

Friends Power Series 2

I live a healthy life



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FRIENDS POWER HEROES



WELCOME TO THE FRIENDS POWER SERIES 2: HEALTHY LIVING

EVERY DAY, WE ARE EXPOSED TO A LOT OF INFORMATION THAT MAY ENCOURAGE US TO ADOPT HEALTHY OR UNHEALTHY BEHAVIOURS. FOR EXAMPLE, WE ALL KNOW THAT GOOD HYGIENE PROTECTS US AGAINST INFECTIONS, SUCH AS COLDS AND STOMACH UPSETS; THAT EATING BALANCED MEALS ENSURES THE PROPER GROWTH AND DEVELOPMENT OF OUR BODY AND INTELLECTUAL CAPACITY; AND THAT BEING PHYSICALLY ACTIVE EVERY DAY, THROUGH PLAYING AND SPORT, ENSURES HEALTHY PHYSICAL AND MENTAL DEVELOPMENT. HAVING FRIENDS AND BEING COMPASSIONATE IS ALSO VERY IMPORTANT.

HOWEVER, SOMETIMES AROUND US, THERE ARE RISKS THAT PEOPLE MAY NOT BE AWARE OF. PASSIVE SMOKING FOR INSTANCE IS AS DANGEROUS AS SMOKING. THUS, ADOPTING HEALTHY HABITS IS IMPORTANT TO STAY ACTIVE AND ENJOY LIFE.

FRIENDS POWER ARE HERE TO HELP YOU KNOW MORE ABOUT THE BENEFITS OF ADOPTING HEALTHY BEHAVIOUR AND REDUCING YOUR EXPOSURE TO RISKS THAT MAY HARM YOUR HEALTH. THEY WILL ALSO GIVE YOU TIPS TO STAY HEALTHY AND TO HELP OTHERS LEAD A HEALTHY LIFE TOO.

YOU ARE ALREADY A GREAT PLANNER! EVERY DAY YOU GET YOUR HOMEWORK DONE. YOU PRACTISE YOUR SPORT AND MUSIC ON TIME. YOU PLAN WHEN AND WHERE YOU'LL MEET UP YOUR FRIENDS.

ARE YOU READY TO PUT YOUR PLANNING SKILLS TO GOOD USE? ARE YOU READY TO HELP YOUR FAMILY STAY HEALTHY AND ACTIVE?

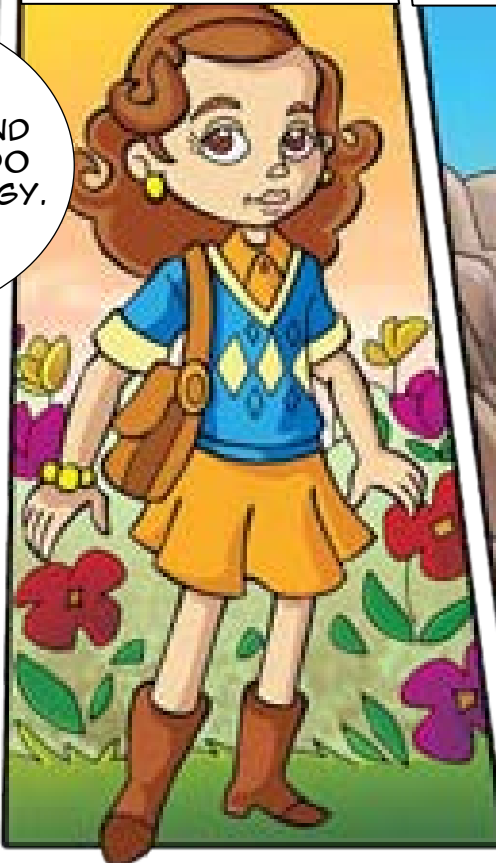
JOIN OUR ADVENTURES IN HEALTHY LIVING.

HAPPY READING,



HI, I'M KNOWL. I LIKE COMPUTERS AND ANYTHING TO DO WITH TECHNOLOGY. I'VE THREE FRIENDS.

BEVY CARES ABOUT BEHAVIOUR, FASHION AND HYGIENE.



RESPY IS VERY SPORTY AND SPEEDY IN RESPONSE TO ANY NEED.



PREP IS ALWAYS PREPARED. HE HAS A BACKPACK FULL OF USEFUL STUFF.



WE'RE A SPECIAL TEAM. WE HAVE THE POWER TO MOVE FROM PLACE TO PLACE TO HELP OUR FRIENDS.



Sabrina



**FRIENDS
POWER**

IN THE SCHOOL HALL

I'M PLEASED TO ANNOUNCE THAT OUR SCHOOL HAS QUALIFIED FOR THE FINAL OF THE INTER-SCHOOL GENERAL KNOWLEDGE QUIZ. ALL STUDENTS ARE INVITED TO COME AND CHEER OUR TEAM

WOW! WINNING THE COMPETITION WOULD BE GREAT

IT WOULD MEAN OUR SCHOOL IS THE SMARTEST IN THE CITY!

HEY GUYS, I'M HAVING A PARTY NEXT WEEK. YOU'RE COMING, RIGHT?

SURE RAWYA, WE'D LOVE TO COME

WE WON'T MISS IT

HAH! WANT A LAUGH?





I TOLD YOU, SHE'S SO DULL

I HATE SCHOOL

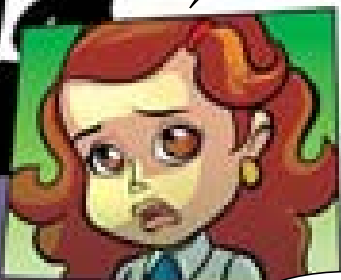


SEE THAT? WHY DO THEY KEEP BOTHERING SABRINA?



THOSE GUYS ALWAYS MAKE FUN OF HER

THEY'RE BULLYING HER AND THAT'S WRONG



2 DAYS LATER



SABRINA STILL HASN'T SHOWN UP. I HOPE SHE'S OK

WE SHOULD VISIT HER AFTER SCHOOL

IN CLASS



AT SABRINA'S HOUSE

SORRY FOR THIS SUDDEN VISIT

WE HAVEN'T SEEN SABRINA AT SCHOOL FOR TWO DAYS NOW. IS SHE OK?



I'M NOT SURE; SHE KEEPS TO HERSELF AND SPENDS A LOT OF TIME IN HER ROOM OR IN THE GARDEN

LET'S TALK TO HER

OUTSIDE IN SABRINA'S GARDEN

HEY SABRINA! HOW ARE YOU?

WHAT ARE YOU DOING HERE?

WHY AREN'T YOU COMING TO SCHOOL?

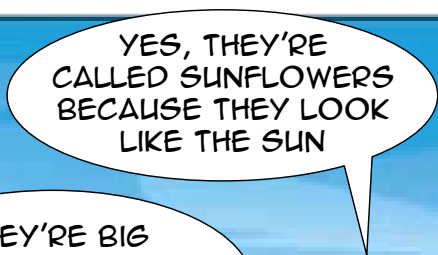
WE'VE BEEN WORRIED ABOUT YOU

I PREFER IT HERE WITH THESE FLOWERS. THEY ALWAYS SMILE AND THEY DON'T HARM ANYONE





ARE THESE SUNFLOWERS? THEY'RE HUGE?



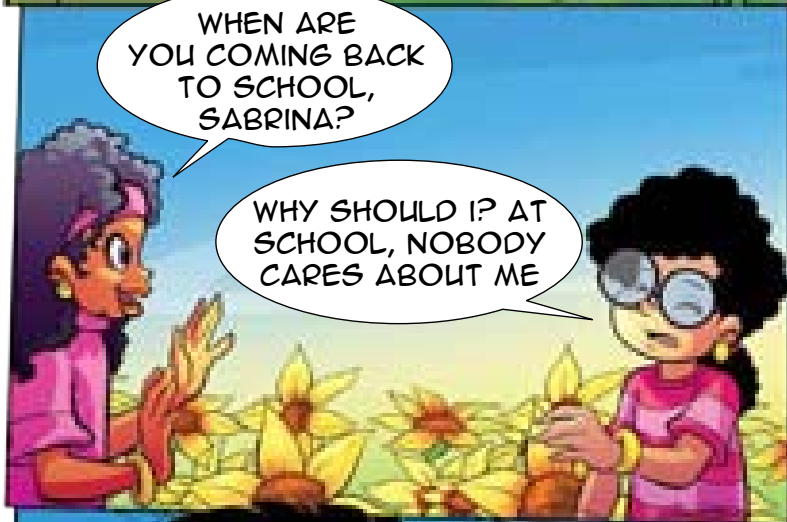
YES, THEY'RE CALLED SUNFLOWERS BECAUSE THEY LOOK LIKE THE SUN



THEY'RE BIG BUT REALLY DELICATE AND VERY SPECIAL



WOW! I DIDN'T KNOW THAT



WHEN ARE YOU COMING BACK TO SCHOOL, SABRINA?

WHY SHOULD I? AT SCHOOL, NOBODY CARES ABOUT ME



WE DO!! WE'RE YOUR FRIENDS

REALLY?



AH! I HATE CROWS, THEY SCARE ME

BUT CROWS ARE SMART BIRDS. PEOPLE ARE SCARED BECAUSE THEY DON'T KNOW THEM. CROWS PROTECT EACH OTHER WHEN ONE IS IN TROUBLE



HOW DO YOU KNOW ALL THESE THINGS, SABRINA?

I'LL SHOW YOU



IN SABRINA'S ROOM

I LOVE BOOKS AND I READ A LOT ABOUT ANIMALS AND PLANTS

SABRINA, WHY DON'T YOU PARTICIPATE IN THE INTER-SCHOOL COMPETITION NEXT WEEK. YOU'RE SURE TO WIN

NO, PEOPLE WILL LAUGH AT ME

THE NEXT WEEK

Inter-School General Knowledge Quiz

14

12

IT'S A TOUGH RACE. BOTH SCORES ARE SO CLOSE

LOOK! WHAT'S WRONG WITH SALEH?

PREP: HE LOOKS IN PAIN

IT LOOKS LIKE HE'S GOT A STOMACH-ACHE



14

12

WE'LL GO AND SEE THE SCHOOL NURSE

YOUR TEAM'S IN TROUBLE.

CAN SOMEONE REPLACE HIM?

YES, BUT YOU NEED TO BE FAST

THANKS, WE'LL BE RIGHT BACK

GUYS, LETS GO AND SEE SABRINA?

PERFECT!





SABRINA!! WE NEED YOUR HELP

IT'S ABOUT THE INTER-SCHOOL QUIZ. SALEH IS SICK. THE TEAM'S LOSING



BUT EVERYONE WILL LAUGH AT ME

REMEMBER WHAT YOU SAID ABOUT CROWS. THEY ARE SPECIAL BECAUSE THEY DON'T LET EACH OTHER DOWN

JUST LIKE YOU, YOU WON'T LET YOUR FRIENDS DOWN



ONE FOR ALL AND ALL FOR ONE, LET'S GO



SABRINA JOINS THE TEAM

14

12

15 MINUTES LATER

NOW THE FINAL QUESTION: WHICH ANIMAL DID PEOPLE LONG CONSIDER TO BE A PLANT?

20

20

THE SPONGE!



20

THAT'S CORRECT. THE WINNER IS "BABEL SCHOOL", CONGRATULATIONS!!

21

HOOR

Ay!



NEXT DAY

WE'D LIKE TO THANK SABRINA FOR AGREEING TO REPLACE SALEH AND SAVING THE DAY. SABRINA, WOULD YOU SAY FEW WORDS

THANK YOU. UNTIL TODAY, I FELT LONELY, I THOUGHT I DIDN'T HAVE ANY FRIEND; SOME OF YOU TEASE ME BECAUSE YOU THINK I'M DIFFERENT

DON'T JUDGE PEOPLE ON APPEARANCE. ALL ARE DIFFERENT AND UNIQUE; THIS IS WHAT MAKES US SPECIAL.

LATER

WHAT IS IMPORTANT IS TOLERANCE AND KINDNESS

HEY SABRINA, GREAT SPEECH. YOU SAVED THE DAY

WELL THANKS FOR INCLUDING ME AND GETTING ME BACK TO SCHOOL

AND YOU SHOWED US THE IMPORTANCE OF WORKING TOGETHER



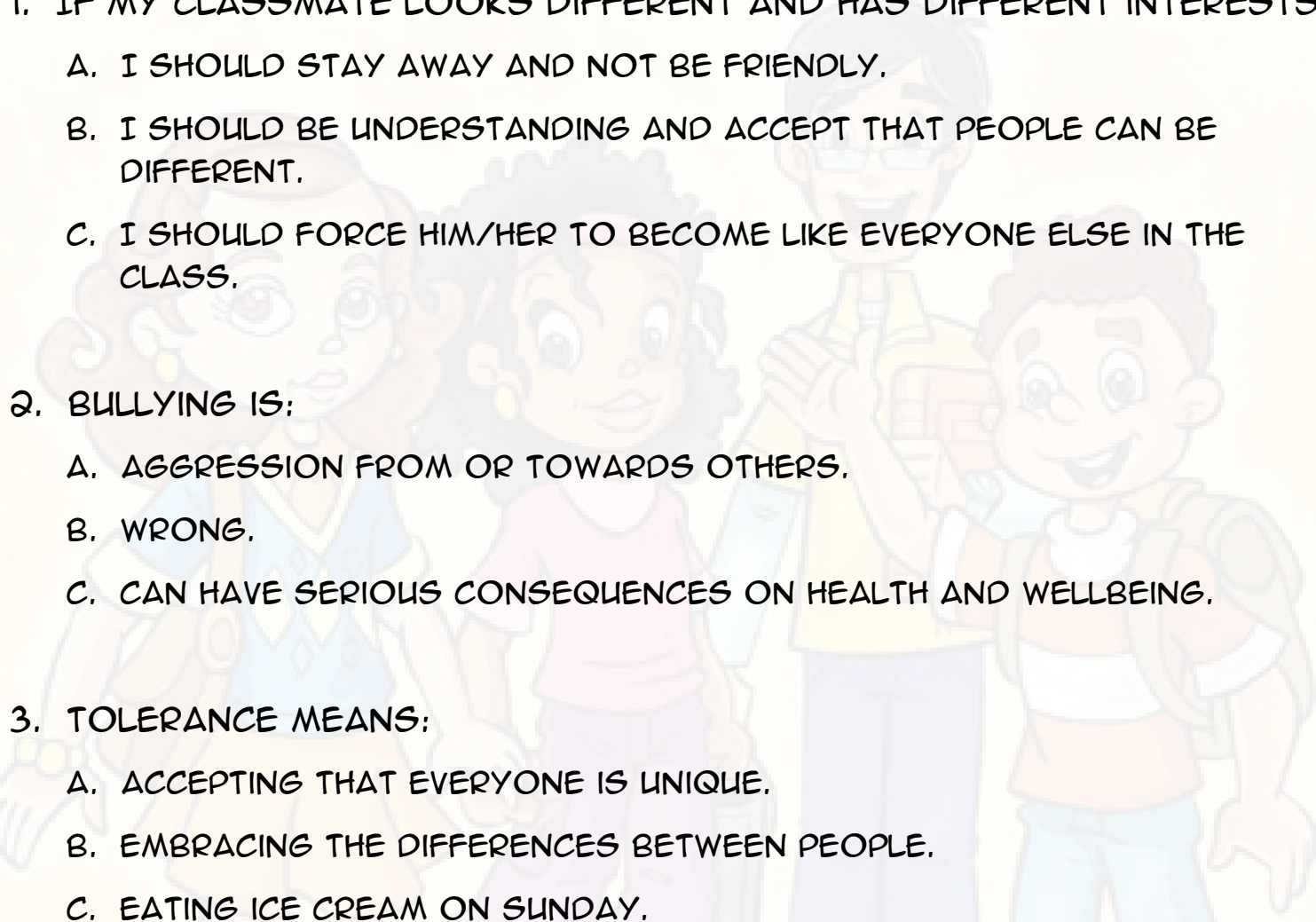
Friends Power Series 2

QUIZ 1: SABRINA

CIRCLE THE CORRECT ANSWER (THERE MIGHT BE MORE THAN ONE CORRECT ANSWER)

1. IF MY CLASSMATE LOOKS DIFFERENT AND HAS DIFFERENT INTERESTS:
 - A. I SHOULD STAY AWAY AND NOT BE FRIENDLY.
 - B. I SHOULD BE UNDERSTANDING AND ACCEPT THAT PEOPLE CAN BE DIFFERENT.
 - C. I SHOULD FORCE HIM/HER TO BECOME LIKE EVERYONE ELSE IN THE CLASS.

 2. BULLYING IS:
 - A. AGGRESSION FROM OR TOWARDS OTHERS.
 - B. WRONG.
 - C. CAN HAVE SERIOUS CONSEQUENCES ON HEALTH AND WELLBEING.

 3. TOLERANCE MEANS:
 - A. ACCEPTING THAT EVERYONE IS UNIQUE.
 - B. EMBRACING THE DIFFERENCES BETWEEN PEOPLE.
 - C. EATING ICE CREAM ON SUNDAY.
- 
- A faint, light-colored illustration of four diverse children (two girls and two boys) standing together, smiling. They are wearing various styles of clothing, including a blue dress, a pink shirt, a yellow shirt, and a striped shirt with a backpack. The illustration is positioned in the background behind the quiz questions.

ANSWERS
1. B
2. A/B/C
3. B

Clean Up Their Act



**FRIENDS
POWER**

IN THE SCHOOL YARD

I'M DOING MY ANIMAL PROJECT WITH PREP. HE LOVES WILD ANIMALS. WHO IS YOUR PARTNER, BEVY?

LAILA. SHE'S REALLY SMART AND LOVES CATS SO WE'RE GOING TO WRITE ABOUT THEM. WHICH ANIMAL WILL YOU BOYS BE WRITING ABOUT?



WE'RE WRITING ABOUT SKUNKS! STINKIEST ANIMALS ON EARTH. RIGHT, PREP?

I HAVE TO RUN ... UMMM ... FAST. CALL OF NATURE. SEE YOU GUYS IN A BIT

YUCK! THIS SMELLS WORSE THAN A SKUNK! WHY DON'T PEOPLE CLEAN UP?



I'LL BE SICK IF I USE THE TOILET IN THAT CONDITION

2 DAYS LATER

SEVEN STUDENTS ABSENT TODAY. THAT'S AS MANY AS THOSE ABSENT IN MY OTHER CLASS. I WONDER HOW WE'LL GET THE PROJECTS DONE THIS WAY



IN THE CLASSROOM

OH NO, LAILA IS ABSENT TOO. HOW AM I GOING TO DO THE PROJECT WITHOUT HER?





I TRIED CALLING HER EARLIER BUT SHE DIDN'T ANSWER HER PHONE. DON'T WORRY, BEVY, WE'LL GO AND CHECK ON HER AFTER SCHOOL

I'M HUNGRY YOU GUYS. WHY DON'T WE GO TO THE "CORNER CAFE" FOR SOMETHING TO EAT BEFORE GOING TO VISIT LAILA

YUM. GREAT IDEA!

AT THE CORNER CAFE



THE MAYOR WILL MAKE AN ANNOUNCEMENT ABOUT THE SITUATION ON THE 6 O'CLOCK NEWS



PERHAPS SHE'LL CLOSE THE SCHOOLS BECAUSE EVERYBODY'S GETTING SICK. AT LEAST I WOULDN'T HAVE TO DO MY HOMEWORK

BUT WHAT ABOUT OUR PROJECTS? I WANTED TO SHOW EVERY ONE HOW CLEAN CATS ARE



GREAT FOOD. I'M GOING TO WASH MY HANDS. SEE YOU GUYS IN A MINUTE

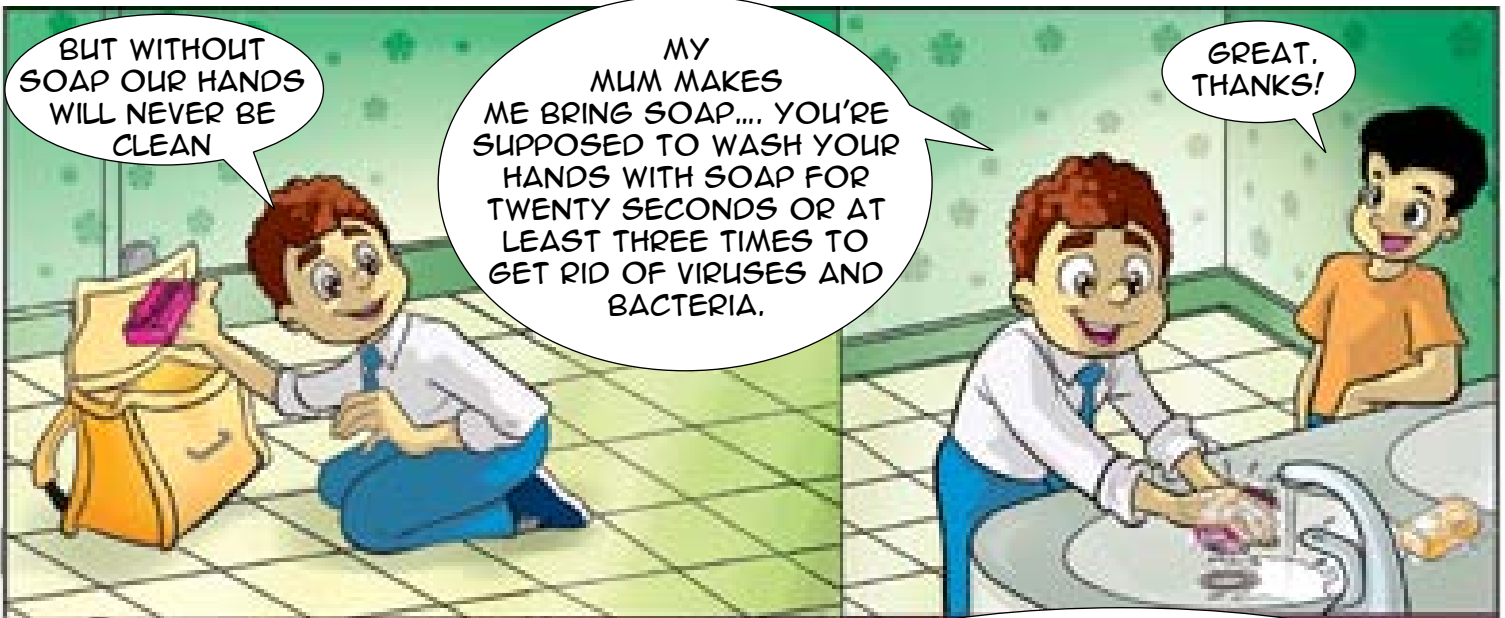
SAME HERE



HAS ANYBODY SEEN THE SOAP?

NO, THERE ISN'T ANY. YOU CAN JUST WASH YOUR HANDS WITH WATER





BUT WITHOUT SOAP OUR HANDS WILL NEVER BE CLEAN

MY MUM MAKES ME BRING SOAP.... YOU'RE SUPPOSED TO WASH YOUR HANDS WITH SOAP FOR TWENTY SECONDS OR AT LEAST THREE TIMES TO GET RID OF VIRUSES AND BACTERIA.

GREAT. THANKS!



ARE YOU GIRLS USING THE SAME TOWEL?

YES. THAT'S WHAT EVERYBODY DOES

BUT IF SOMEONE IS SICK, THEY WILL TRANSFER DISEASE TO OTHERS ON THE TOWEL. HERE, USE THESE TISSUES INSTEAD, THEN THROW THEM AWAY IN THE BIN



URGH - WHAT A SMELL...





THE TOILETS ARE FILTHY! MAYBE THAT'S WHY EVERYBODY'S GETTING SICK AND MISSING SCHOOL

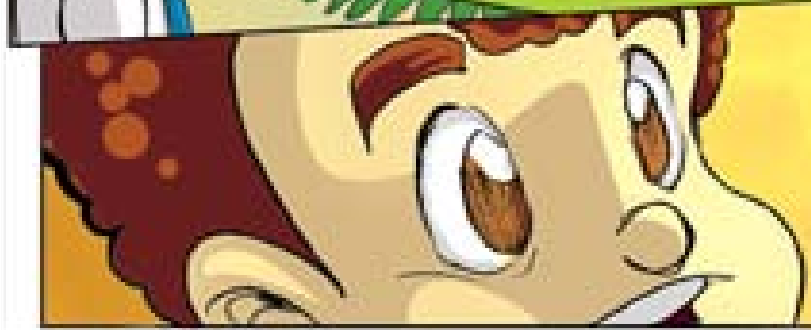
LET'S GO AND SEE HOW LAILA IS

LATER AT LAILA'S HOUSE



HOW ARE YOU FEELING LAILA?

I'VE GOT DIARRHOEA. THE DOCTOR SAID I CAUGHT SOMETHING BECAUSE I WASN'T CAREFUL AND USED SOMETHING THAT WASN'T CLEAN



YEAH. EVERYTHING'S FILTHY THESE DAYS. THE SCHOOL TOILETS AND THE CAFE RESTROOMS. NO WONDER EVERYBODY'S GETTING SICK



ALL IT TAKES IS A LITTLE BIT OF HAND WASHING WITH SOAP BEFORE AND AFTER EATING, AND KEEPING THE TOILETS CLEAN. THAT CAN'T BE TOO HARD TO DO

WHY DON'T WE ASK THE MAYOR TO START A HYGIENE CAMPAIGN!

THIS IS A MISSION FOR FRIENDS POWER!



MADAM MAYOR, WE HAVE A GREAT IDEA

CAN'T STOP NOW. I HAVE TO CLOSE SCHOOLS, RESTAURANTS, AND OTHER PUBLIC PLACES BEFORE MORE PEOPLE GET SICK



BUT WE KNOW HOW TO PREVENT PEOPLE FROM GETTING SICK. WE JUST NEED A CAMPAIGN ON GOOD HYGIENE TO TEACH PEOPLE HOW TO PROTECT THEMSELVES AND OTHERS

THAT MIGHT NOT BE A BAD IDEA. THIS WILL HELP US KEEP THE SCHOOLS AND RESTAURANTS OPEN WITHOUT PEOPLE GETTING SICK ...

AND I'LL BE ABLE TO DO MY PROJECT!

AND I'LL HAVE TO DO MY HOMEWORK!

EVERYBODY WILL HAVE TO HELP OUT IN THE CAMPAIGN BECAUSE IT'S EVERYBODY'S RESPONSIBILITY TO KEEP THINGS CLEAN ...

HANDS MUST BE WASHED PROPERLY WITH SOAP BEFORE AND AFTER USING THE TOILET

TOILETS AT RESTAURANTS MUST BE KEPT CLEAN SO THAT CUSTOMERS DON'T INFECT EACH OTHER

AND THAT'S WHAT CATS DO. THEY KEEP THEIR FUR CLEAN BY LICKING THEMSELVES



Friends for a Healthy Life 2

QUIZ 2: CLEAN UP THEIR ACT

CIRCLE THE CORRECT ANSWER (THERE MIGHT BE MORE THAN ONE CORRECT ANSWER)

1. AFTER USING THE TOILET, YOU SHOULD:
 - A. WASH YOUR HANDS WITH WATER.
 - B. WASH YOUR HANDS WITH WATER AND SOAP.
 - C. CLEAN YOUR HANDS WITH A TOWEL ONLY.

2. YOUR HANDS ARE CONSIDERED CLEAN WHEN YOU:
 - A. WASH THEM WITH WATER AND SOAP FOR 20 SECONDS OR AT LEAST THREE TIMES.
 - B. WASH THEM WITH SOAP AND WATER ONCE FOR 5 SECONDS.
 - C. WASH THEM WITH WATER ONLY FOR 10 SECONDS.

3. UNCLEAN HANDS CAN:
 - A. CAUSE NO PROBLEMS FOR HEALTH.
 - B. SPREAD VIRUSES AND BACTERIA.
 - C. CAUSE DIARRHOEA .

4. WHEN YOU USE THE SAME TOWEL AS OTHERS, YOU:
 - A. CAUSE NO PROBLEMS FOR HEALTH.
 - B. INCREASE THE CHANCES OF SPREADING VIRUSES AND BACTERIA.
 - C. SAVE MONEY FOR THE SCHOOL.

Killer Smoke



**FRIENDS
POWER**

IN ALY'S HOUSE

TAKE THIS!
I'M GOING TO
BEAT YOU



HUHH, I
CAN HARDLY
BREATHE



I KNOW,
THE ROOM IS
FULL OF SMOKE.
LET'S GO TO THE
CLUB, IT'S OUTDOORS
AND WE CAN PLAY
BASKETBALL

DAD.,
CAN WE GO TO
THE CLUB TO PLAY
BASKETBALL?



SURE, ALY.
I'LL DRIVE YOU
THERE

ARE WE GOING
TO BE INSIDE THE CAR
WITH ALL THAT SMOKE?
ALY'S FATHER SMOKES
LIKE A CHIMNEY!



WE'LL OPEN
THE CAR WINDOWS
AND KEEP THE AIR
FLOWING.



10 MINUTES LATER



THANK YOU FOR DRIVING US, MR MOKHTAR

HE SMOKES TOO MUCH. I WISH WE HAD WALKED TO THE CLUB!

RUN THIS WAY. BLOCK HER.

ALY ARE YOU OK?

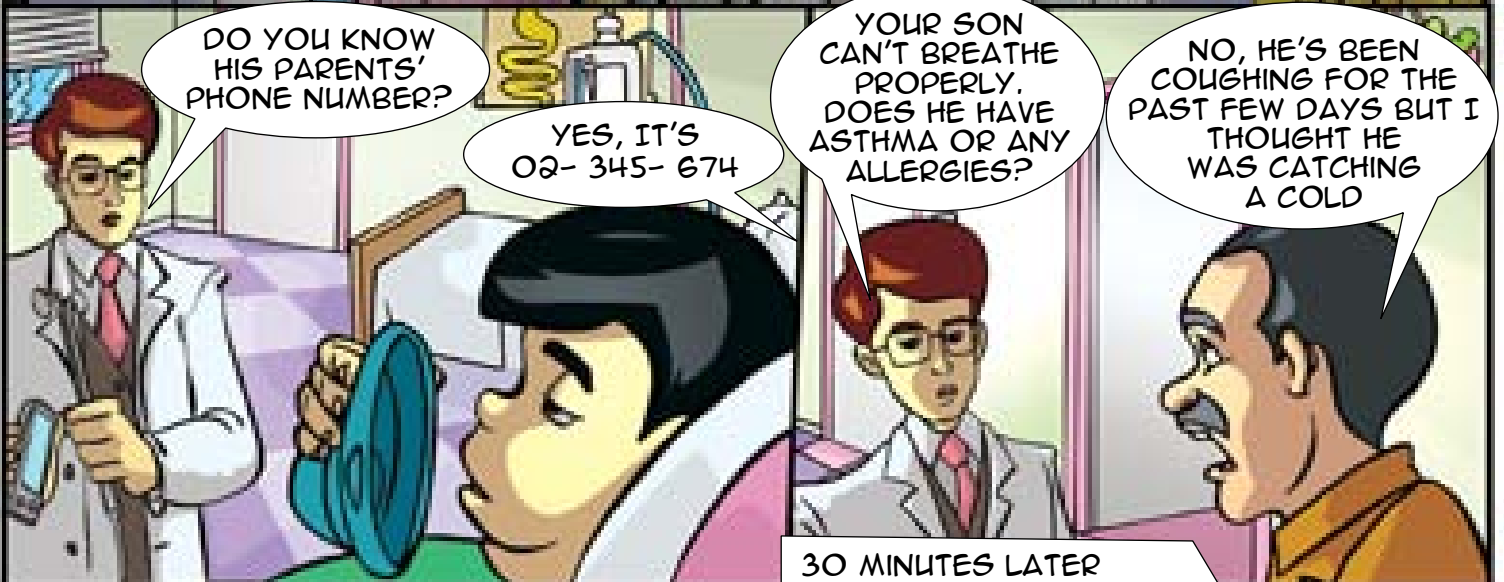
WE'D BETTER TAKE HIM TO THE CLINIC



CLINIC

DID ALY HAVE BREATHING PROBLEMS BEFORE?

WE DON'T KNOW. HE WAS FINE BEFORE WE PLAYED BASKETBALL



DO YOU KNOW HIS PARENTS' PHONE NUMBER?

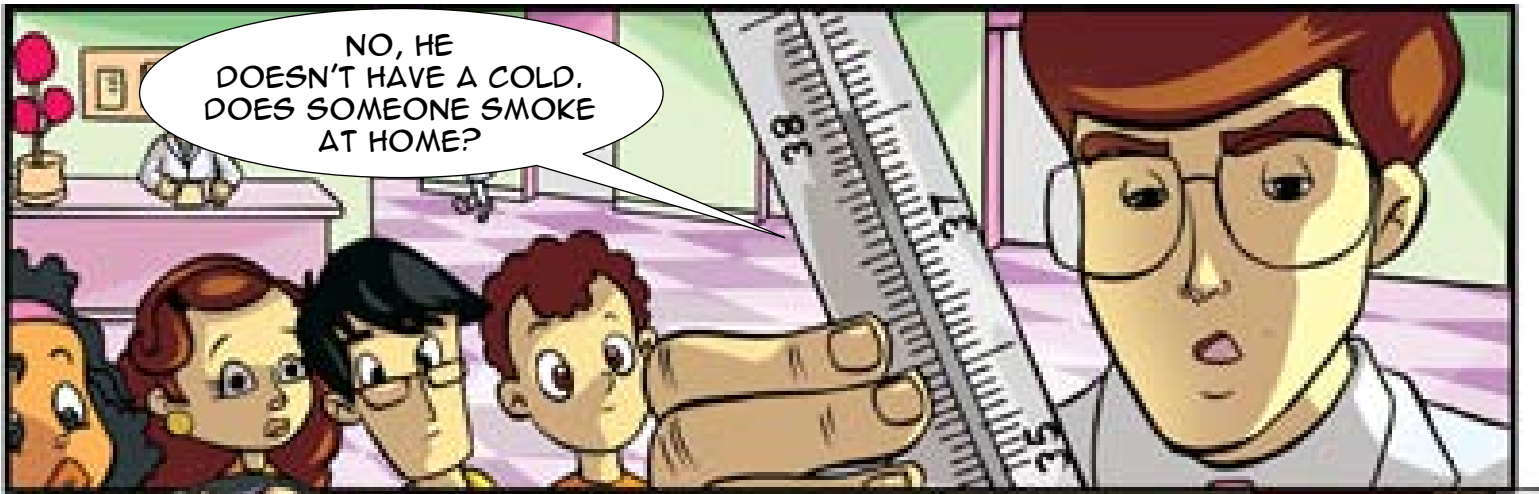
YES, IT'S 02- 345- 674

YOUR SON CAN'T BREATHE PROPERLY. DOES HE HAVE ASTHMA OR ANY ALLERGIES?

NO, HE'S BEEN COUGHING FOR THE PAST FEW DAYS BUT I THOUGHT HE WAS CATCHING A COLD

30 MINUTES LATER





NO, HE DOESN'T HAVE A COLD. DOES SOMEONE SMOKE AT HOME?



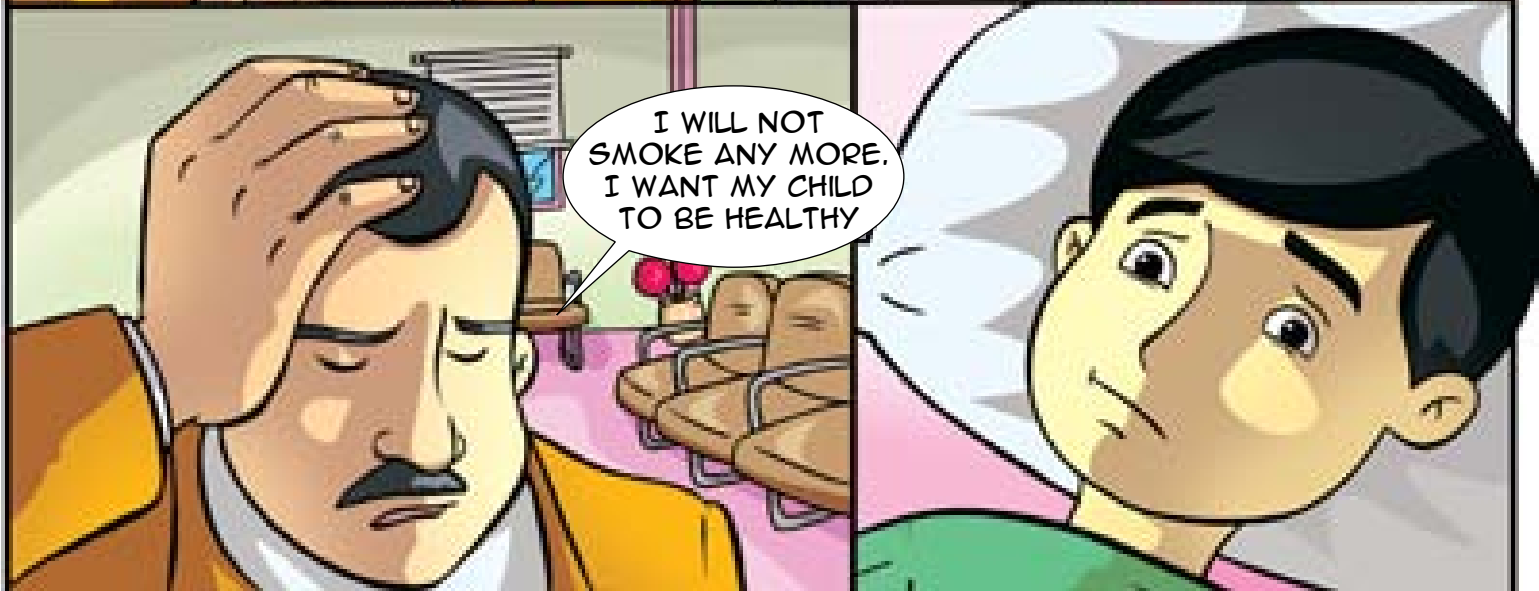
YES, I DO!

WHEN YOU SMOKE NEAR OTHERS, THEY BREATHE THE SMOKE IN. IT'S CALLED PASSIVE SMOKING. IT'S VERY DANGEROUS, ESPECIALLY FOR CHILDREN.



I DIDN'T KNOW ABOUT PASSIVE SMOKING. I ALWAYS THOUGHT THE SMOKE FLEW AWAY

TOBACCO KILLS SMOKERS AND PEOPLE AROUND THEM



I WILL NOT SMOKE ANY MORE. I WANT MY CHILD TO BE HEALTHY



FRIENDS POWER AT THE LIBRARY



I'M WORRIED ABOUT MR MOKHTAR. WE SHOULD KEEP HIM BUSY

WE COULD GET HIM A CANARY. I KNOW HE LOVES BIRDS AND IT WILL MAKE HIM FORGET SMOKING

VERY GOOD IDEA. LET'S DO THAT

NEXT DAY



MR MOKHTAR WE HAVE A PRESENT FOR YOU, WE HOPE YOU LIKE IT

CHILDREN, IT'S SO BEAUTIFUL. HOW DID YOU KNOW I LOVE BIRDS?





A WEEK LATER

HI ALY, DOES YOUR DAD LIKE HIS BIRD?

VERY MUCH. HE NAMED IT BIRDY AND ENJOYS HIS SINGING.

COOL!



A FEW DAYS LATER

OOOF

OH HE

OH HE



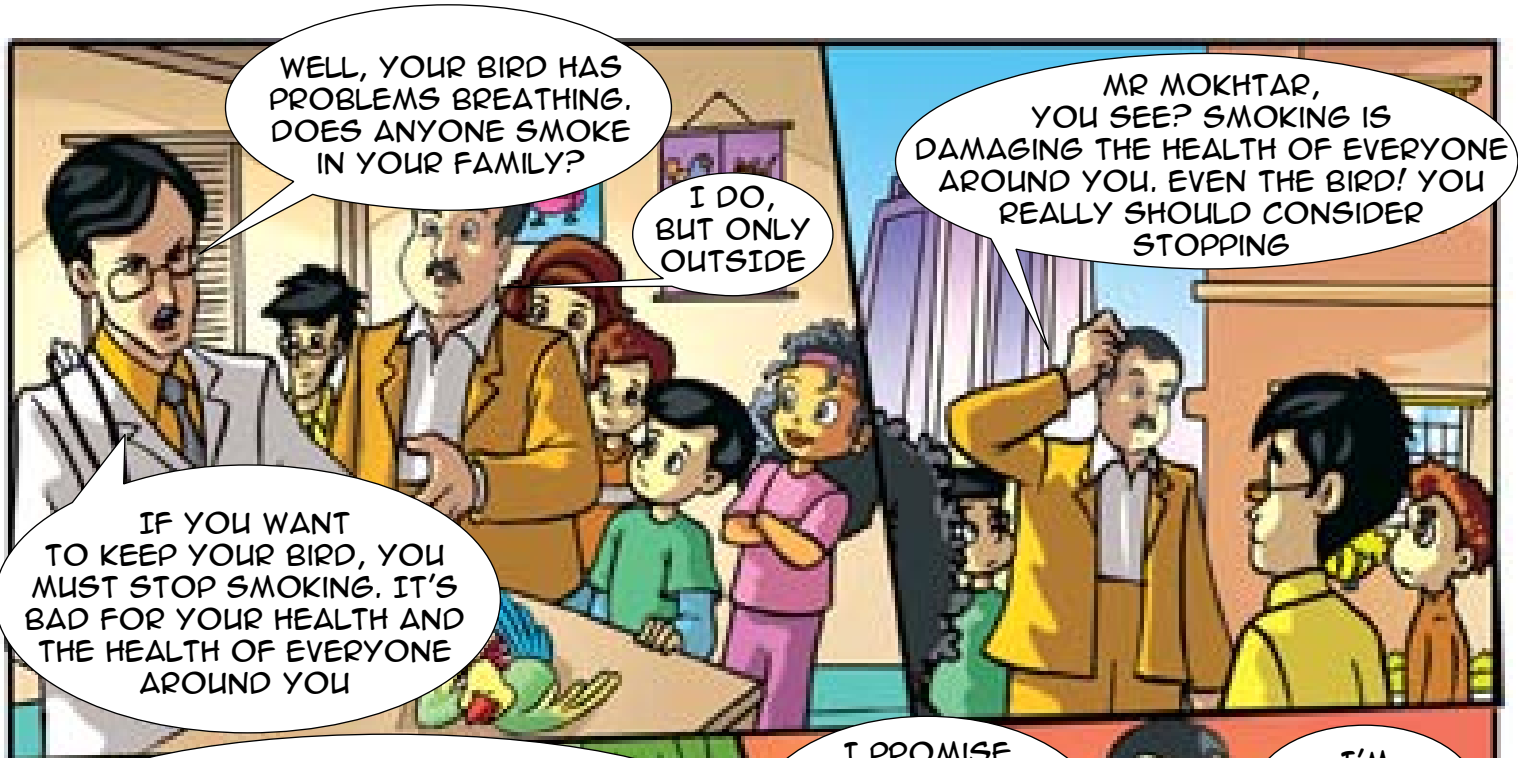
BIRDY HAS NOT BEEN SINGING FOR TWO DAYS NOW...I'M NOT SURE WHY

WHAT'S HAPPENING?

WE'RE TAKING BIRDY TO THE VET HE'S NOT WELL

LET'S TAKE HIM TO THE VET





WELL, YOUR BIRD HAS PROBLEMS BREATHING. DOES ANYONE SMOKE IN YOUR FAMILY?

I DO, BUT ONLY OUTSIDE

IF YOU WANT TO KEEP YOUR BIRD, YOU MUST STOP SMOKING. IT'S BAD FOR YOUR HEALTH AND THE HEALTH OF EVERYONE AROUND YOU

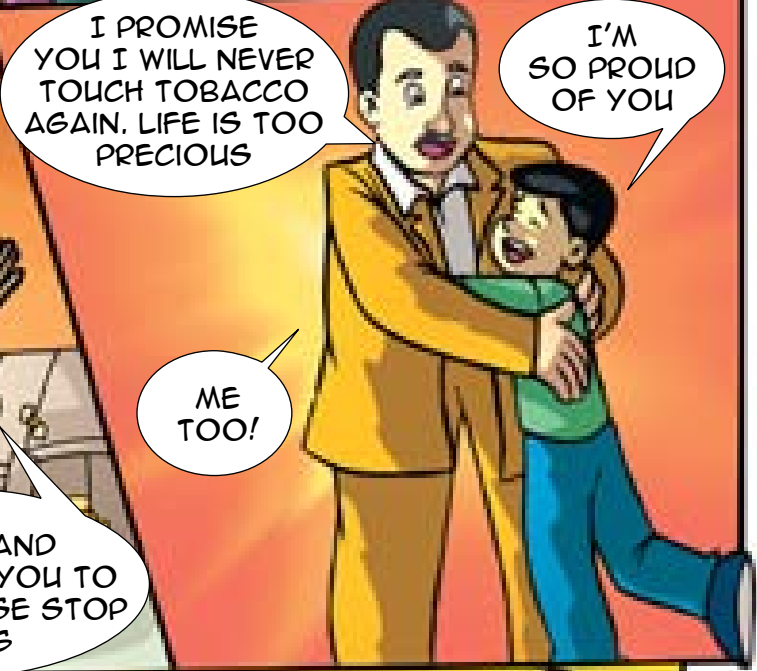
MR MOKHTAR, YOU SEE? SMOKING IS DAMAGING THE HEALTH OF EVERYONE AROUND YOU. EVEN THE BIRD! YOU REALLY SHOULD CONSIDER STOPPING



WHEN YOU START SMOKING YOU THINK IT'S A PLEASURE BUT ALL YOU DO IS HARM YOURSELF AND PEOPLE YOU LOVE

RIGHT. SMOKING IS A DEADLY HABIT

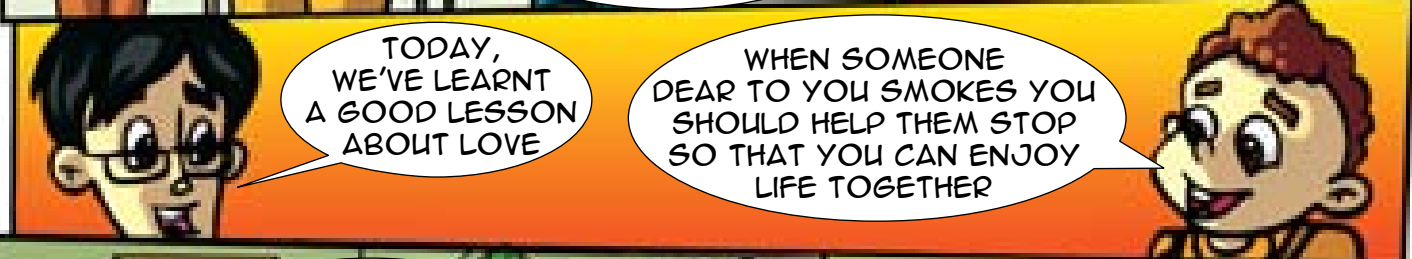
DAD, I LOVE YOU AND I DON'T WANT YOU TO GET SICK. PLEASE STOP SMOKING



I PROMISE YOU I WILL NEVER TOUCH TOBACCO AGAIN. LIFE IS TOO PRECIOUS

I'M SO PROUD OF YOU

ME TOO!



TODAY, WE'VE LEARNT A GOOD LESSON ABOUT LOVE

WHEN SOMEONE DEAR TO YOU SMOKES YOU SHOULD HELP THEM STOP SO THAT YOU CAN ENJOY LIFE TOGETHER



PASSIVE SMOKING IS DANGEROUS.

SMOKING IS SO NOT COOL, AND THE SMELL - UGH!!

TELL YOUR FRIENDS AND FAMILY- TOBACCO KILLS



Friends Power Series 2

QUIZ 3: KILLER SMOKE

CIRCLE THE CORRECT ANSWER (THERE MIGHT BE MORE THAN ONE CORRECT ANSWER)

1. SMOKING IS:

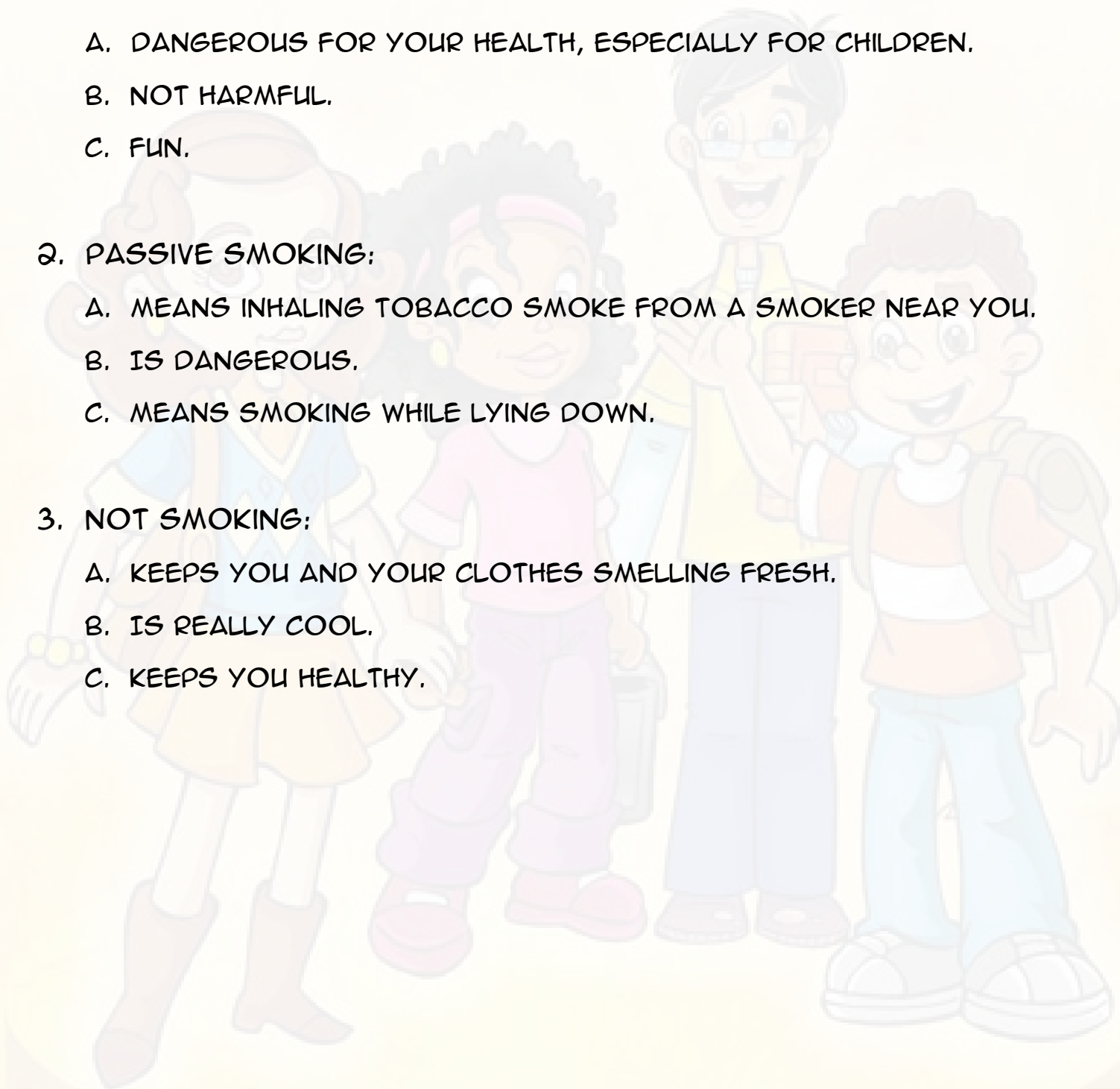
- A. DANGEROUS FOR YOUR HEALTH, ESPECIALLY FOR CHILDREN.
- B. NOT HARMFUL.
- C. FUN.

2. PASSIVE SMOKING:

- A. MEANS INHALING TOBACCO SMOKE FROM A SMOKER NEAR YOU.
- B. IS DANGEROUS.
- C. MEANS SMOKING WHILE LYING DOWN.

3. NOT SMOKING:

- A. KEEPS YOU AND YOUR CLOTHES SMELLING FRESH.
- B. IS REALLY COOL.
- C. KEEPS YOU HEALTHY.



ANSWERS
1. A
2. A/B
3. A/B/C

The Race



**FRIENDS
POWER**

BABEL CITY IS ORGANIZING A RACE IN 3 MONTHS

HEY JASSEM,
WE SHOULD DO
THIS TOGETHER AND
WE COULD ASK PREP
TO JOIN US

I DON'T
THINK SO. I'M NOT
REALLY FIT. PLUS MY
PARENTS ARE UPSET
WITH ME... MY SCHOOL
MARKS HAVE GONE
DOWN

LOOK
AT THE PRIZE!
WE COULD REALLY
MAKE USE
OF IT

WHAT PRIZE?
LET ME SEE. WOW I'M
GOING FOR IT. BUT I
SHOULD TRAIN

TOMORROW
LET'S MEET AT 7 AM FOR
JOGGING AT THE CLUB NEAR
MY HOUSE

NEXT MORNING

DEAL!
SEE YOU
TOMORROW
7 AM SHARP

JASSEM,
YOU'RE RUNNING
TOO FAST... YOU
WON'T LAST
FOR ONE
HOUR

DON'T WORRY
I'M FINE

5 MINUTES LATER

WELL
I TOLD YOU TO
START SLOWLY... YOU
LEFT LIKE A SPACE
SHUTTLE

I CAN'T GO ON
ANY FURTHER! I CAN
HARDLY BREATHE. LOOK
AT YOU, YOU LOOK SO
FRESH!

OF COURSE,
I EXERCISE EVERY
DAY FOR 60 MINUTES.
IT'S IMPORTANT FOR
YOUR BODY AND
MIND



NEXT MORNING

THAT'S EASY FOR YOU TO SAY, WHERE I LIVE THERE ARE NO SPORTS FACILITIES

OK BUT THERE'S A PLAYGROUND

A VERY OLD ONE THAT NEEDS REPAIRING



I HAVE AN IDEA! IF WE WIN THIS RACE, WE COULD DONATE THE PRIZE MONEY TO RENOVATE THE PLAYGROUND

GREAT IDEA! LET'S KEEP JOGGING... BUT START SLOWLY THIS TIME!



AFTERNOON

AFTER ALL THIS MORNING'S TRAINING I'M SO HUNGRY

AGHH WHAT KIND OF FOOD IS THAT!?

I LOVE BURGERS AND FRENCH FRIES

REGULAR BALANCED MEALS HELP YOU STAY FIT



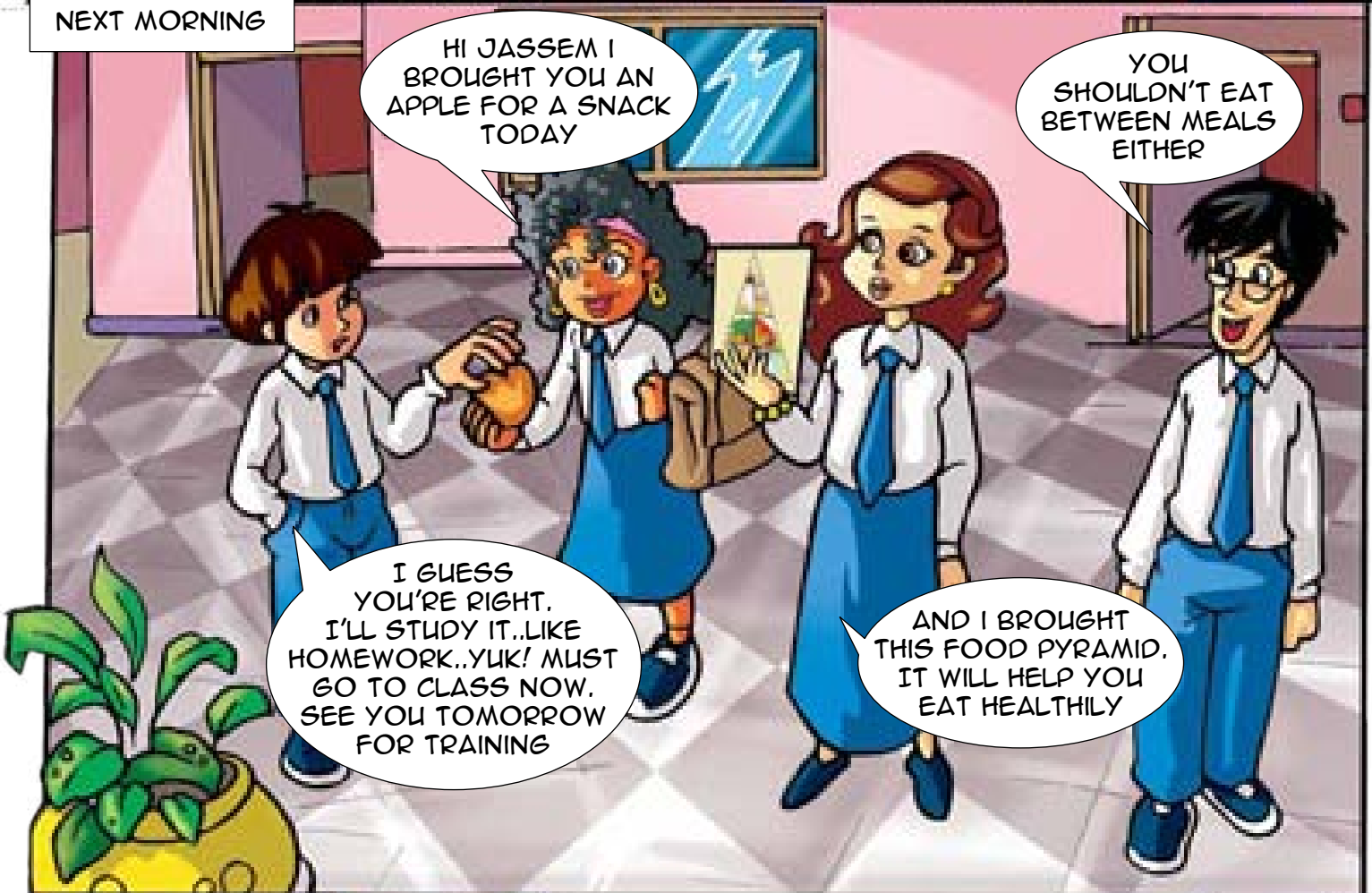


FAST FOOD MIGHT TASTE DELICIOUS, BUT IT'S REALLY UNHEALTHY, FULL OF FAT, SALT AND SUGAR

YOU AND YOUR HEALTH ADVICE, COME ON, GIVE ME A BREAK

WE SHOULD EAT FIVE PORTIONS OF FRUIT AND VEGETABLES EVERYDAY

NEXT MORNING



HI JASSEM I BROUGHT YOU AN APPLE FOR A SNACK TODAY

YOU SHOULDN'T EAT BETWEEN MEALS EITHER

I GUESS YOU'RE RIGHT, I'LL STUDY IT..LIKE HOMEWORK..YUK! MUST GO TO CLASS NOW, SEE YOU TOMORROW FOR TRAINING

AND I BROUGHT THIS FOOD PYRAMID, IT WILL HELP YOU EAT HEALTHILY



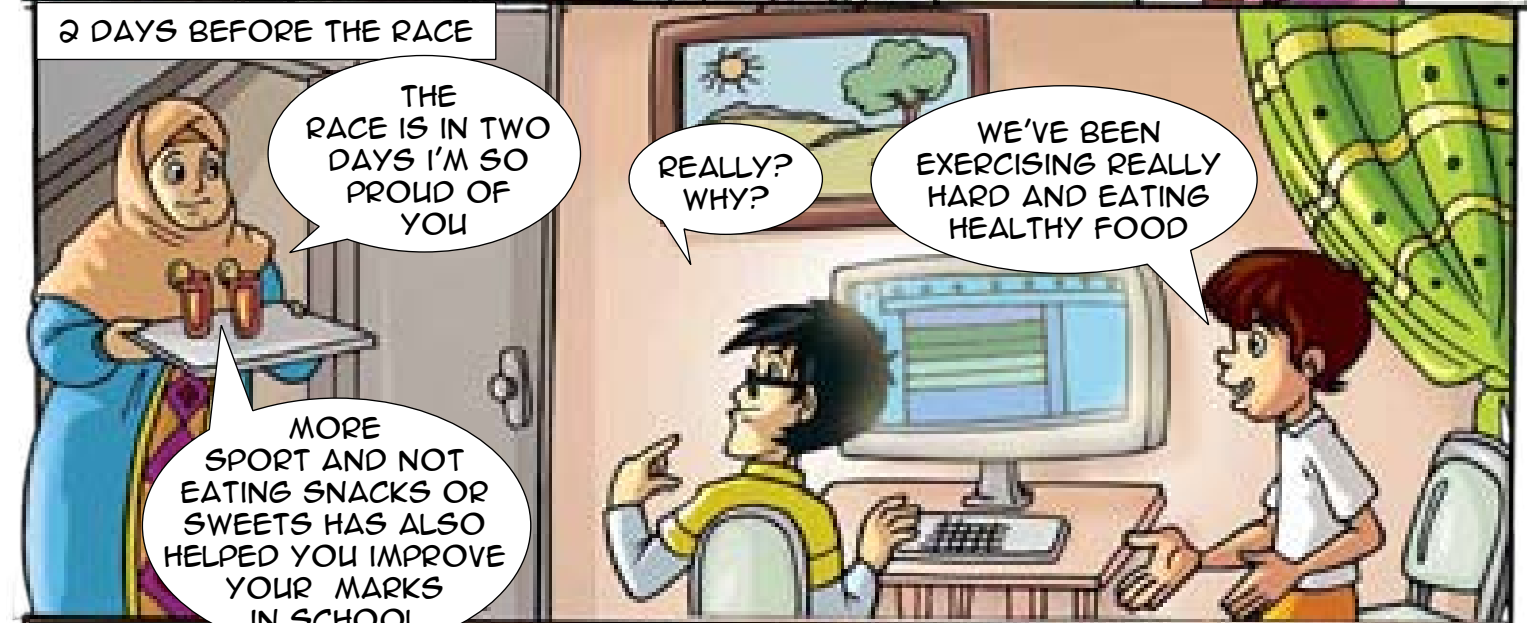
FOR 3 MONTHS





UH OH!
WE HAVE A RACE
NO MORE JUNK
FOOD!

2 DAYS BEFORE THE RACE



THE RACE IS IN TWO DAYS I'M SO PROUD OF YOU

REALLY? WHY?

WE'VE BEEN EXERCISING REALLY HARD AND EATING HEALTHY FOOD

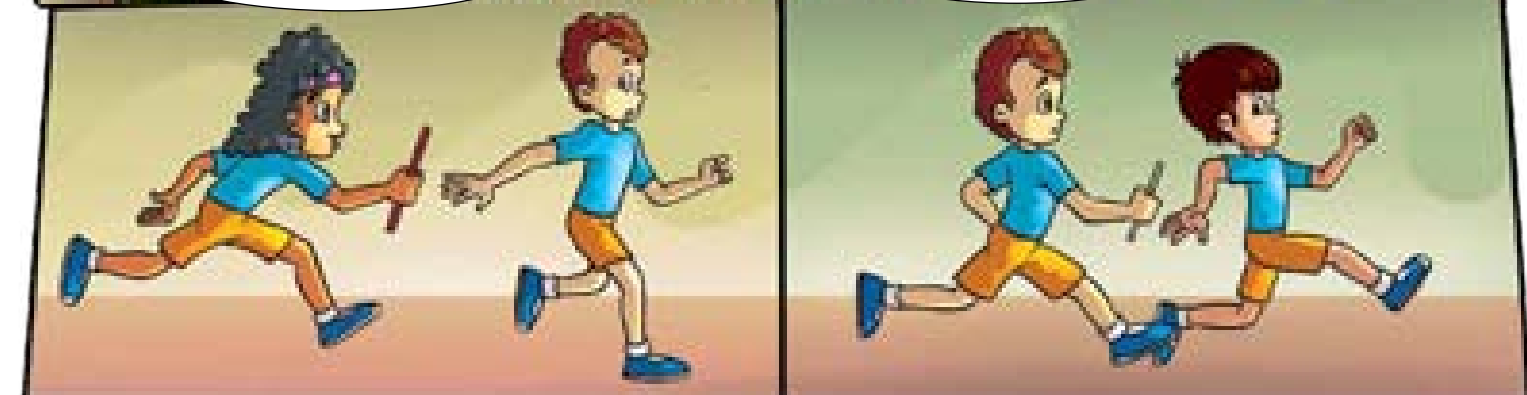
MORE SPORT AND NOT EATING SNACKS OR SWEETS HAS ALSO HELPED YOU IMPROVE YOUR MARKS IN SCHOOL.

RACE DAY



COME ON RESPY!

GO PREP, GO!





HE DOESN'T EAT SNACKS ANY MORE AND EATS MORE FRUITS AND VEGETABLES

I'M SO HAPPY WE WON THIS RACE. I NEVER THOUGHT I'D MAKE IT, BUT MY FRIENDS HELPED ME IMPROVE MY EATING HABITS AND GOT ME FIT



HE ALSO EXERCISES 60 MINUTES A DAY

SO WE'VE DECIDED TO USE THE MONEY TO RENOVATE THE PLAYGROUND SO THAT CHILDREN CAN HAVE A PLACE TO PLAY AND EXERCISE



Friends Power Series 2

QUIZ 4: THE RACE

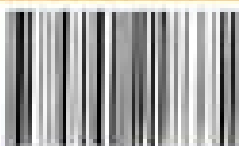
CIRCLE THE CORRECT ANSWER (THERE MIGHT BE MORE THAN ONE CORRECT ANSWER)

- YOUR DAILY MEALS SHOULD CONTAIN:
 - FIVE PORTIONS OF FRUIT AND VEGETABLES.
 - THREE BURGER SANDWICHES.
 - CHOCOLATE CAKE.
- EVERY DAY YOU SHOULD BE PHYSICALLY ACTIVE FOR AT LEAST:
 - 60 MINUTES.
 - 60 SECONDS.
 - IT DOES NOT MATTER.
- FAST FOODS ARE BAD FOR YOU BECAUSE THEY ARE RICH IN:
 - FAT, SALT AND SUGAR.
 - IRON AND SODIUM.
 - VITAMINS.
- IF YOU ARE NOT A MEMBER OF A SPORTS CLUB YOU SHOULD:
 - WATCH TV FOR 4 HOURS EVERY DAY.
 - EXERCISE AT HOME AND SCHOOL.
 - PLAY SPORTS GAMES ON THE COMPUTER.

FRIENDS POWER



FRIENDS POWER IS A SERIES OF HEALTH EDUCATION COMIC STORIES DEVELOPED FOR CHILDREN. IT AIMS TO BUILD THE KNOWLEDGE, ATTITUDE AND SKILLS OF CHILDREN ON SELECTED HEALTH TOPICS, SUCH AS NATURAL DISASTER PREPAREDNESS AND RESPONSE, AND HEALTHY LIFESTYLES.



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