



FUNDACIÓN
EROSKI
contigo



SCHOOL OF
NUTRITION

1/

Meet Tix&Loy



Energy to grow



TIX

Hi! I'm Tix. I'm an 11-year-old boy studying the third cycle of Primary Education. When you're my age, like all of you are, it's good for boys and girls to learn to eat properly so we can grow up big and strong. So we're now going to learn to eat a healthy, balanced diet together.



LOY

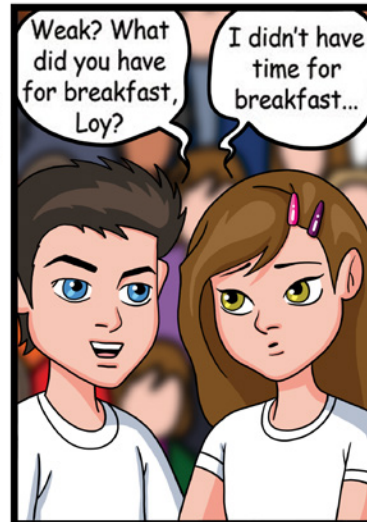
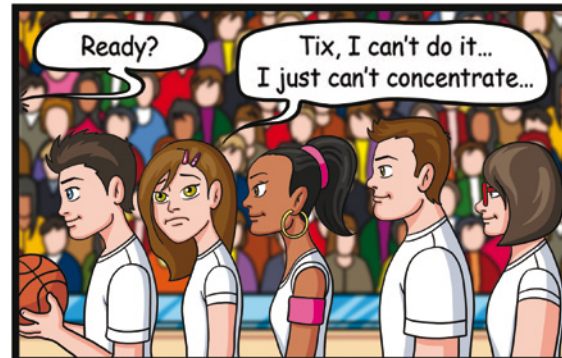
I'm Loy, one of Tix's friends, and we're going to learn all about the benefits of physical exercise to help us grow up healthy and happy. When you're 11, like we are, it's important to do sport and eat properly. Do you want to learn together and have a great time?

The Inter-school Championship



All their different qualities, their courage and all their enthusiasm mean that Tix, Loy and their three great friends can join forces to defeat their opponents. They form a single team with a single desire: to be the best.

The school team



Loy has learned an important lesson from this victory: the body needs breakfast to top up on nutrients like the calcium, iron, magnesium and the B-group vitamins that make us strong enough to successfully face up to the challenges we meet every day.

So now we know each other,
we want to know some more
about what you eat and what
exercise you do.



It's important for us to know about
these things so we can see what
you do right and what you should
try to improve. There are just a few
questions. Starting in 3, 2, 1...!

Questionnaire

1. Do you do any sport? What sport? How often a week?

2. What do you usually do at the weekend?

3. Use your memory... What did you eat yesterday?

We need to know:

- Breakfast: ☐ I didn't have breakfast. ☐ _____

- Mid-morning snack: ☐ I didn't have a mid-morning snack. ☐ _____

- Lunch: _____

- Tea: ☐ I didn't have tea. ☐ _____

- Supper: _____

4. Imagine that today you could have your favourite things for lunch. What would you have?

- First course: _____

- Main course: _____

- Dessert: _____

5. Name your 5 favourite things to eat:

6. Name 5 things that you do not like eating: _____

7. What do you drink when you have lunch and supper?
Do you drink it every day or only at weekends?

8. Where do you have lunch?

☐ School canteen.

☐ At home.

☐ Somewhere else: your grandparents' house, a friend's house, a restaurant, a bar...

9. Do you eat alone or with other people? _____
If you eat with other people, who do you eat with? _____

10. Tick how often you eat the following kinds of food:

	NEVER	NOT VERY OFTEN	ALMOST ALWAYS
Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bread, cereals, pasta, rice...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk, cheese, yoghurt...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sugary food, pastries...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Questionnaire

11. If you like eating sweets and salty snacks, when do you eat them?

☐ Every day.

☐ At the weekend.

What kind of sweets and salty snacks do you eat? You can tick more than one box.

☐ Crisps, corn puffs...

☐ Gumdrops

☐ Cake and pastries

12. What do you think a healthy diet is?

13. Do you know what the food pyramid is? Can you tell us what it is for?

Thanks for answering the questions. You've done great.

Now you can learn and have a great time with us.

Up for it?

Activities

Meet Tix&Loy

1

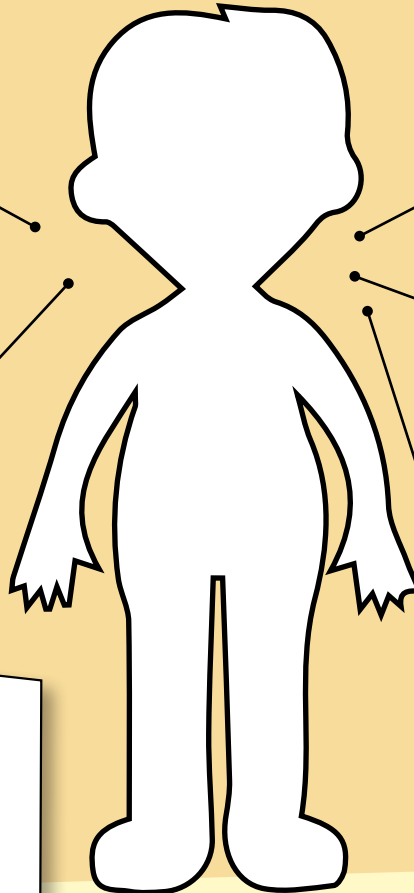
Let's create a friend for Tix and Loy

Describe what their healthy and/or unhealthy habits would be.

Daily routine.

Free time activities.

Don't forget to read and review the description once finished to correct or improve any aspects of your character.



Sport/s they practice during the week and frequency.

Eating habits.

Their emotional state (If they are happy, if they get along well with their family, with their friends, their general mood, etc.)



Activities

Meet Tix&Loy

2

Explanation of your character



Don't forget
to reflect back
on and share
everything you
have learned at
home!

3

Which character do you
most identify with?

After doing this activity, it is helpful for you to think about which character created you most identify with and if you can improve upon aspects of your own lifestyles, eating habits, free time activities, etc.
