



HOW TO BE AS FIT AS A DRAGON!

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B4U PUBLISHING



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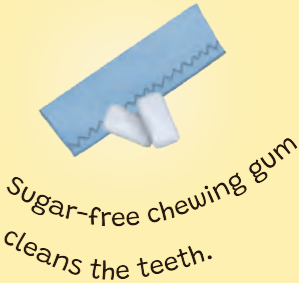
“Now then, dragon. Tell me how you have taken care of your teeth and about all the things you have eaten.”
“Well, princess, every day I used to eat a lot of chocolate, candy, lollipops, cotton candy and cakes. I’d get them from the witch from the gingerbread cottage.” “Well, little dragon, no more chocolate and no more sweets for you! Did no one ever tell you that sweet things spoil your teeth?”

FOODS BAD FOR THE TEETH



“With me, you will eat vegetables and cheese... If you feel peckish, you will have an apricot, or a strawberry, or some other fruit...” The dragon’s tail drooped, but he listened... And believe it or not, kids, the new diet agreed with him! Before long, his belly was less round, and he felt so much better that he got the urge to fly. But what about his teeth? Well, they still ached and looked ugly. What should be done about them?

FOODS GOOD FOR THE TEETH





Exercise

The well-washed, well-brushed, orderly little dragon had a great life at the castle. He could barely remember the cold, dirty cave deep in the forest. The princess, too, was very happy. Now that she had a friend, she no longer felt so alone in the big palace. How great it was to have someone to talk to, make plans and play with! “Get up, little dragon! It’s a lovely day outside. Let’s go for a run,” she called to her friend one morning. But the dragon didn’t want to. “Let’s stay in,” he replied, dragging out his words.

“Let’s play ludo and tell each other stories. I don’t want to run about outside. My legs and paws are aching. I’m feeling a bit fed up, actually.” Are you thinking what I’m thinking, kids? That our little dragon is, well, a bit lazy? If so, something must be done about it.

Thankfully, the princess was taking no nonsense. She grabbed the dragon by a wing and dragged him outside! “Healthy body, healthy mind!” she explained, before giving her friend a lesson she had learned from her parents at an early age.

They knew very well that regular exercise makes the human and the dragon body stronger, as well as keeping it supple, agile and more resistant to disease. What’s more, a good runabout in the fresh air puts everyone in a better mood.

EXERCISE WITH THE DRAGON AND THE PRINCESS!

Run

If you don’t step on it, little dragon, I’ll leave you behind. Running strengthens the lungs and trains endurance. There’s nothing quite like racing the wind!



Throw a ball

Catch! Throwing a ball is great fun. It is also good for stretching and training your reflexes.



Skip

Skipping has been enjoyed by children for many centuries. You must admit, little dragon, that nothing strengthens the legs like jumping over a rope.



Do a somersault

For this, little dragon, you must squat forward, tuck in your head, push off with your feet and – wee-ee-ee! – roll. Now that you have done your first somersault, try another. You want to be a nimble little dragon, don’t you?





A healthy diet

“Dinner-time, kids! Where are you?” called the queen from the window. But who would wish to abandon a game of hide-and-seek, just to go and eat? The dragon had found a brilliant hiding place.

But the disciplined princess stopped counting and came to the dragon as he was trying to stuff himself into the dog’s kennel. “We’ll finish this later,” she said. “But why?” He stamped his foot angrily. Like our dragon, maybe you find meals pretty boring. But without food our bodies would not grow stronger and thrive. People have always known that they must eat and drink regularly. But how should a princess explain this to an unreasonable dragon?



“Follow the advice of the food pyramid, little dragon. It is built on foods you should eat most of. You should eat the goodies on the upper levels only rarely. In fact, the higher a food is on the pyramid, the less of it you should consume. The foundation of every good diet is breakfast. After a full night’s sleep, a good breakfast gets the day off to the right start. It is followed by lunch and, finally, dinner. Take care not to eat anything heavy just before bed, little dragon. Heavy food can make for heavy dreams.”

“Never forget the importance for our bodies of drinking regularly, little dragon. Drink throughout the day, and don’t wait to drink until you feel thirsty. How should you do it? Well, it is best to take small drinks often, and to drink more in the morning than in the evening. Who, after all, likes to leave a warm bed for the toilet? And remember, dragon, that not all drinks are good for you when you drink a lot of them. See for yourself.”

DRINKS UNSUITABLE FOR ALL-DAY DRINKING:



strawberry milkshake



HEALTHY DRINKS AND FOODS WITH LOTS OF WATER:



Fruit juice



Soup





Wash your hands



Eat healthily



Brush your teeth

HOW TO BE AS FIT AS A DRAGON!

Written by Štěpánka Sekaninová
Illustrations by Veronika Zacharová

Ow! Ow! That hurts! Just listen to that wailing. The little dragon from the cave has toothache – and no idea that a headstrong little princess is about to take him in hand. Now, now, little dragon, that's enough of that! Take this toothbrush and toothpaste and our lesson can begin... The next thing we know, the weeping, messy little dragon will be a friend for all seasons! Thanks to the princess, he will learn the right way to wash hands and clean teeth, and a little about keeping things clean and tidy. He will eat green vegetables and exchange his bored idleness for sport... Would you like to join the dragon in learning about a healthy lifestyle? You would? Then let the little princess show you how it's done...

LEARNING ABOUT HYGIENE



Do a little exercise



Take a shower



Take a good sleep