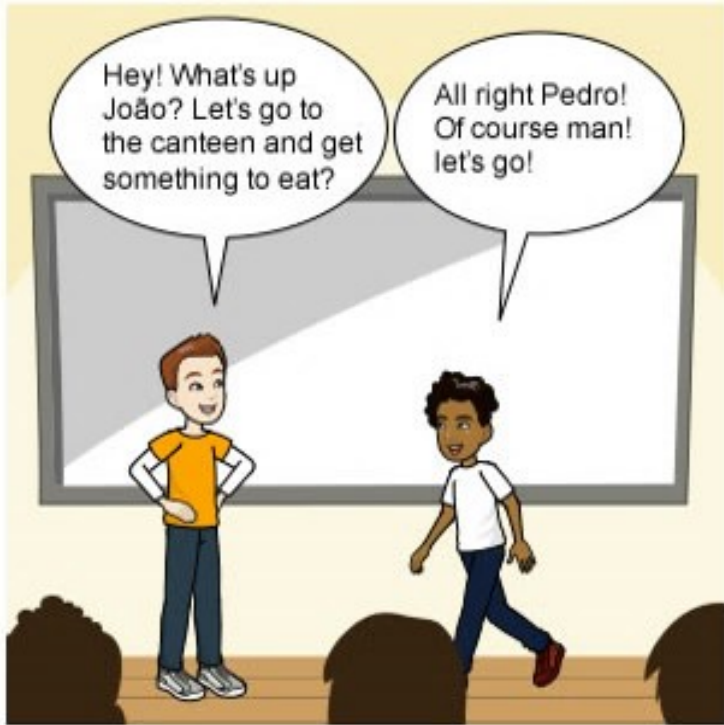


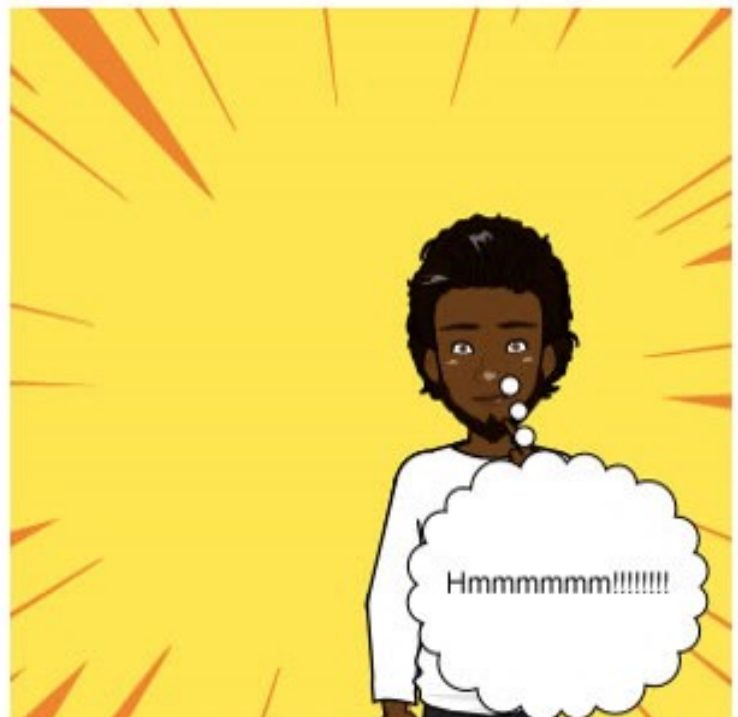
HEALTH and FUN

Comics in focus



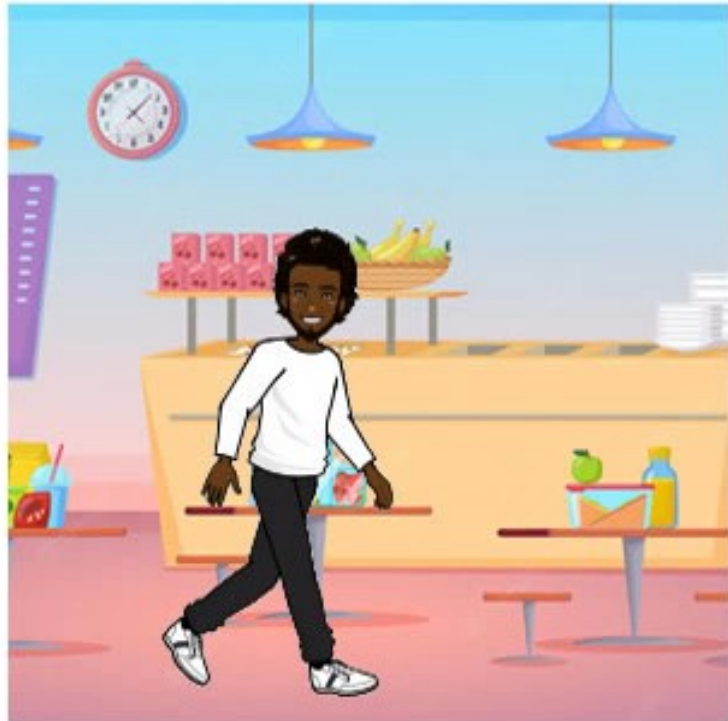
Rodrigo Batista dos Santos Silva
Ilda Cecília Moreira da Silva





So it's ok, let's go to the classroom, it's almost time, the Physical Education class is about to start!

Alright let's go!!



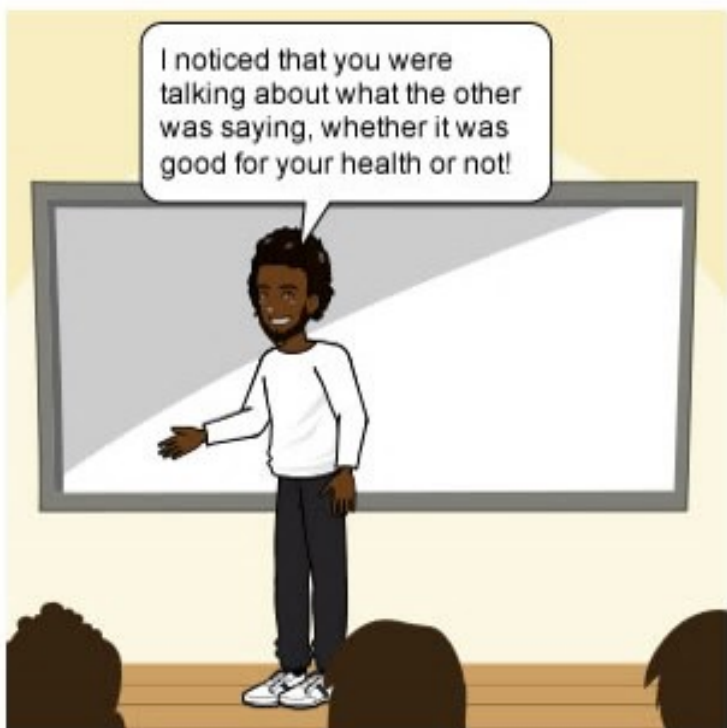
Good morning everyone! My name's Ricardo and I'm your Physical Education Teacher!



So guys, we were going to talk about football, but as I can see here in the living room, two friends of yours who were in the canteen when I was there too, I'm gonna change.




I noticed that you were talking about what the other was saying, whether it was good for your health or not!




That's right teacher, I was talking to Pedro that the salty thing I was eating has more substance than the bread with lettuce he was eating!







That's not true! Isn't that, teacher?




Teacher! I also don't like eating vegetables and doing physical activity, I like to stay on my cell phone talking and eat what is most delicious, snacks, soft drinks and chocolates hummmmmmm!!



None of this is healthy and it is not good Maria; by the way, all of this makes fat.



It doesn't make you fat, these things are very tasty, you don't know what you're missing Julia, it's very tasty isn't it João?



That's it Maria!!!!!! It's really good!!!!!!



Calm down guys, I know that each one of you likes to eat this and that, but now we are gonna change our topic of the class, which would be football, to talk about a very interesting topic and that will talk about everything you are discussing.



What about teacher? Let's not talk about cooking, shall we? Even because the subject is Physical Education!



No, no! Let's talk taking advantage of what you said Julia, that eating some things that are not healthy makes you fat. Today, in our school, everyone is eating wrong, so let's talk about **CHILD OBESITY** and **PHYSICAL ACTIVITY** in our classes, what do you think?



Very nice teacher, I liked it a lot!

Cool!!! Here we go!



Very interesting!!!!

I'm in, Teacher!!



So it's agreed that, in each class, we invite some professionals so that they can talk a little about some topics that will be worked on in our classes such as: Obesity, Sedentary lifestyle, Healthy Eating, Physical Activity, and Bullying.



Let's go, guys!!!



Since you are talking about snacks and other goodies, do you know the importance of healthy eating?



It is very important for your growth and development.



It helps in good physical (bone maturation, respiratory and circulatory capacity, motor development, in the development and maintenance of immunity, for example) and cognitive (concentration, memory, learning) development.



Also, it is through food that the body obtains energy for routine activities, such as playing, studying, and talking.



Hmmmmmmmm!!!!!! Cool!!!!

Therefore, children who are introduced to an inadequate food routine from an early age, in general, tend to have more difficulties with food reeducation in adult life. That is, the habit of eating unhealthy things is maintained, which can favor diseases and pathologies.



Teacher!! What is healthy eating for children and adolescents?



Good question BOY!!!!!!



So, a healthy diet is one that meets the nutritional needs of the day-to-day and must be composed of natural and nutritious foods, with meals prepared at home and not artificial foods.



This does not mean that you are prohibited from eating sweets or drinking soda. In fact, this should be done in moderation, within a food routine that provides all the necessary vitamins and minerals, as well as protein and carbohydrates.



My tip for you would be, the best way to ensure a good diet is to give preference to colorful dishes and natural products.

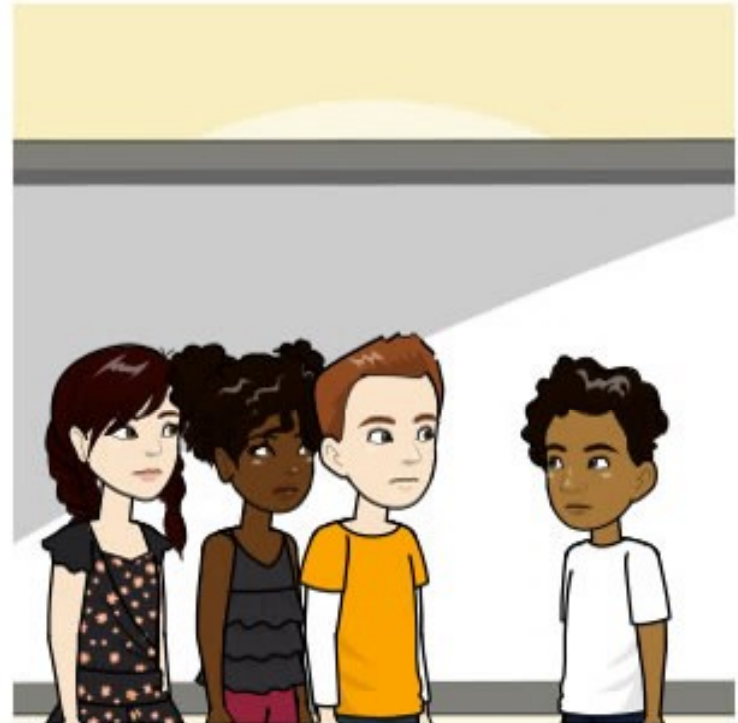


I'll give some examples here on the board!!!



RED: tomato, strawberry, bell pepper, pepper, watermelon
GREEN: broccoli, zucchini, avocado, lettuce, watercress, arugula
PURPLE: eggplant, grape, cabbage, beet
YELLOW: passion fruit, pepper, pineapple, melon, corn
WHITE: cassava, potato, garlic, onion, cauliflower, milk
BROWN: meats and legumes, such as beans and chickpeas
ORANGE: carrot, pumpkin, orange, acerola, papaya

Like this? Meals can be great opportunities to strengthen affective bonds between the family, develop skills, stimulate interaction and teach that taking care of the body must be a combination of physical and mental health.



It is also through food that the body obtains energy for routine activities, such as playing, studying, and talking.



If you're smart, follow teacher Ricardo's tips!