

“TAI” GOES TO THE DOCTOR...

EPISODE 1

CHILDHOOD OBESITY

**A COLOURING GUIDE
FOR KIDS**



SUMMARY

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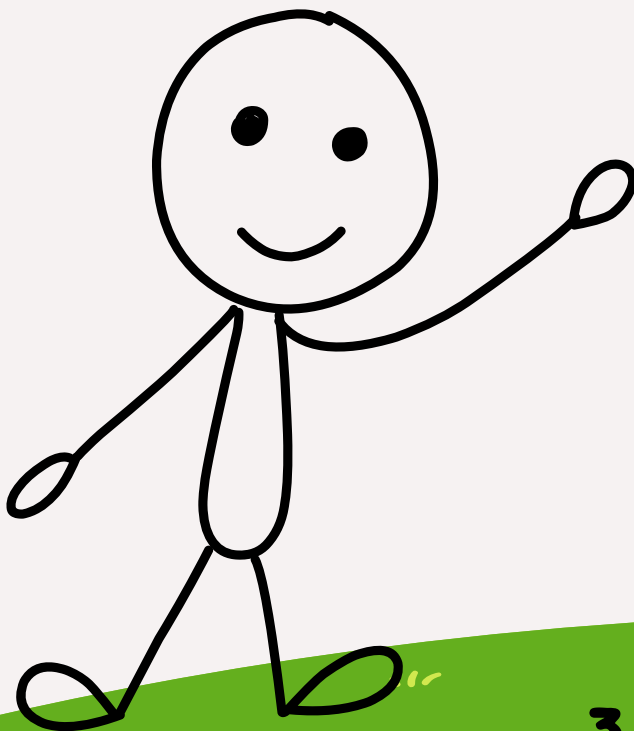
WHAT DOES IT MEAN?

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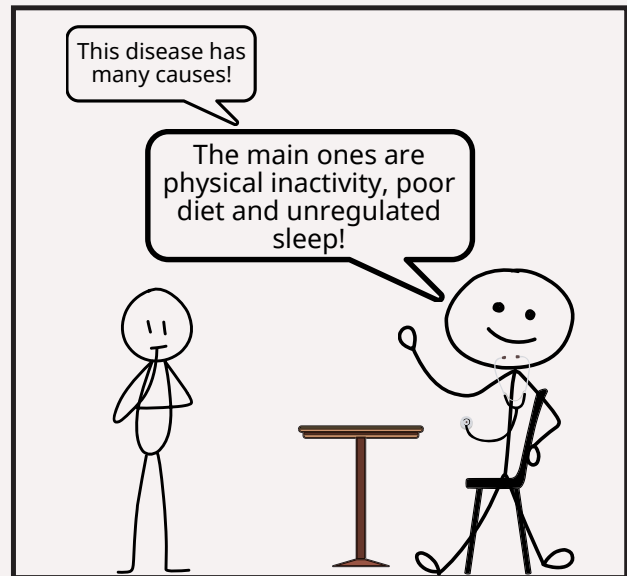
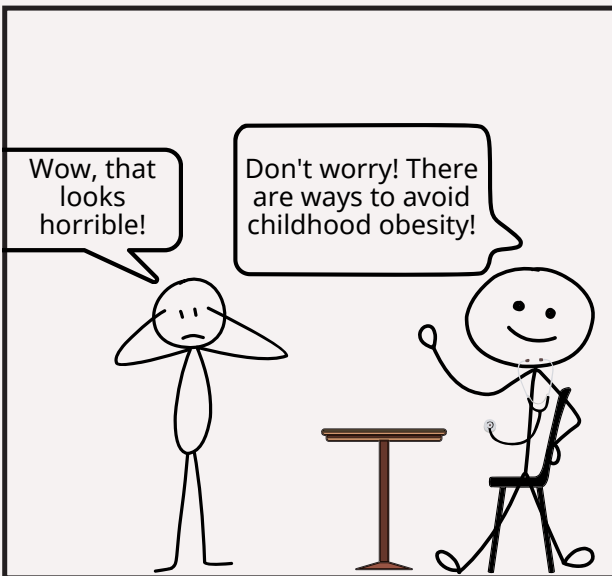
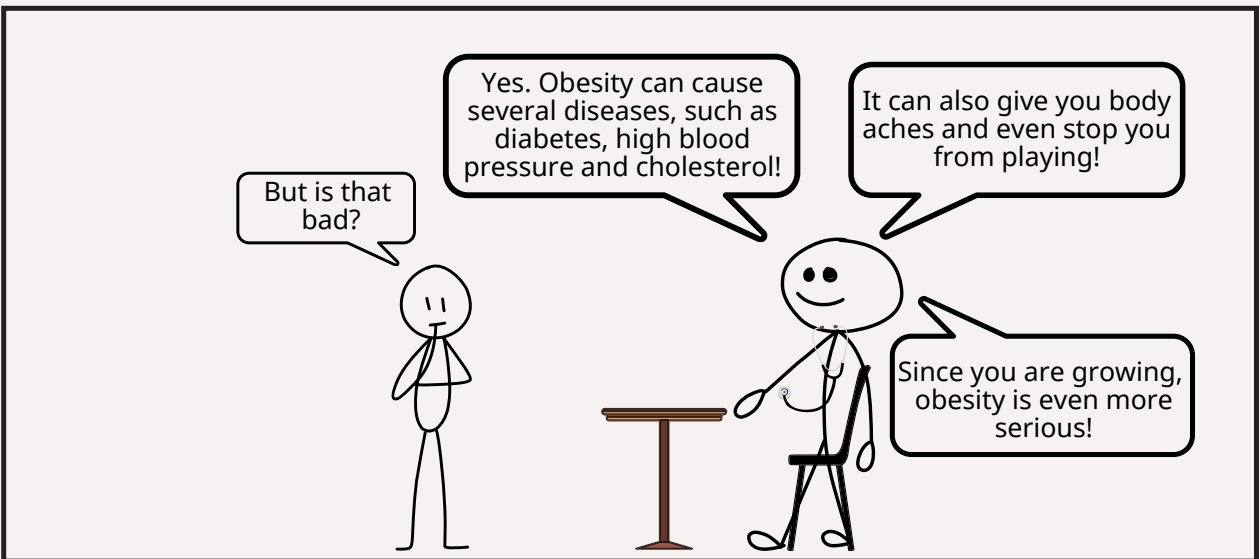
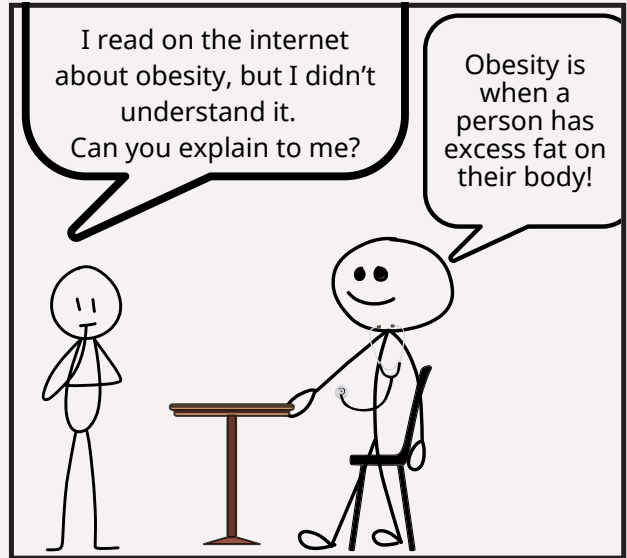
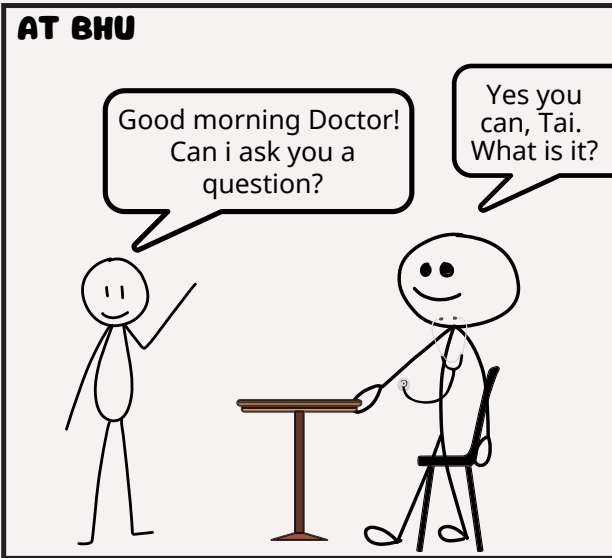
12 BIBLIOGRAPHY

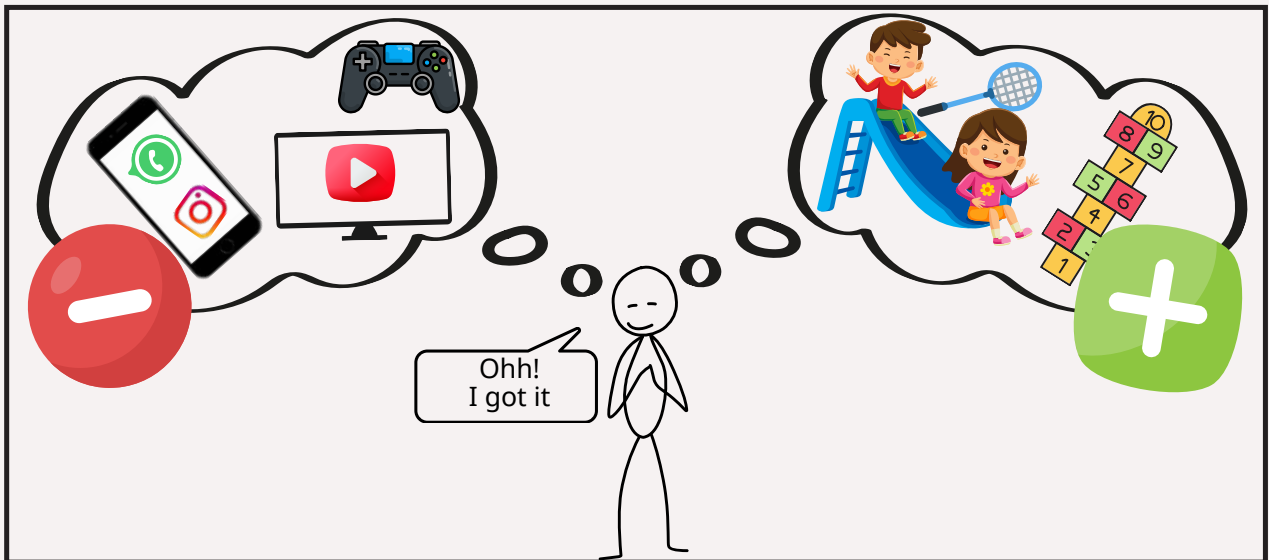
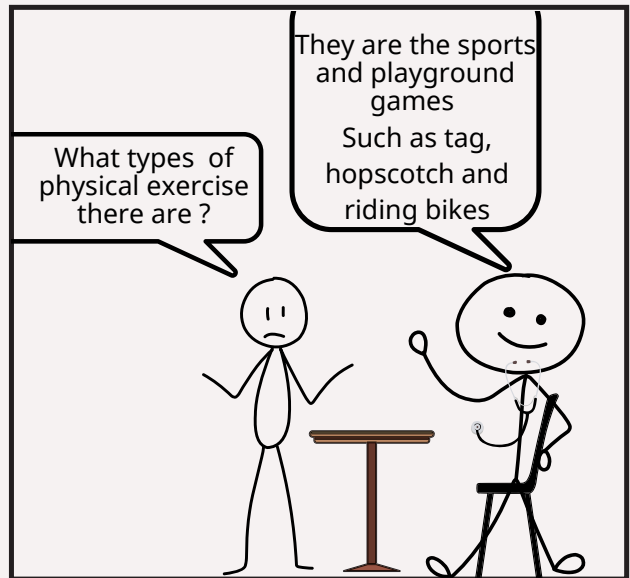
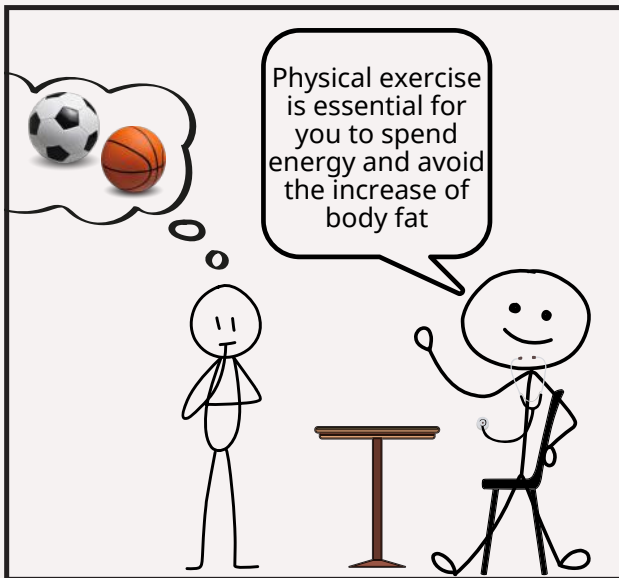
Hi, how are you?

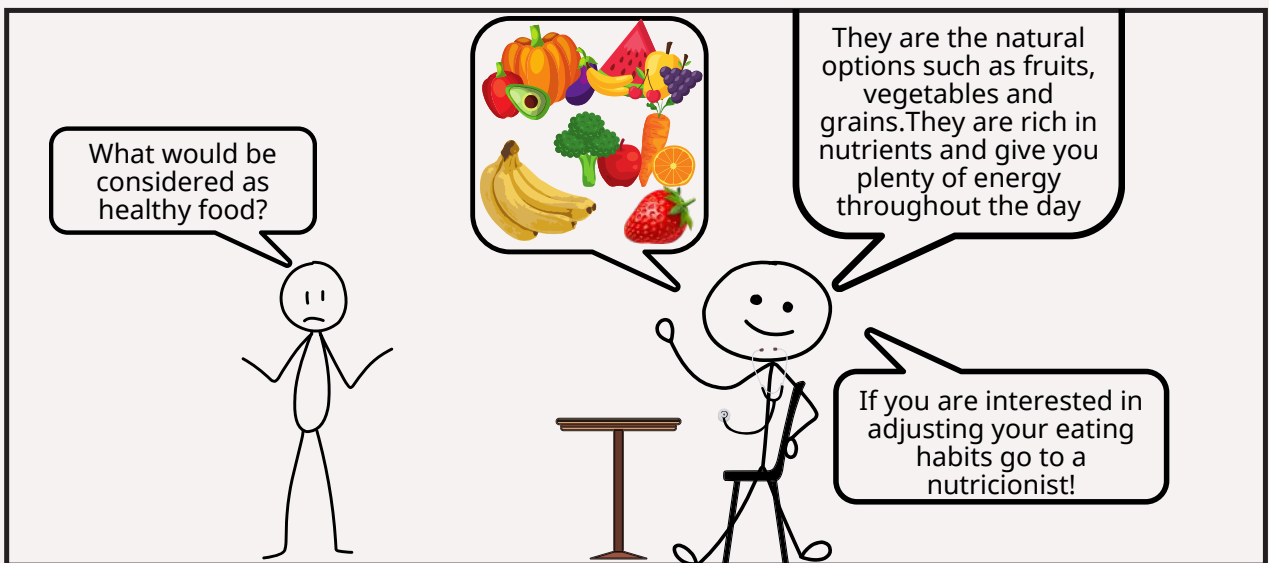
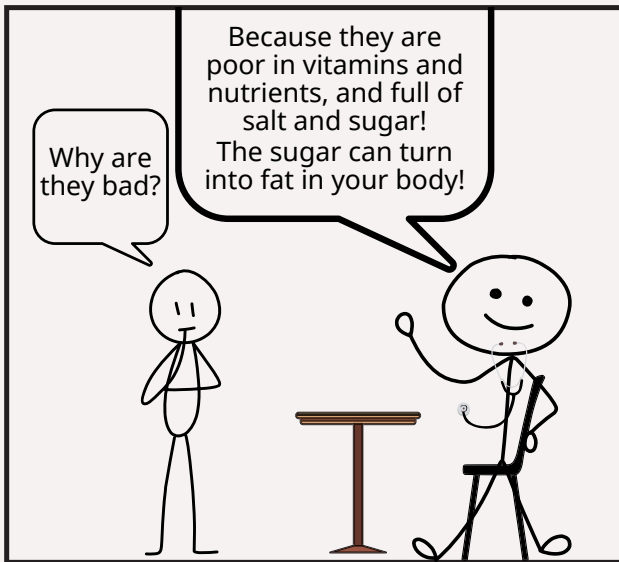
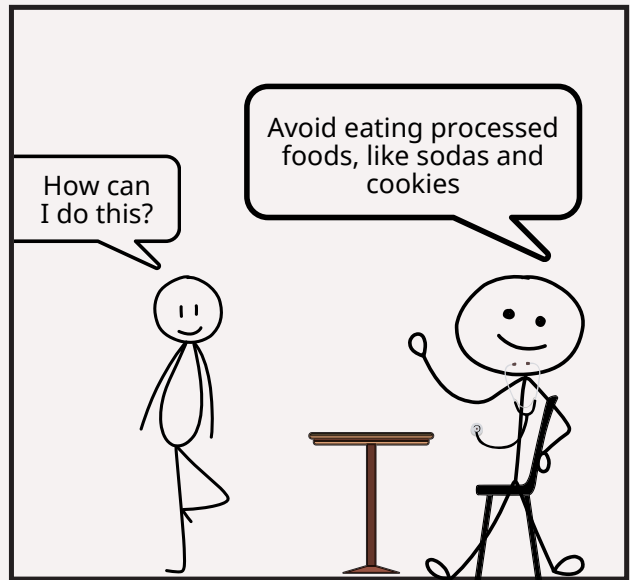
Hi, guys! my name is **Tai!**
I would like you to come with me to
my doctor's appointment
Can you join me?
Let's go!

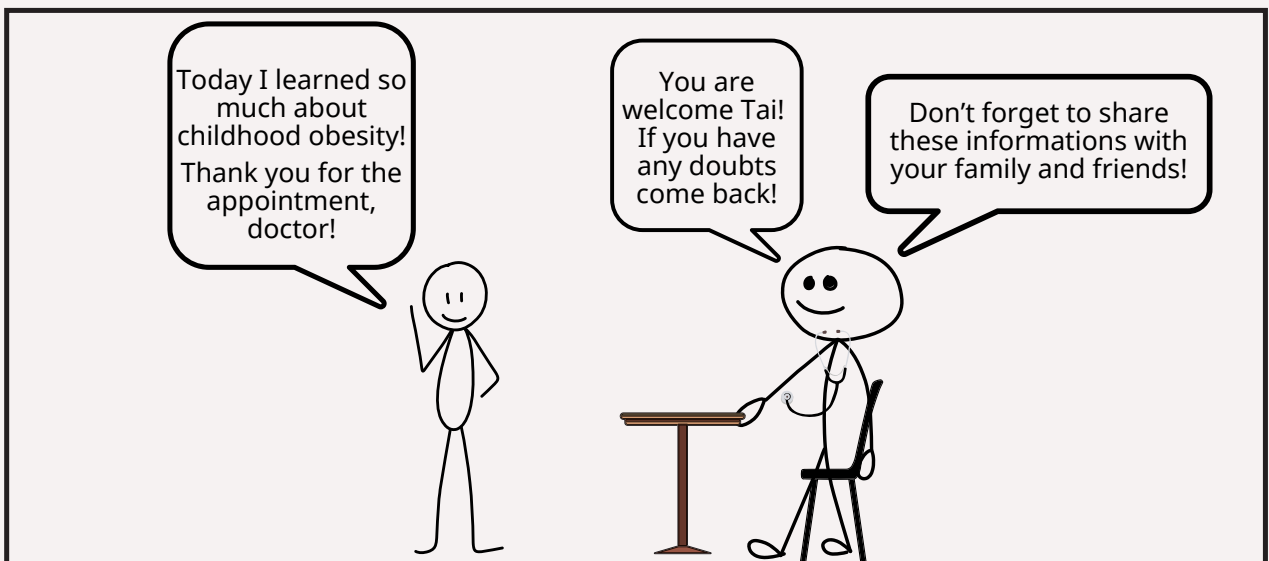
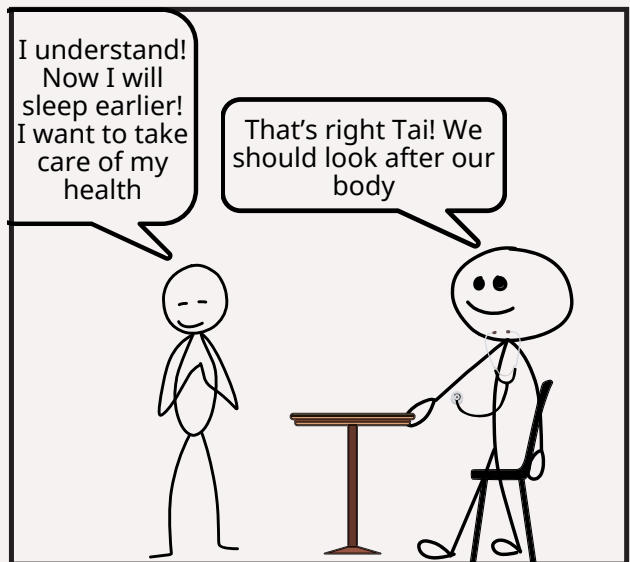
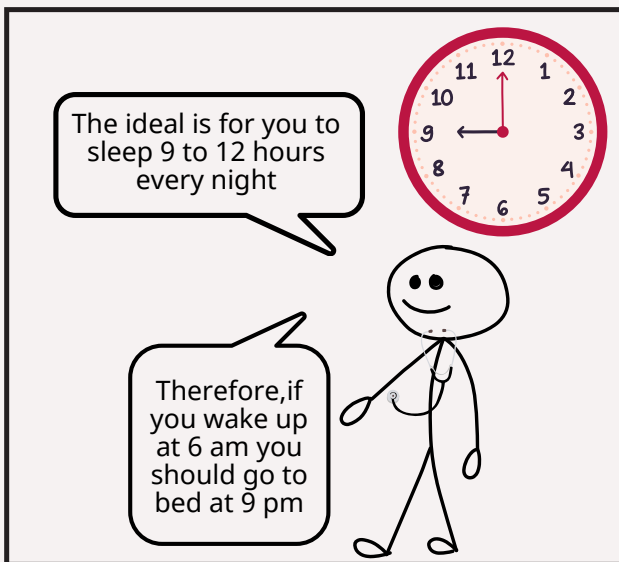
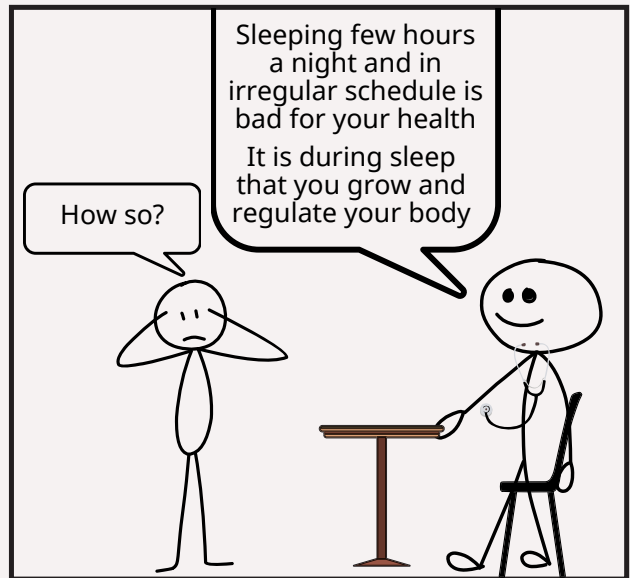


AT BHU









SEE YOU NEXT TIME!

Hey guys, did you like the appointment?
I learned plenty, what about you?
Thank you for keeping me company.
See you next time!



WORD SEARCH

Now it's up to you, guys!
Can you find the hidden words?

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| C | S | D | H | S | O | B | T | N | M | H | E |
| H | A | L | E | U | B | A | N | D | E | A | X |
| I | L | I | A | S | E | T | E | B | D | P | E |
| L | A | T | L | V | S | H | R | U | I | P | R |
| D | D | N | T | Y | I | C | A | T | C | Y | C |
| Ç | A | E | H | S | T | S | A | L | A | L | I |
| A | E | A | G | P | Y | G | D | R | L | O | S |
| S | L | E | E | P | D | S | S | S | E | P | E |
| S | E | N | I | H | E | U | S | O | S | A | O |
| S | A | N | G | N | P | L | A | Y | C | P | R |
| O | D | I | E | T | P | T | D | O | O | S | O |
| A | T | O | E | S | P | O | R | T | S | E | T |

OBESITY

EXERCISE

SPORTS

SALAD

PLAY

MEDICAL

CHILD

CARE

HAPPY

DIET

SLEEP

HEALTH



ANSWERS



OBESITY

EXERCISE

SPORTS

SALAD

PLAY

MEDICAL

CHILD

CARE

HAPPY

DIET

SLEEP

HEALTH



WHAT DOES IT MEAN?

Sedentary lifestyle:

Behavior characterized as sedentary is one in which there is a lack of physical activity. Sedentary people spend a lot of time sitting and/or lying down.

Diabetes: It is a disease in which a person has high concentrations of sugar in the blood. It can arise for several reasons, such as obesity.

High Cholesterol: When we have increased levels of a type of fat (LDL) in our blood. Over time, this fat accumulates in our vessels and can cause several serious health problems.

High blood pressure or Hypertension:

To understand what hypertension is, we must first learn the which is blood pressure: Blood pressure is the force that blood exerts to pass through our arteries. When this pressure increases beyond normal levels, we can call it hypertension, a disease that is also known as high blood pressure.

Nutrients: Substances present in foods.

They participate in various activities in our body to keep the body healthy and in balance.

Processed foods: Those that come packaged from the supermarket, such as stuffed biscuits, candies, snacks...



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geppsufs.com/pt/resources

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