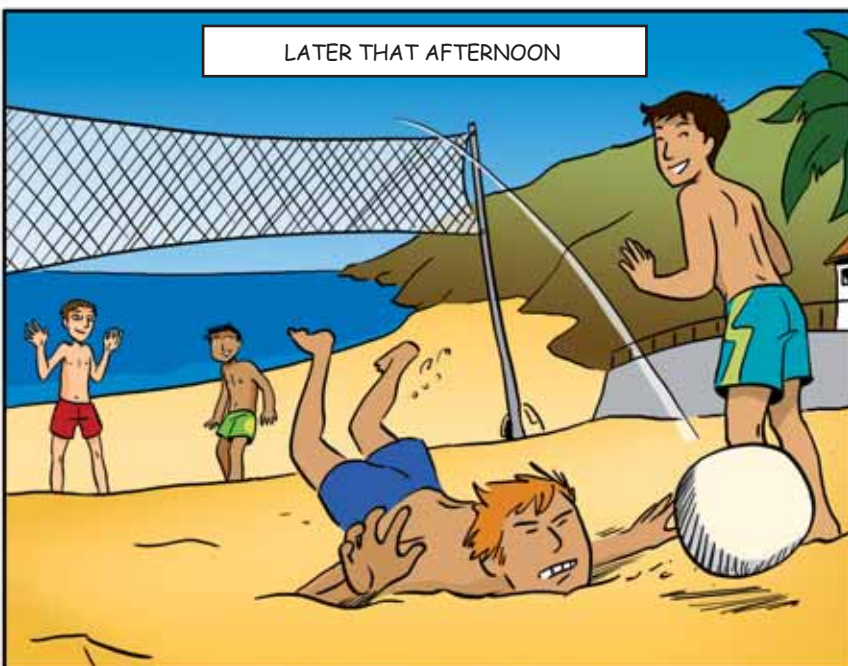


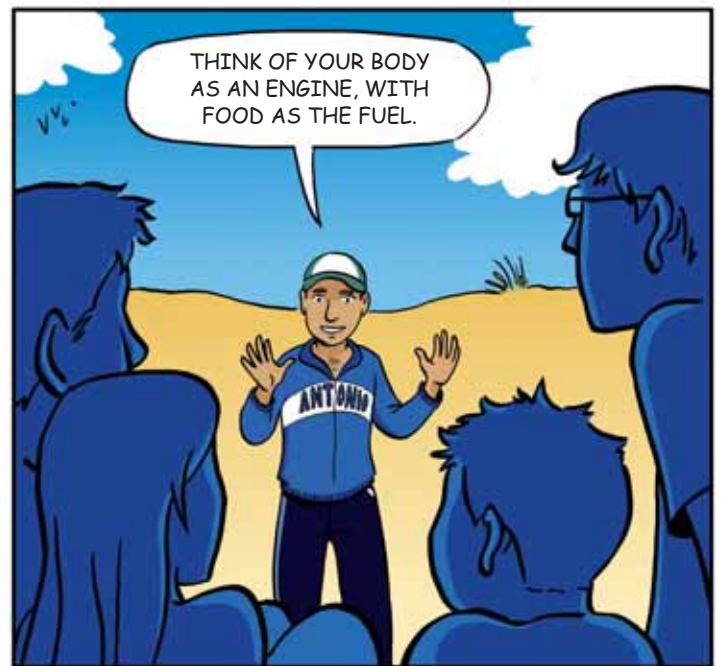
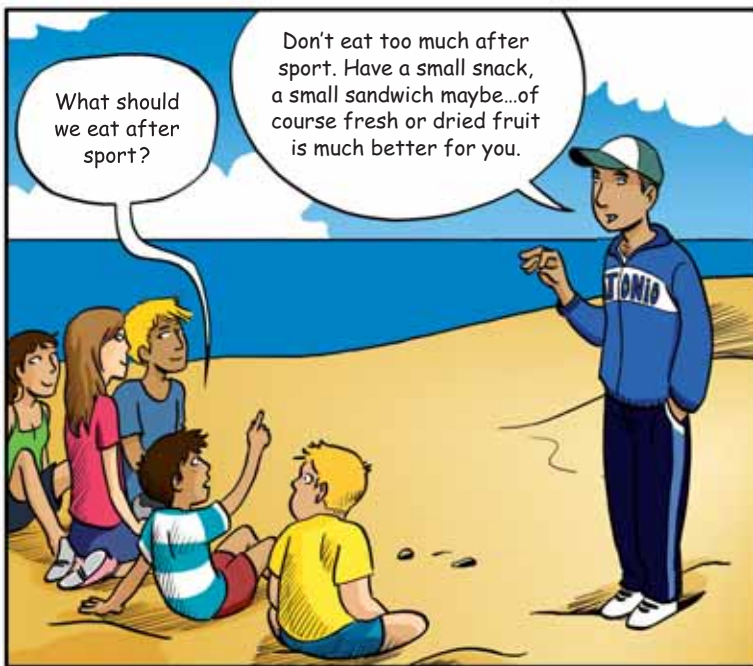
That's not much...looks  
like we'll have to prepare you a  
bit for the group run. We'll start  
with a five minute run today.  
Tomorrow, ten minutes.  
In two weeks, I think you'll  
be ready to run with us!

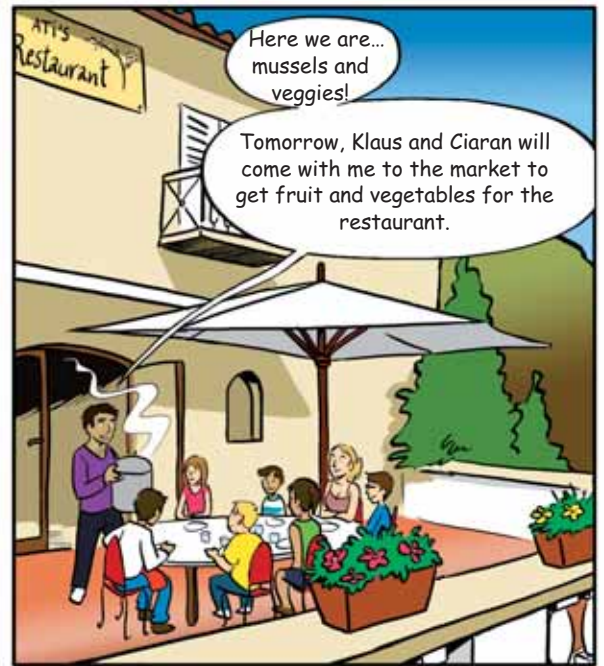


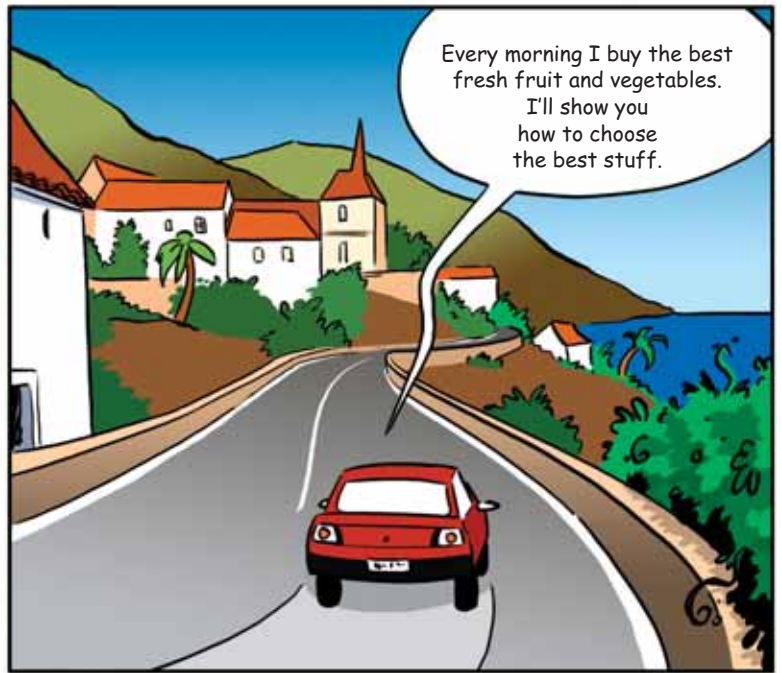
What? Just  
five minutes?  
That's all??

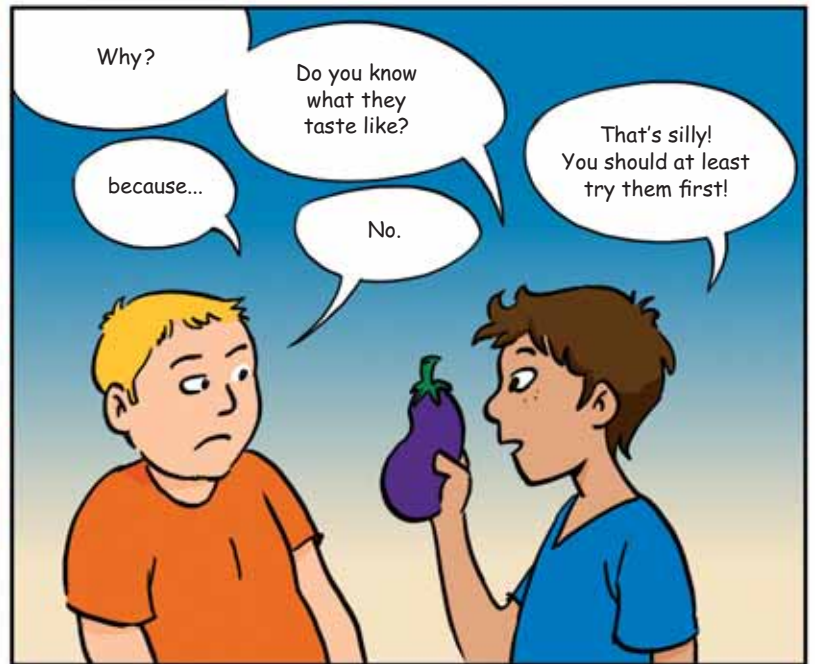
Yes, that's  
perfect to  
build up your  
stamina.

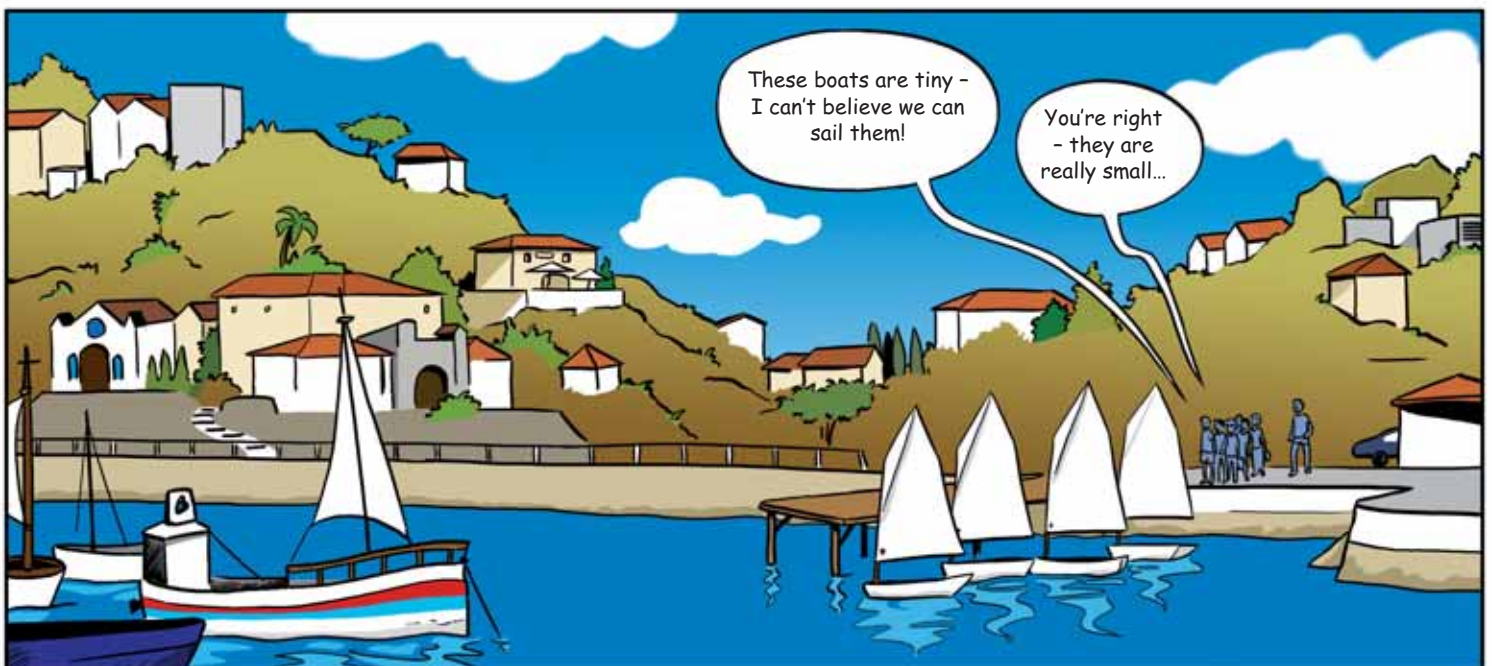






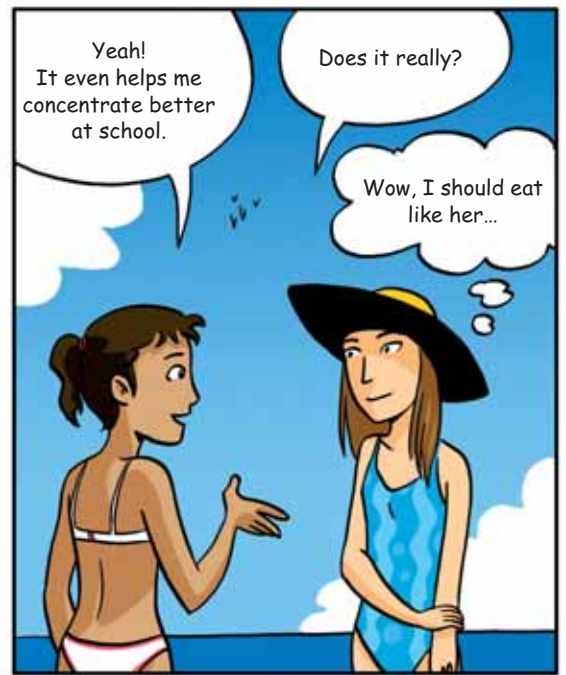




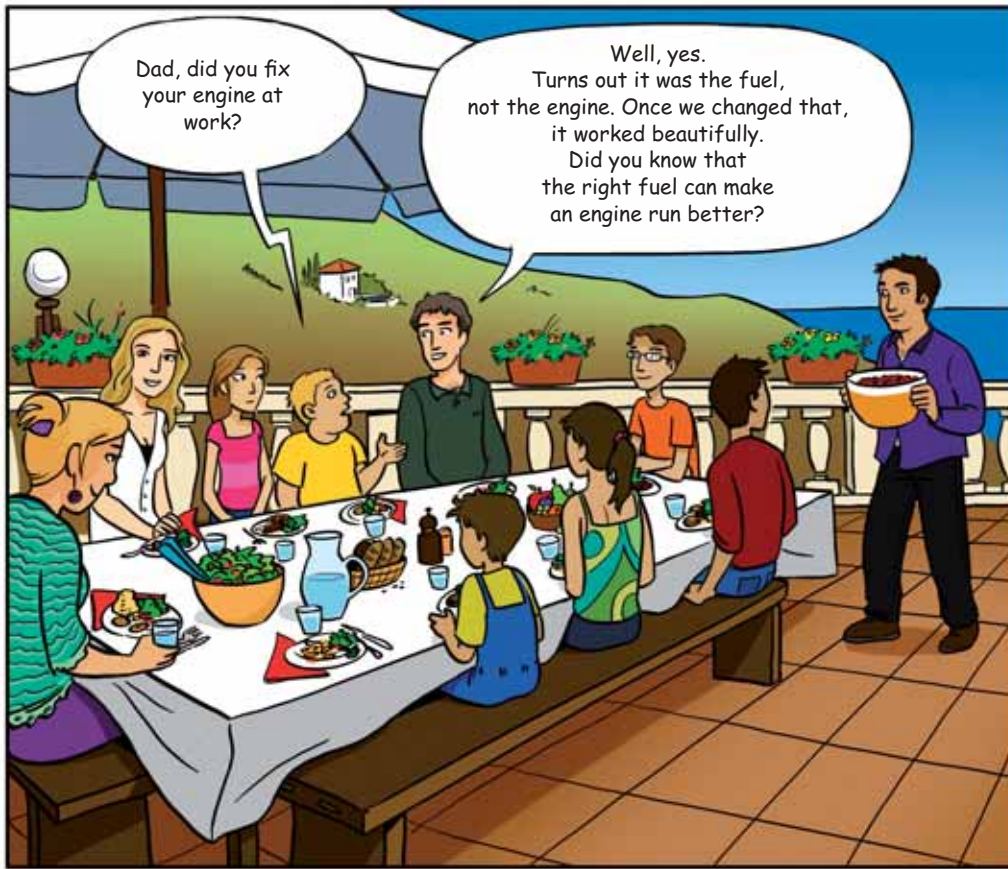














## Tips to keep you healthy, strong and bright

- 1) **Don't put too much on your plate!** Stop eating when you're full.
- 2) **Veggies are good for you!** They don't have to be boring, so have fun and colour your plate with healthy food!

Eat green: **spinach, broccoli, peas, courgettes, green beans**

Eat orange: **carrots**

Eat yellow: **potatoes**

Eat red: **tomatoes, red peppers**

Eat purple: **aubergines**

Eat white: **soya, cabbage**

**Avoid fried vegetables or vegetables served with cream, cheese or buttery sauces. Choose olive oil!**

- 3) **Get calcium for your bones.** To build strong bones use half-fat or fat-free milk and other milk products, like yogurt.
- 4) **Eat fruit everyday with meals or as snacks!** They are full of vitamins and will give you plenty of energy!
- 5) **Use LESS salt, sugar and fat!**
- 6) **Be active!** Exercise is important because it builds up muscles and burns off calories. Even something as simple as playing outdoors will make a difference.
- 7) **Drink water** instead of sugary sodas.



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\* Please consult the European Commission websites:  
The Physical Activity Guidelines: [ww.ec.europa.eu/sport/index\\_en.htm](http://ww.ec.europa.eu/sport/index_en.htm)  
The Fruit School Scheme:  
[www.ec.europa.eu/agriculture/markets/fruitveg/sfs/index\\_en.htm](http://www.ec.europa.eu/agriculture/markets/fruitveg/sfs/index_en.htm)



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## Keep fit and have fun!

Carlos, Maud and Klaus discover a different way of life when they go and spend the summer with their cousins... they are going to have to change some of their bad habits if they want to take part in the Group Run!  
Be like Carlos, Maud and Klaus and take control of your health!

Being fit is important and really simple.  
All you have to do is eat well and exercise!

Remember, if you are fit, your body works better, feels good and can do everything you want it to do. It will also help you keep to a healthy weight and concentrate better at school.

Just remember what the coach says:

«Our bodies are like engines -  
they need the right fuel!»



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