

# An apple a day

and other stories on how to stay  
fit and healthy



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## ILLUSTRATED STORYBOOK COMPETITION FOR YOUNG WRITERS

Z dumą i radością oddajemy w ręce Czytelników naszą kolejną konkursową książeczkę, zawierającą nagrodzone opowiadania i komiksy stworzone w ramach ósmej edycji konkursu literacko-plastycznego w języku angielskim *An Apple a Day and Other Stories on How to Be Fit and Healthy*, nad którym honorowy patronat objął Burmistrz Dzielnicy Ursynów oraz wydawnictwo National Geographic Learning.

Autorzy nagrodzonych prac przenoszą nas w świat zdrowego stylu życia i przekazują różne praktyczne wskazówki, wykazując się ogromną kreatywnością, talentem literackim oraz znajomością języka angielskiego. Cieszymy się, że wśród młodych mieszkańców Ursynowa znajdujemy wciąż wielu pasjonatów czytania, mistrzów pióra i utalentowanych rysowników, którzy podjęli konkursowe wyzwanie. Oprócz historyjek stworzonych przez dzieci do naszej książeczki dołączyliśmy publikację *Kid's Healthy Eating Plate* opracowaną przez Harvard T.H.Chan School of Public Health, Department of Nutrition, zawierającą ważne wskazówki dla dzieci na temat zdrowego odżywiania, oraz *Ten Healthy Living Tips for Kids* opracowane przez nasz zespół metodyczny.

Temat tegorocznego konkursu został wybrany nieprzypadkowo. W obliczu alarmujących statystyk, epidemii otyłości, braku aktywności fizycznej i coraz częstszych problemów ze zdrowiem psychicznym dotyczących dzieci, chcemy budować wśród młodego pokolenia świadomość tego, jak ważna jest aktywność fizyczna, właściwa dieta i umiejętność radzenia sobie ze stresem. Dobre nawyki rozwinięte w dzieciństwie będą procentować przez całe życie.

Dziękujemy wszystkim dzieciom, które wzięły udział w konkursie i stworzyły wiele fantastycznych prac. Mamy nadzieję, że pierwsze sukcesy literackie zachęcą młodych adeptów pióra do tworzenia kolejnych opowieści. W końcu wielcy pisarze i pisarki rodzą się właśnie w ten sposób! Serdeczne podziękowania kierujemy również do nauczycieli języka angielskiego z uczestniczących w projekcie szkół. Dziękujemy za poświęcony czas, otwartość na nasze pomysły i zachęcanie dzieci do udziału w konkursie. Szczególne podziękowania składamy Dorocie Petrallis, Iwonie Marchewce, Dorocie Nieszczerzewicz, Małgorzacie Limanowskiej oraz Joannie Kaśnikowskiej, których zaangażowanie było kluczowe dla sukcesu tego przedsięwzięcia.

Życzymy przyjemnej lektury i mamy nadzieję, że komiksy i opowieści, zebrane w niniejszej książeczce będą inspiracją do dobrych zmian oraz pomogą Wam rozwijać znajomość języka angielskiego. Liczymy również na to, że będą dla kolejnych roczników młodych ursynowian zachętą do próby własnych sił w następnej edycji konkursu.

Magdalena Rowecka  
Dyrektor T.E. Sokrates



# Kid's Healthy Eating Plate



Eating a variety of foods keeps our meals interesting and flavorful. It's also the key to a healthy and balanced diet because each food has a unique mix of nutrients—both macronutrients (carbohydrate, protein, and fat) and micronutrients (vitamins and minerals).

The **Kid's Healthy Eating Plate** provides a blueprint to help us make the best eating choices.

Along with filling half of our plate with colorful **vegetables** and **fruits** (and choosing them as snacks), split the other half between **whole grains** and **healthy protein**:



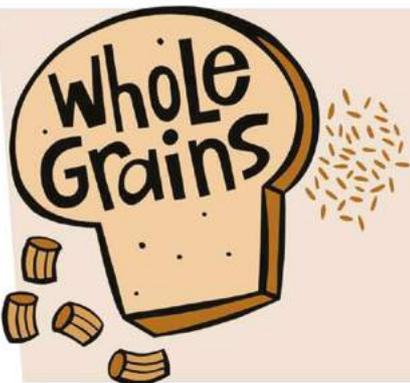
The more veggies – and the greater the variety – the better.

Potatoes and French fries don't count as vegetables because of their negative impact on blood sugar.



Eat plenty of fruits of all colors.

Choose whole fruits or sliced fruits (rather than fruit juices; limit fruit juice to one small glass per day).



Go for whole grains or foods made with minimally processed whole grains. The less processed the grains, the better.

Whole grains—whole wheat, brown rice, quinoa, and foods made with them, such as whole-grain pasta and 100% whole-wheat bread—have a gentler effect on blood sugar and insulin than white rice, bread, pizza crust, pasta, and other refined grains.



Choose beans and peas, nuts, seeds, and other plant-based healthy protein options, as well as fish, eggs, and poultry.

Limit red meat (beef, pork, lamb) and avoid processed meats (bacon, deli meats, hot dogs, sausages).

It's also important to remember that fat is a necessary part of our diet, and what matters most is the type of fat we eat. We should regularly choose foods with healthy unsaturated fats (such as fish, nuts, seeds, and **healthy oils** from plants), limit foods high in saturated fat (especially red meat), and avoid unhealthy trans fats (from partially hydrogenated oils):

Use healthy oils from plants like extra virgin olive, canola, corn, sunflower, and peanut oil in cooking, on salads and vegetables, and at the table.

Limit butter to occasional use.



**Dairy** foods are needed in smaller amounts than other foods on our plate:

Choose unflavored milk, plain yogurt, small amounts of cheese, and other unsweetened dairy foods.

Milk and other dairy products are a convenient source of calcium and vitamin D, but the optimal intake of dairy products has yet to be determined and the research is still developing. For children consuming little or no milk, ask a doctor about possible calcium and vitamin D supplementation.



**Water** should be the drink of choice with every meal and snack, as well as when we are active:

Water is the best choice for quenching our thirst. It's also sugar-free, and as easy to find as the nearest tap.

Limit juice—which can have as much sugar as soda—to one small glass per day, and avoid sugary drinks like sodas, fruit drinks, and sports drinks, which provide a lot of calories and virtually no other nutrients. Over time, drinking sugary drinks can lead to weight gain and increase the risk of type 2 diabetes, heart disease, and other problems.



Finally, just like choosing the right foods, incorporating physical activity into our day by **staying active** is part of the recipe for keeping healthy:



Trade inactive “sit-time” for “fit-time.”

Children and adolescents should aim for at least one hour of physical activity per day, and they don’t need fancy equipment or a gym—*The Physical Activity Guidelines for Americans* suggest choosing unstructured activities for children such as playing tug-of-war, or having fun using playground equipment.

## Overall, the main message is to focus on diet quality:

The *type of carbohydrate* in the diet is more important than the *amount of carbohydrate* in the diet, because some sources of carbohydrate—like vegetables (other than potatoes), fruits, whole grains, and beans—are much healthier than sugar, potatoes, and foods made from white flour.

The Kid’s Healthy Eating Plate does not include sugary drinks, sweets, and other junk foods. These are not everyday foods and should be eaten only rarely, if ever.

The Kid’s Healthy Eating Plate encourages the use of healthy oils in place of other types of fat.



### About the Kid’s Healthy Eating Plate

The Kid’s Healthy Eating Plate is a visual guide to help educate and encourage children to eat well and keep moving. At a glance, the graphic features examples of best-choice foods to inspire the selection of healthy meals and snacks, and it emphasizes physical activity as part of the equation for staying healthy.

The Kid’s Healthy Eating Plate was created by nutrition experts at the Harvard T.H. Chan School of Public Health, based on the best available science, to enhance the visual guidance provided by the U.S. Department of Agriculture’s MyPlate icon. The Kid’s Healthy Eating Plate reflects the same important messages as the Harvard Healthy Eating Plate, with a primary focus on diet quality, but is designed to further facilitate the teaching of healthy eating behaviors to children.

For more information, visit *The Nutrition Source* ([www.hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate](http://www.hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate)).



# 10 Healthy Living tips FOR KIDS

Healthy living is important for everyone, but especially for children. By developing the right habits at a young age, you can grow up to be strong and healthy. Here are some tips to help you live a healthy lifestyle!



## 1 Eat a rainbow

It is important for children to eat a variety of foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats. Eating a variety of colourful fruits and vegetables can help you get the vitamins and minerals your body needs. Eat a rainbow of colours every day - trying new foods can be fun!



## 2 Stay hydrated

Children should drink plenty of water to stay hydrated, especially when they exercise and are physically active. You should drink about 8 glasses of water every day!



## 3 Get moving

Try to get at least 60 minutes of physical activity every day, like playing outside, riding your bike, or playing sports. Make sure to wear protective gear like helmets, knee pads, and shin guards to prevent injuries. Also, remember to wear sunscreen whenever you are outside.



## 4 Cut down on sugary drinks and snacks

Sugary drinks and snacks can be high in calories and if you eat and drink a lot of them you can put on weight and have problems with your teeth. Drink water instead of sugary drinks such as soda or juice, and choose healthy snacks like fruits and vegetables.



## 5 Get enough sleep

Children need between 9 and 12 hours of sleep each night to grow and develop properly. It is good to avoid using electronic devices before going to bed and have a regular bedtime. Make sure you get enough sleep by going to bed at the same time every night and waking up at the same time every morning.

## 6 Practice good hygiene

Washing your hands regularly and covering your mouth when you cough or sneeze can help prevent the spread of germs and illnesses and keep you healthy. Always remember to wash your hands after using the toilet and before meals.



## 7 Take breaks from screens

Too much screen time can be bad for your health. Try to limit your screen time and choose activities like reading, playing outside, spending time with friends and family or doing something creative instead.



## 8 Stress less

Too much stress can be bad for your health, so you need to learn how to cope with stressful situations. You can try deep breathing. It is also good to exercise. If you ever feel sad, scared, or worried, you should talk to someone you trust. Also, be kind to yourself when you make a mistake or do not do something perfectly - just like you are kind to your friends!



## 9 Have fun

Having fun is important. Try to do something you enjoy every day, like meeting with friends, playing with pets, playing games, reading a book, listening to music or watching a movie.



## 10 Help others

Did you know that helping others can make you feel good? You can help others by volunteering, doing something nice for someone else, caring for animals or just being a good friend!

# Harley and Raccoon

Hanna Towalska

One day Harley went for a walk in the park and suddenly ...



he noticed something strange.



Excuse me, can I help you? Maybe you need something to eat?



That's very kind of you, but no, thanks. I like McDonald's



Oh, okay, so bye!



2  
DAYS  
LATER

Suddenly, Harley heard a strange sound.



What happened? And what's your name?



My name is Raccoon.



I'm very sad because I have a stomach-ache and I'm not well.



You know what?!



Last week in my school, we learned about how to stay fit and healthy, so I can help you if you like!

YES! It's a great idea, I will be grateful if you can help me.



So what we are going to do first?

I think you should learn how to eat healthily.



Harley and Raccoon decided to go to the supermarket.

SUPERMARKET



Ok, so let's go shopping and choose the food you would like to eat.



Okay, I'll be right back.



Mmm, that looks delicious.

SWEETS



Oh, I must take this one.

POTATO CHIPS



Yummy.



I think I have everything.

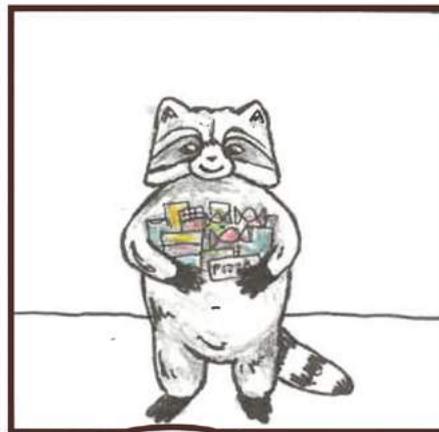


You've been quick! How did it go?

Oh my...



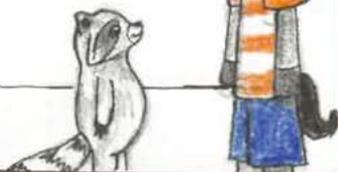
First of all, it's really important to eat lots of fruits and vegetables.



I think we should do it once again.



VEGETABLES



An apple a day keeps doctors away!



It is also very important to drink a lot of water.

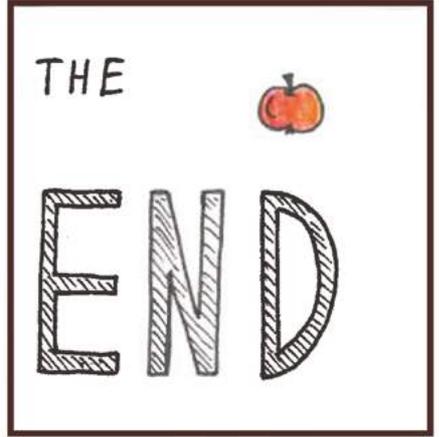
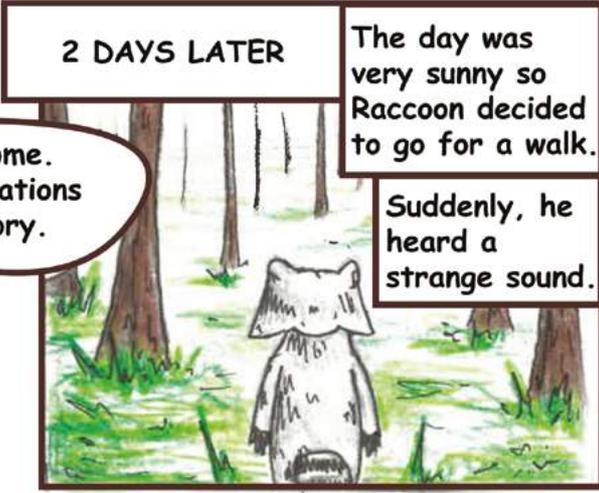




OVER THE NEXT FIVE MONTHS HARLEY EXERCISED EVERY DAY. RACCOON ALSO CHANGED HIS DIET, THANKS TO WHICH HE FELT AND LOOKED MUCH BETTER!

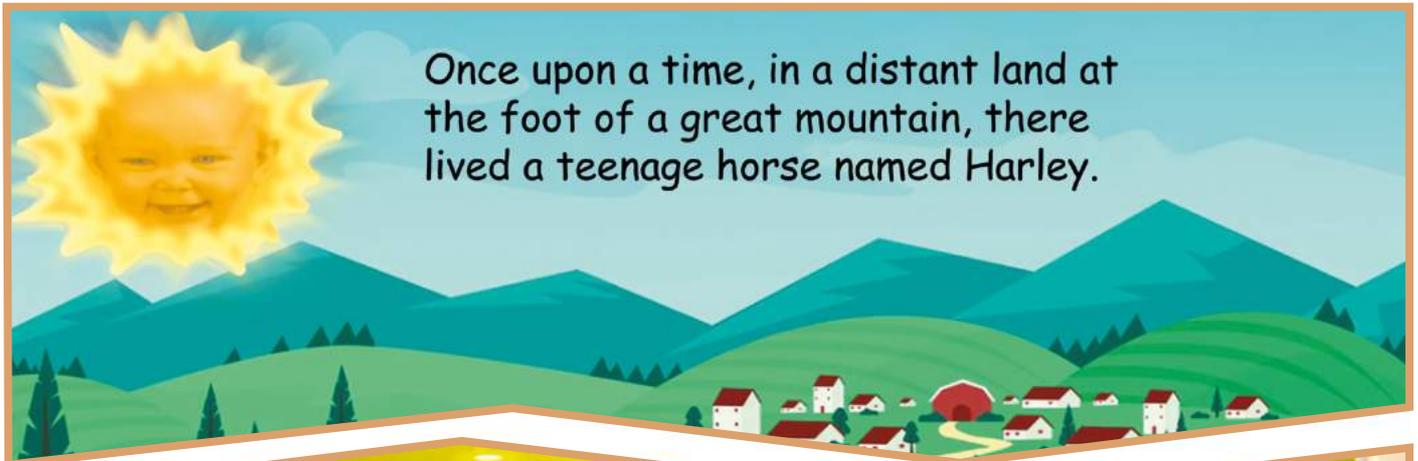
5 MONTHS LATER





# Harley's Makeover

Szymon Chrobak



Once upon a time, in a distant land at the foot of a great mountain, there lived a teenage horse named Harley.

He was a bit overweight and was often bullied because of that.



At the end of the school year, he thought to himself...

This must end now!



Tomorrow, I'm going to start living a healthy life!

## NEXT TIME WE MEET, I'LL BE FIT!

The next day, he woke up at 6 am and went for a run. It was tough, 🤔



but he knew things would get better if he kept running regularly.

The following day, he went to the gym with other children and exercised with a trainer.

The workout was an hour long, and he did a series of jumping jacks, push-ups, and sit-ups. He had so much fun!



During school breaks,  
Harley found time almost every day to play with his friends.



Day by day, exercise  
became easier,

and he also changed his eating habits.

He started eating regularly, ate vegetables with every meal, switched from white bread to whole-grain, drank two liters of water every day, and cut down on sweets and sugary drinks.

By the end of the summer, Harley looked great.



And some children did not recognize him when he lost a few pounds.



He also gained a lot of knowledge about exercise and healthy eating. He learned to rest after his workout, cut down on sweets...



...have a varied and healthy diet, play with his friends outside, drink a lot of water, and exercise regularly.

Harley was very happy with the results of his transformation.

I will be fit & healthy forever!

Not only did he look great, but he also felt much better with his 'new' body. He promised himself to stay fit and healthy forever!



*The End*

# Harley and the Magic Fruits

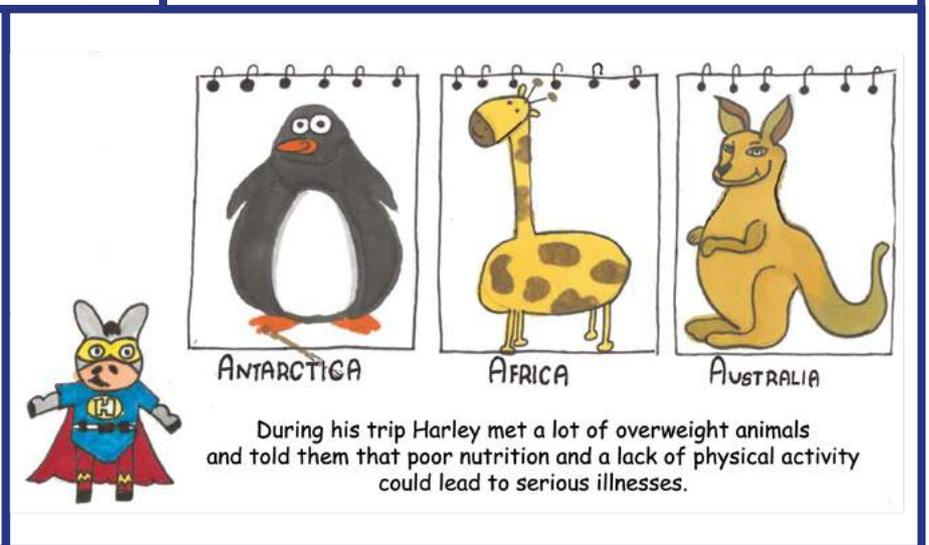
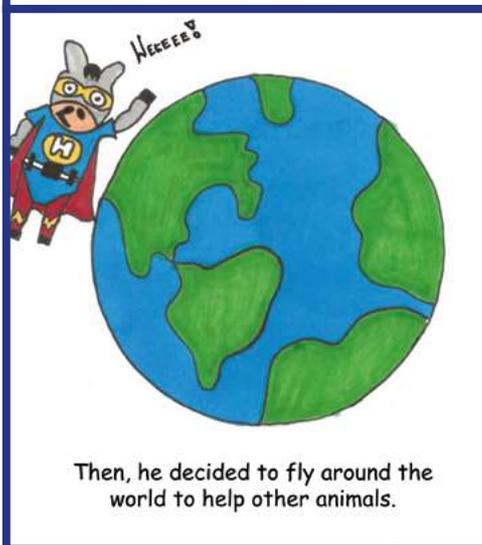
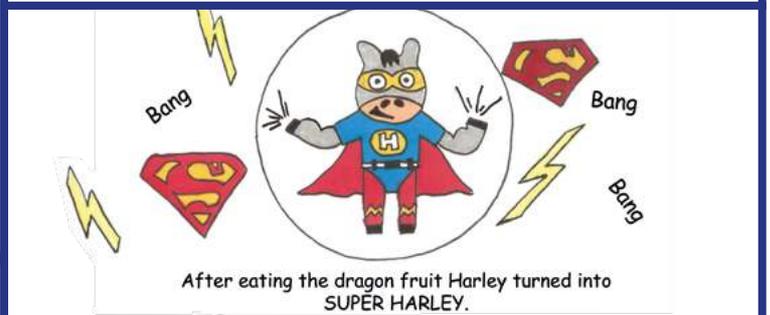
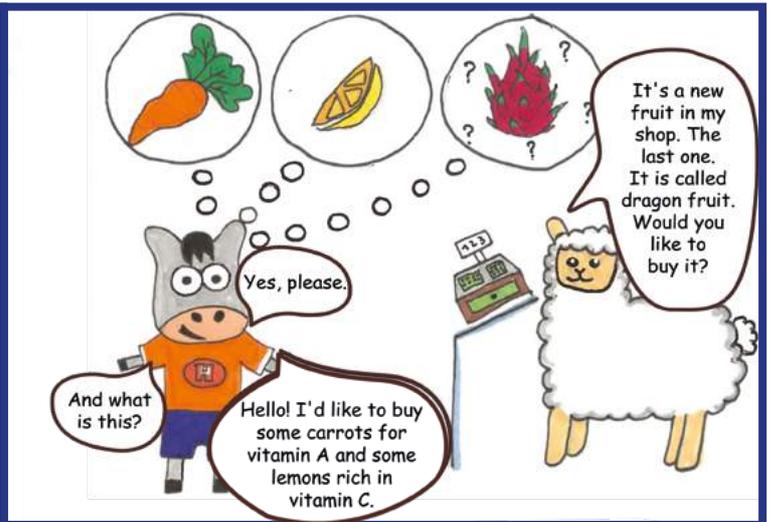
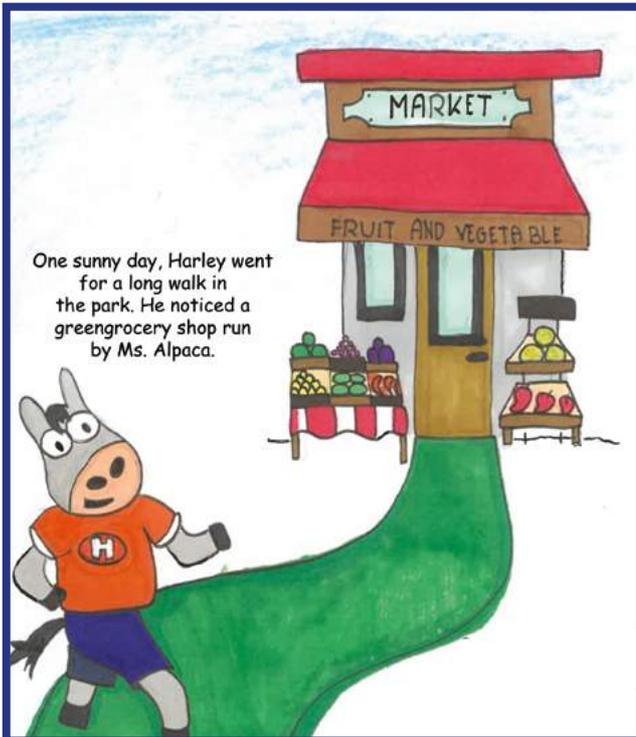
Marcelina Koczwara

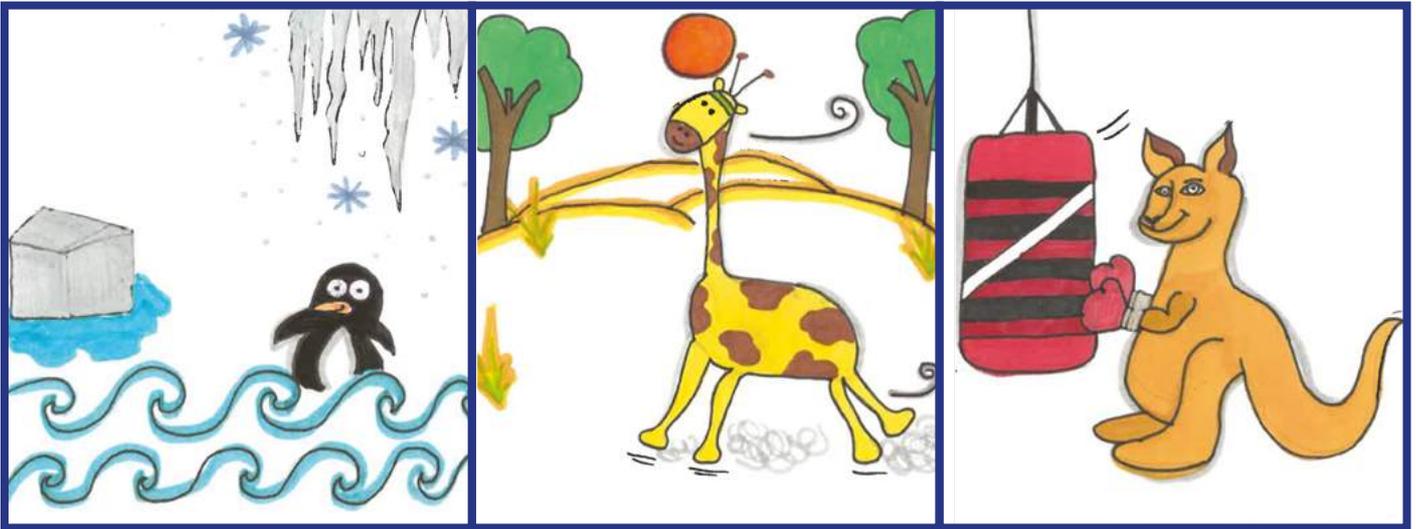




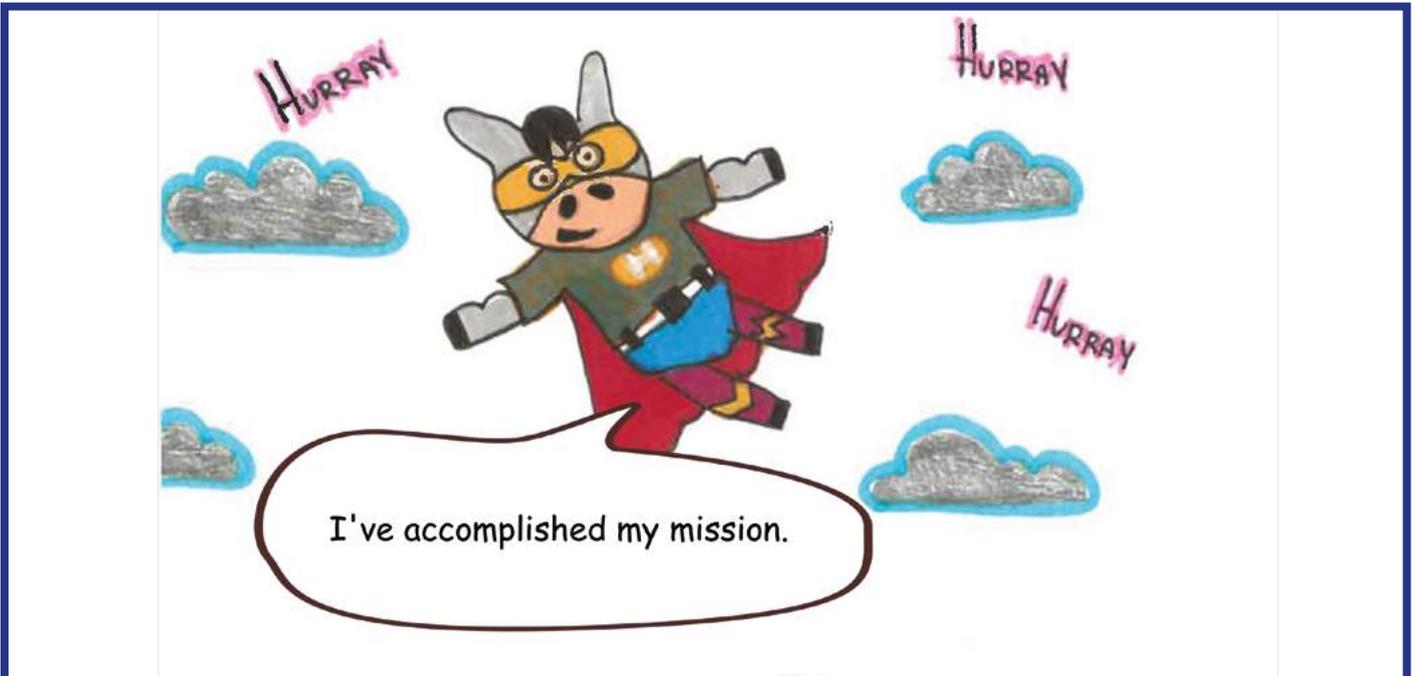
# Harley and the Dragon Fruit

Natasza Łukomska





Inspired by Harley, the animals realized the importance of healthy living. They promised to change their habits, eat more fruits and vegetables, and practice sports.



The End

# Harley's Restaurant

Anna Drozd

It was a sunny day. At 4 p.m., just like always, Magda Gessler sat in her favourite armchair and began reviewing the applications for the program 'Fit Restaurant = Better Life.' After an hour of browsing, one particular application caught her attention. It read:

*Dear Magda,*

*My name is Harley. I am writing to you because I need your help. Four months ago, I opened a restaurant called „Meat Donkey.” Unfortunately, I haven't been able to attract any customers. I fear that I will go bankrupt. I had no choice but to consume the food I cooked for customers, and as a result, I am now overweight. My doctor keeps warning me that if I continue eating this way, I am going to die...*

Magda felt concerned about Harley's problem and decided to help him. The next day, she got ready and headed out with her cameramen. As she arrived at the location, a small building appeared before her eyes. She knocked on the door, and a plump donkey opened it, saying:

- It's you! Thank you for agreeing to help me!
- No problem.

Magda asked Harley for the menu. Unfortunately, the menu card was greasy. Slightly disgusted, Magda began reading it. After a while, she expressed her disappointment:

- Harley! Your menu only consists of unhealthy food, and it's all covered in grease. (With anger, she tossed the menu away.)

- Where is the kitchen?

- Oh dear... I am sorry. The kitchen is right over there in the corner - Harley replied.

The kitchen was filthy, with dirty dishes scattered all around. When Magda opened the fridge, she found a lot of meat and a bottle of old frying oil. The disgusted woman exclaimed:

- Here's the plan: you need to clean up this place, throw away all that spoiled meat and oil, and I will provide you with a new name for the restaurant and a new menu. Tomorrow morning, I will also take you to several places. Is that clear?

- Sure - Harley replied.

The following day, Magda arrived early in the morning.

- Good morning, Harley! Show me the kitchen, please.

- Well, here it is.

The kitchen was sparkling clean. There was no trace of grease, and the fridge was empty.

- Congratulations, Harley. You did a great job - Magda said.

- Thank you! - Harley smiled.

- Now, let's take a look at the new menu and come up with a new name for the restaurant. For starters, we'll have a choice of vegetable or fruit salad.

The main course will feature rice with chicken and vegetables, instead of an unhealthy

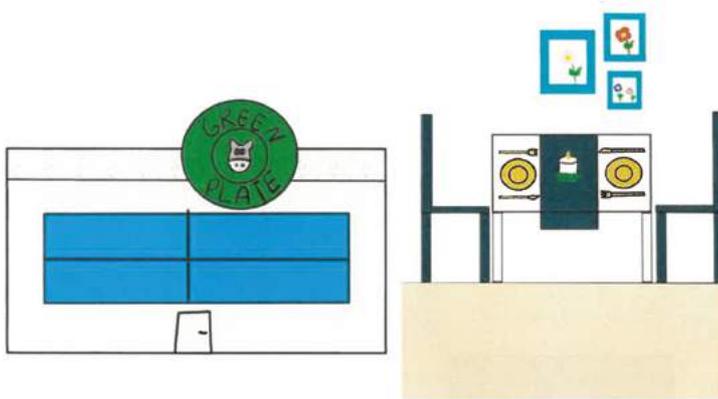
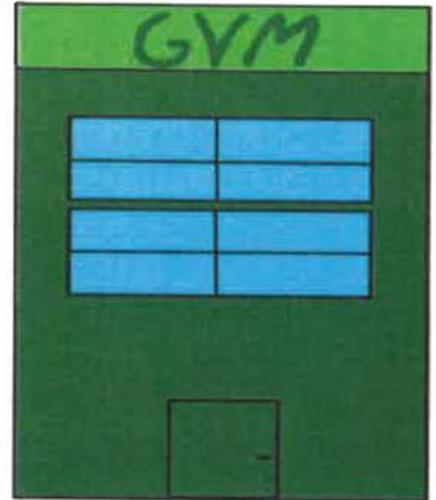
burger. As for dessert, we'll serve a brownie with dates instead of sugar, or a carrot cake. To drink, we'll offer fresh spinach smoothies, freshly squeezed apple or orange juice, and water with lemon juice. The new name for the restaurant will be 'Green Plate'.

- Do you like it? - Magda asked.
- Oh, it sounds great! - Harley exclaimed.
- Now, let's go shopping. We will also visit another place, but it will be a surprise. Then, the team will change the restaurant's decor - Magda said.
- Super!

Magda and Harley went to an eco-friendly grocery shop. During the shopping trip, Magda advised Harley on how to choose high-quality ingredients. Once they had bought all the necessary goods, they headed to the gym.

- Harley, I brought you here because in your application, you mentioned weight-related health problems. There is a coach waiting for you in the lobby. He will teach you how to exercise to help you lose weight quickly. After the workout, you will meet with a nutritionist who will create a suitable diet plan for you - Magda explained.

- Thank you very much! - Harley expressed his gratitude. After meeting with the trainer and nutritionist, Harley and Magda Gessler returned to the restaurant. It looked great. The red walls had been repainted white, and the old yellow chairs had been replaced with beautiful green-blue ones that looked fantastic with the white tables. The tables were adorned with candles and green tablecloths, and the exterior of the restaurant was now painted in a mint green shade.



- Wow, this place looks so beautiful!
- Harley exclaimed.
- I'm glad you like it. Now let's get cooking - Magda replied.

The duo started by preparing appetizers. Magda taught Harley how to properly chop fruits and vegetables. They then moved on to the main course. Magda showed him how to prepare healthy and tasty chicken. Making desserts took very little time,

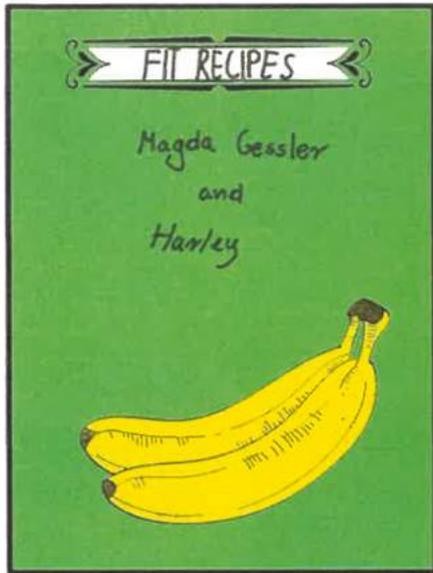
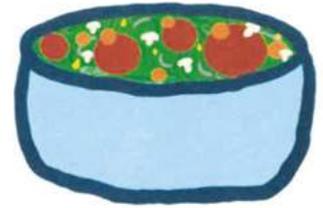
as they opted for simple recipes. Harley had no trouble preparing the beverages. Finally, they made 'testers' - delicious slices of home-made bread topped with cheese, tomato, and ham purchased from a local farmer. Harley discovered that cooking wasn't as difficult as it seemed. After just 10 minutes, Harley and Magda Gessler took the testers to the city, offering them to passers-by and inviting them to dinner at Green Plate at eight o'clock. Everyone was delighted with the tasty treats!

Once all the 'testers' had been distributed, Magda and Harley returned to the restaurant

to arrange the tables. When the clock struck 8 o'clock, the guests began to arrive. Before the food was served, Magda raised her glass for a toast to Harley:

- When I first arrived here, I found a dirty restaurant serving fatty, unhealthy food. Grease stains were everywhere, but I wasn't discouraged because I truly wanted to help Harley. I want to congratulate him on his bravery, as not everyone would ask for assistance. I hope this place becomes your favourite restaurant!

After the toast, the guests were served salads.



- Did you enjoy the salads? -

Magda asked the guests.

- Yes, they were delicious!

You can really taste the freshness of the veggies, they replied.

After the appetizers, the guests were served the main course. Everyone praised the perfectly cooked and non-greasy chicken. The desserts were also well-received. So were the drinks.

- How do you think this brownie was made?

Magda asked one of the guests.

- I have no idea, but it's delicious, said the guest.

- It's made with dates, said Magda.

- Really?

The dinner was a great success and Harley received lots of orders. Following the show, the restaurant

became even more successful. It became popular among food critics, and nutritionists recommended the food. Harley and Magda Gessler became good friends and together they wrote a cookbook for people who want to lose weight.

As for Harley, thanks to the healthy diet and exercise he lost weight, became fit and lived happily ever after.



# Harley and the Swimming Pool Adventure

Zofia Winiecka

One day, when Harley was watching TV he heard the news.

The new swimming pool is open! Get there fast! said the man on TV.

Harley loved swimming, so he wanted to go there. He opened his closet and looked for his swimming trunks.

- Where are they? Oh! Here they are! But they are so small! I shouldn't have eaten so many chips! I must lose weight and get back in shape! said Harley.

He went to the kitchen and opened the fridge. There were milkshakes, cups of chocolate yoghurt and chocolate cookies, chocolate bars, but no healthy food! Harley loved fast food and sweets...

He thought about it and had an idea. He could still eat his favourite food, but he would have to do sports. But he was wrong!

He decided to call his friend Fred. Fred lived next door, but Harley was too lazy to go and visit him.

- Hi Fred! It's me, Harley! Can we go cycling today? asked Harley.

- Hello Harley, I like cycling, but have you ever done this before? Why don't you come over to my place? said Fred.

- Thank you, Fred! You are right. I've never ridden a bike. Can you teach me? I want to be healthy and do some sports! Please help me! asked Harley.



- Okay, I can help you. If you want to be healthy you have to play sports! You must also eat healthy food. It's very important to eat vegetables and fruits every day! We can meet at the grocery store and buy some healthy food for you. And we can go to the gym later. We will play tennis and go jogging. Bring your sports outfit! Bye! said Fred.

- Awesome! Bye!

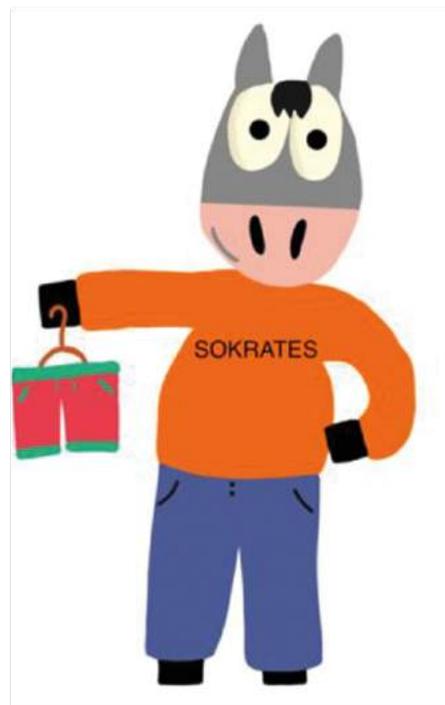
Harley was happy. He put on his T-shirt and shorts. He walked all the way to the supermarket, and it seemed like it took forever. Fred was already there, waiting for him.

- I am so thirsty! Oh! There's Coca-Cola! Yum, yum! Harley forgot that he was supposed to eat healthily...

- No, no, no! You should drink water instead of Coca-Cola.

- But I hate water! I never drink water.... It's so yucky!

- Have you ever tried it?



- No...  
- So try it! Water is amazing! It's cold and fresh... I love it.  
- Okay, said Harley. He bought a bottle of water and drank it quickly.  
- Oh! Wow! It's really good! I'll drink water every day! Can you show me other yummy and healthy foods!



- You can eat apples and grapes. You must try oranges and mangoes too! Let's buy some! And don't forget about vegetables. I love lettuce and tomatoes! Do you know what the Healthy Eating Pyramid is? Fred went on.  
- No. I've never heard about it. Can you tell me what it is?  
- It shows us what's good and what's not if we want to be healthy. Exercise is very important. We must do sports a few times a week. Also, you need to eat vegetables and fruits every day. Then comes bread and pasta. Then, dairy, which means milk, cheese, and things like that. Next, meat and fish. And then there are healthy fats and nuts.

- Okay. I will eat all these foods! I will buy some oranges, too! And apples! And grapes! And..., Harley was really excited.  
- And... wait! Don't forget about vegetables! But you can buy some oranges. And lettuce! And tomatoes! said Fred.

Fred knew a lot about healthy living. They bought oranges, grapes, lettuce, and tomatoes, and then went to the gym.

- It's been such a long walk..., said Harley. He was not used to walking.  
- Now, we'll do some sports. Today, we'll play some games like football or basketball. If you're not used to it, it's important not to overdo sports. Start slowly and take it easy! Harley and Fred went to the gym, and the receptionist showed them the football pitch.



It was big, and there were many other horses playing football. Fred and Harley joined them and played for thirty minutes before taking a break to drink water.

- Football is great! Thank you so much! If it wasn't for you, I might have never discovered football! Harley shouted happily and he hugged Fred.

- I'm glad you like it! said Fred and hugged Harley back.  
- The break is over! Harley, Fred, go back to game! the coach shouted, and they started playing again.

They had lots of fun. When the game ended, they went back home.

- Can we play again tomorrow? asked Harley.  
- Of course! laughed Fred.  
- Fred, there is something I want to ask you, said Harley. I like swimming. Is swimming a sport?

- Yes, of course, it is. If you want to, we can go swimming tomorrow. There's a pool in our gym! said Fred.

- Okay, wait for me in front of the gym tomorrow, and we'll play football. Perhaps we can go swimming in a few weeks, said Harley.

They played football every day for a few weeks and Harley liked it very much. One day, he decided to check if his swimming trunks would fit him. And they did! Harley was very happy, and he called his friend.

- Hey, Fred! We can go to the swimming pool today!

- Super! I love swimming! We can go now! said Fred.

- Sure! Wait a minute, I must get a few things first, said Harley.

- Oh, you're right! I must get my trunks, flip-flops and a towel too! laughed Fred.

- So, let's meet in front of the big pool at 12:45, okay?

- Okay! See you soon! said Fred and went straight to his house.

Harley packed his towel and flip-flops, and went to the pool, where he saw Fred.

- I love swimming! Can we swim in the big pool? asked Harley.

- Yes! I was going to ask you the same thing! I hope you can swim, laughed Fred, and then he jumped into the biggest pool. Harley didn't think much and also jumped in.

- Haaaarleeey! he heard. It was Fred.

- Harley, you jumped into the pool in your clothes. Why did you do that?! Fred was a bit angry.

- What? In my clothes? No... oh yes! Sorry! I forgot I still had them on! said Harley and got out of the pool - I'm so sorry...

- Forget it! Maybe we can go and get some ice cream?

- No! We must keep healthy!

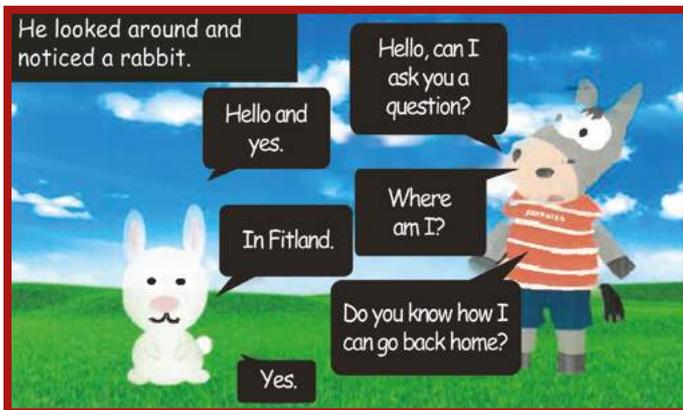
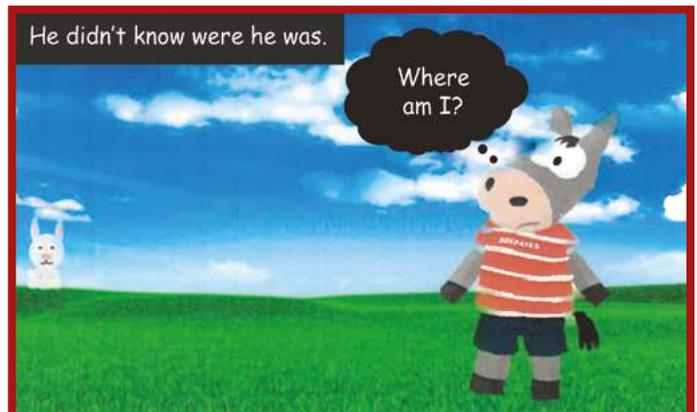
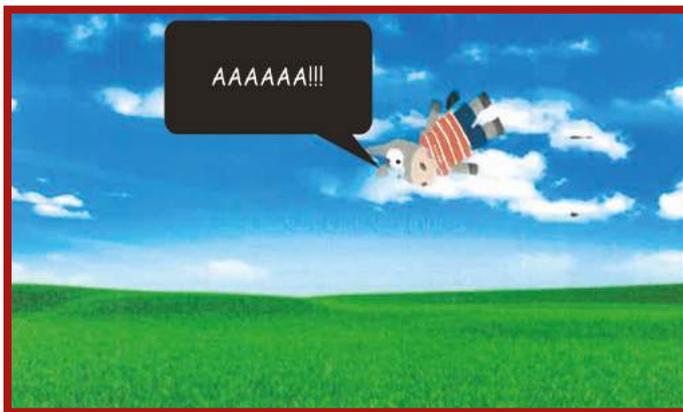
- Yes, but you can still have some ice cream once in a while!

- So, let's go! Keeping healthy and fit is wonderful! laughed Harley.



# Harley's Adventure in Fitland

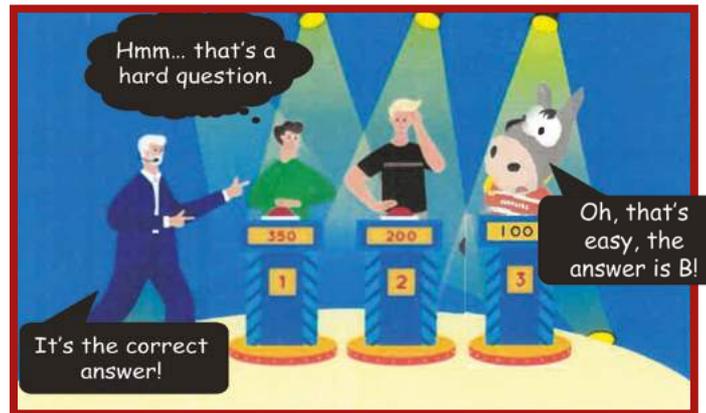
Martyna Malara



## fitquiz

Finish the sentence: „An apple a day...”

- a) „...you should see a doctor today”
- b) „...keeps doctors away”
- c) „...eat fruit every day”
- d) „...feel good every day”



## fitquiz

Should you exercise?

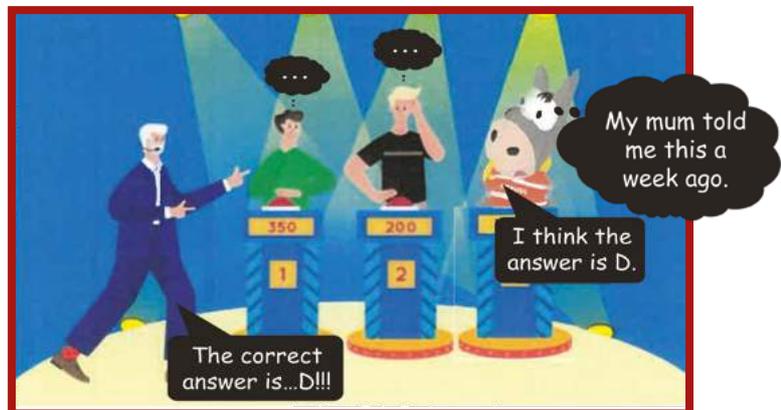
- a) yes you should
- b) no you shouldn't
- c) only if your doctor told you to do it
- d) it doesn't matter



## fitquiz

What is the acceptable amount of sugar one can eat a day?

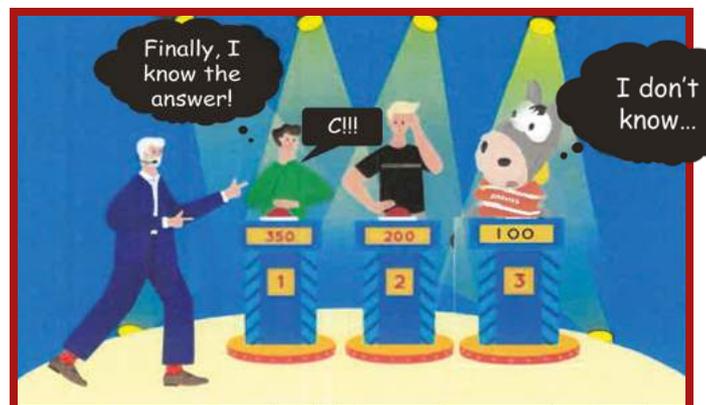
- a) 5-7 teaspoons
- b) 71-73 teaspoons
- c) 25-27 teaspoons
- d) 1-12 teaspoons



## fitquiz

How many hours of sleep should a person get every night?

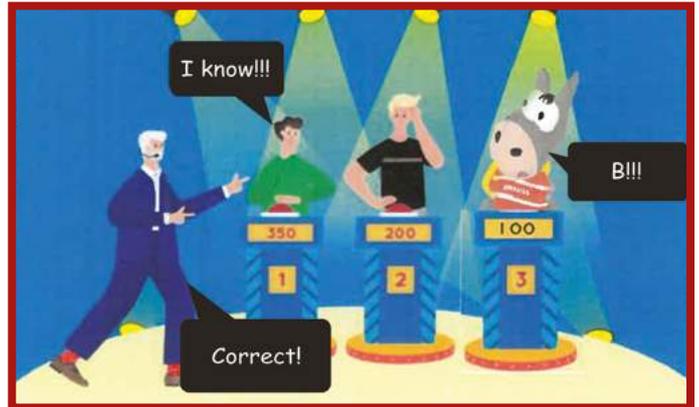
- a) 4 hours
- b) 10 hours
- c) 8 hours
- d) 6 hours



# fitquiz

How many liters of water should you drink every day?

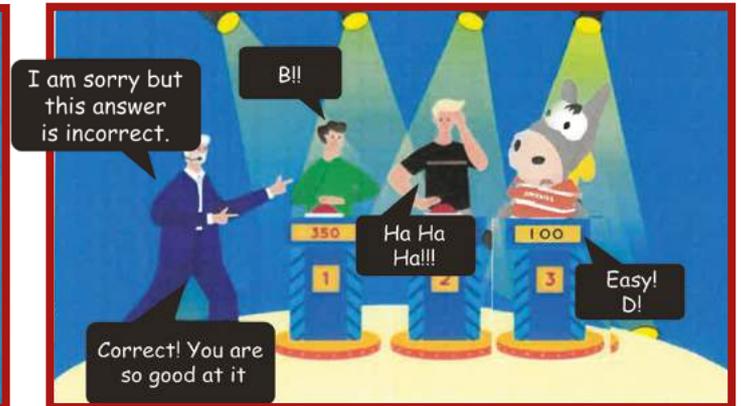
- a) 4-5
- b) 1,5-2
- c) 3-6
- d) 0,5-1



# fitquiz

How many servings of vegetables should a person eat a day?

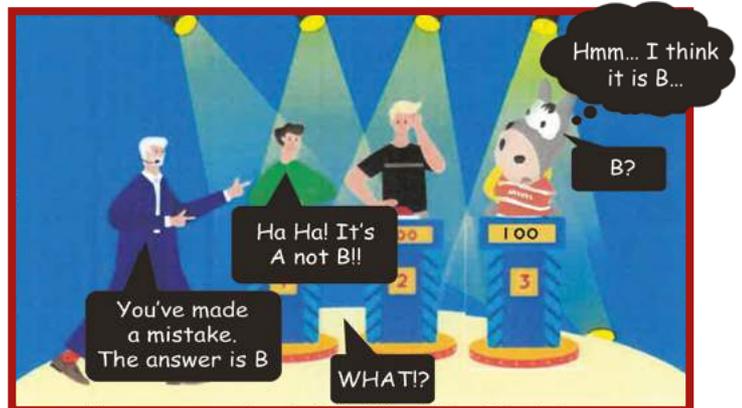
- a) 2
- b) 3
- c) 4
- d) 5



# fitquiz

How many meals a day should you eat?

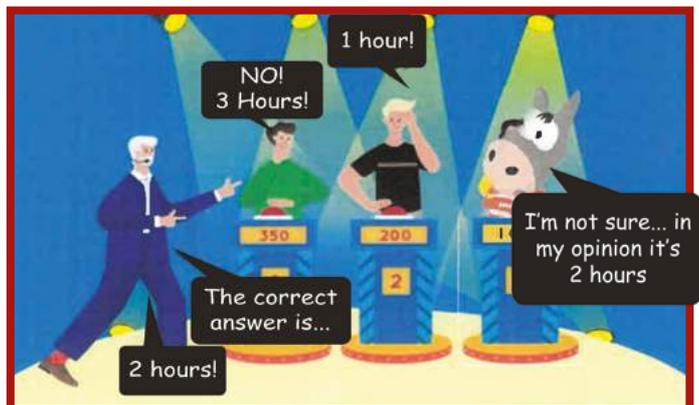
- a) 3
- b) 5
- c) 4
- d) 2



# fitquiz

What's the maximum recommended screen time that should not be exceeded?

- a) 2 hours
- b) 1 hour
- c) 30 minutes
- d) 3 hours



# fitquiz

What's the recommended amount of physical activity for children?

- a) half an hour a day
- b) three hours a week
- c) an hour a day
- d) five hours a week

Sorry, but this is incorrect

A?

Correct!

C!

350

1

100

3

Time's up and the winner is ....

Harley!

Wow! Thank you so much!

What?

What?

100

3

35

20

What's going on?

At last! I can go back home now!

Why is he flying?

550

3

AAAAAA!!

That was a strange adventure...

After his unexpected adventure in Fitland, Harley realized the importance of a healthy lifestyle and decided to make some changes. He reduced the amount of time he spent in front of his computer and started to exercise more regularly. Also, he changed his diet and started to eat more healthy foods.

# THE END

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