

ANA & TO

Move, eat and have fun



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Ana wakes up full of energy.





Let's go for breakfast!

To,
come here!

TO!!! Wake up!
Aren't you hungry?
Look, I'm having: toasts,
a hot chocolate and
a fruit purée.



Your breakfast
must be made of:

CEREALS



DAIRY PRODUCTS



FRUITS





Today,
I'm going
by foot,
tomorrow...

ZZZZZZ
ZZZZZZ

Ana goes to school
without noticing that To is in her
schoolbag.



Ana is attentive to the Sciences lesson while To is sleeping in her school bag.

**DING!
DING!**

Come on children, it's break time.



Give it
back to me!
You should have
eaten your own
breakfast...

Miaow!
I'm
hungry!





Today we have a multisports lesson.

Ah! It's lunch time!
Ana enjoys having some time
to eat with her friends.
To licks its chops watching
its bowl.



MMMM!

UHMmmm!

This afternoon we are going to work on food families. Each group will cut the food images, gather them by family and stick them on the poster.



**DING!
DING!**

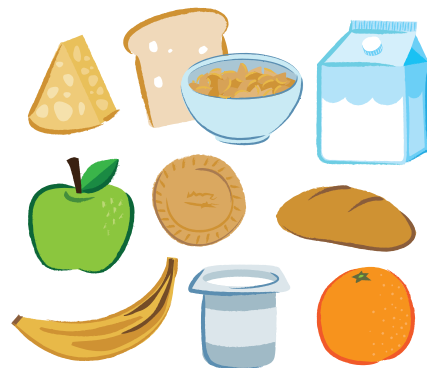
School is finished.

Hurry up and let's go to the swimming pool!

It's important to have a snack before doing some exercise. Why aren't you eating a little, To?

A snack must be composed of two or three of these options:

CEREALS / DAIRY PRODUCTS
FRUITS





Everyday after school, Ana practices some sports.



CRIC!
CRAC!
CROC!

Ana, will you crack the eggs to make the omelette?

OK, Mummy.

While they are having dinner, they are chatting about their day. To is playing with its tablet.





It's time to go to sleep. After the bedtime story read by Daddy, Ana snuggles up under its blanket. But after Daddy is gone, To, hidden under its blanket, switches on its tablet.



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