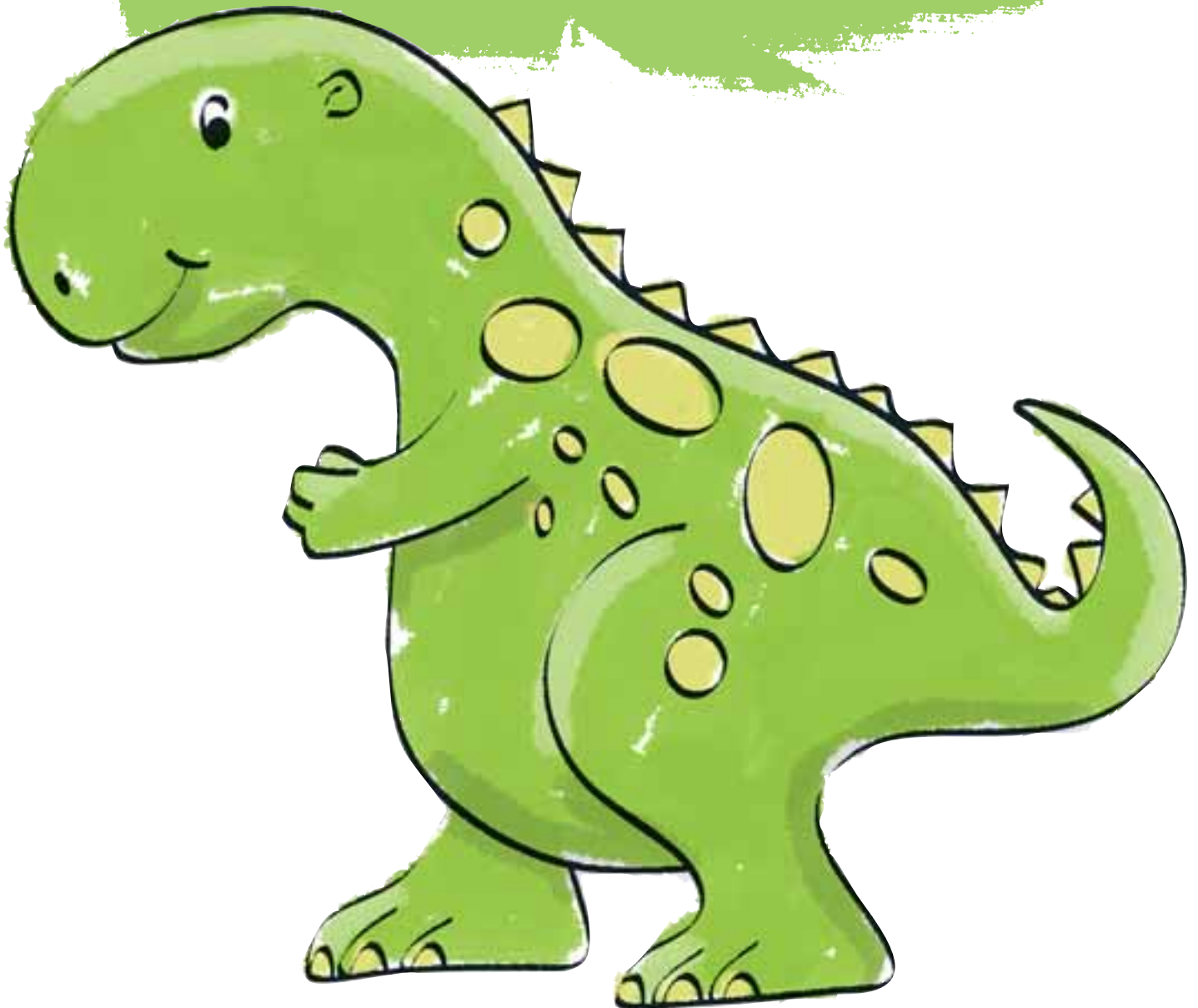


MEET

JAZZ

THE DINOSAUR



JAZZ

THE DINOSAUR



**IN THIS BOOK THERE ARE
SOME FUN THINGS FOR
YOU TO DO. YOU CAN**

COLOUR IN JAZZ

AND FRIENDS,

**DRAW SOME
PICTURES AND**

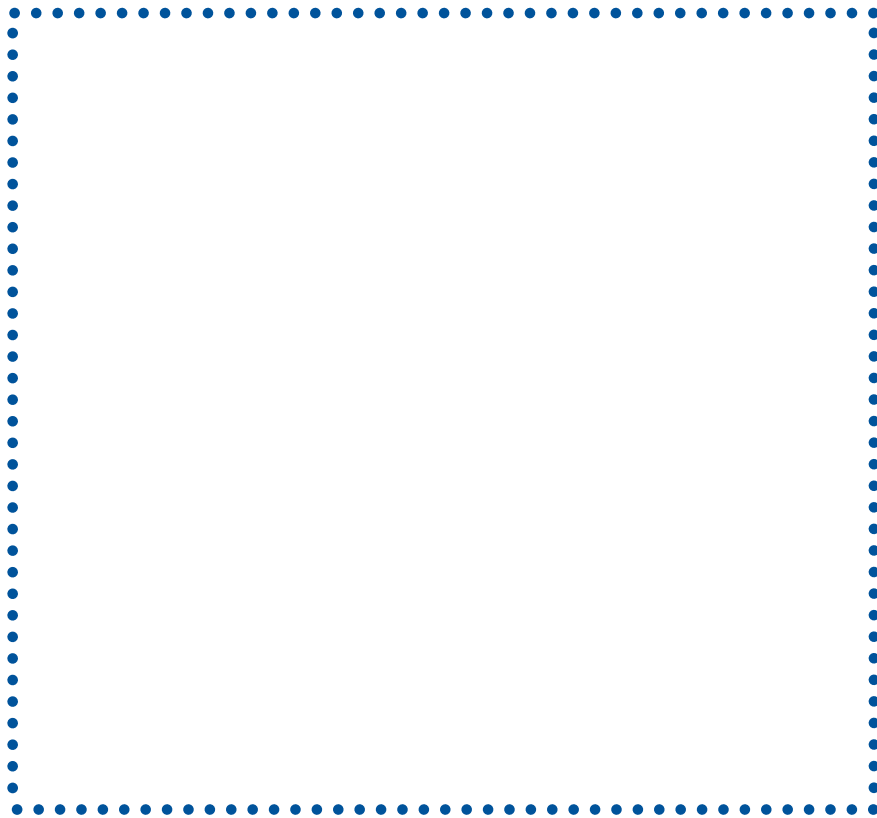
PLAY FUN

GAMES.



THIS BOOK BELONGS TO...

Draw a picture of your face here!



NAME:

.....

AGE:

.....

BIRTHDAY:

.....

I LIVE WITH:

.....

.....



IN THIS BOOK

Meet Jazz, Zest and Rainbow - Page 1

Boogie Birthday - Page 4

Grow your own Vegetables and Cress Heads - Page 12

Breakfast with Rainbow - Page 14

Rainbow's Colourful Fun - Page 20

Jazz's Big Adventure - Page 22

Lunch Box Fun - Page 32

Zest's Zigzag Club - Page 34

Zest's Sorting Activity - Page 36

Zest's Fun Games - Page 37

Colouring-in Activity - Page 41

Create Your Own Dinosaur - Page 42

Note to Adults:

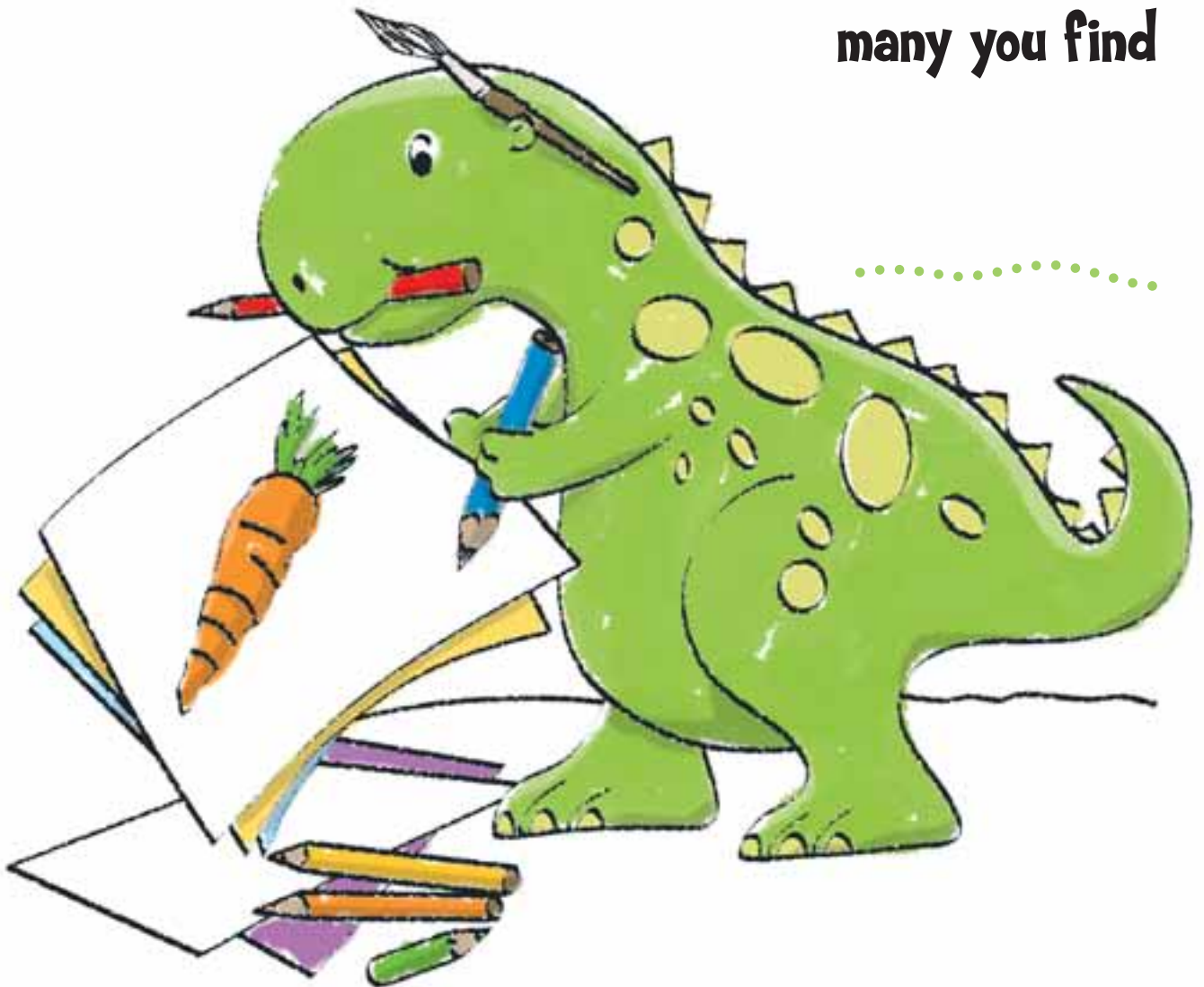
The yellow sections at the bottom of each page provide ideas to help you talk through the book with your child.

THIS IS JAZZ...

Jazz likes to draw and play games.

Jazz has hidden some carrots in this book for you to find.
How many carrots can you count?

**Write here how
many you find**



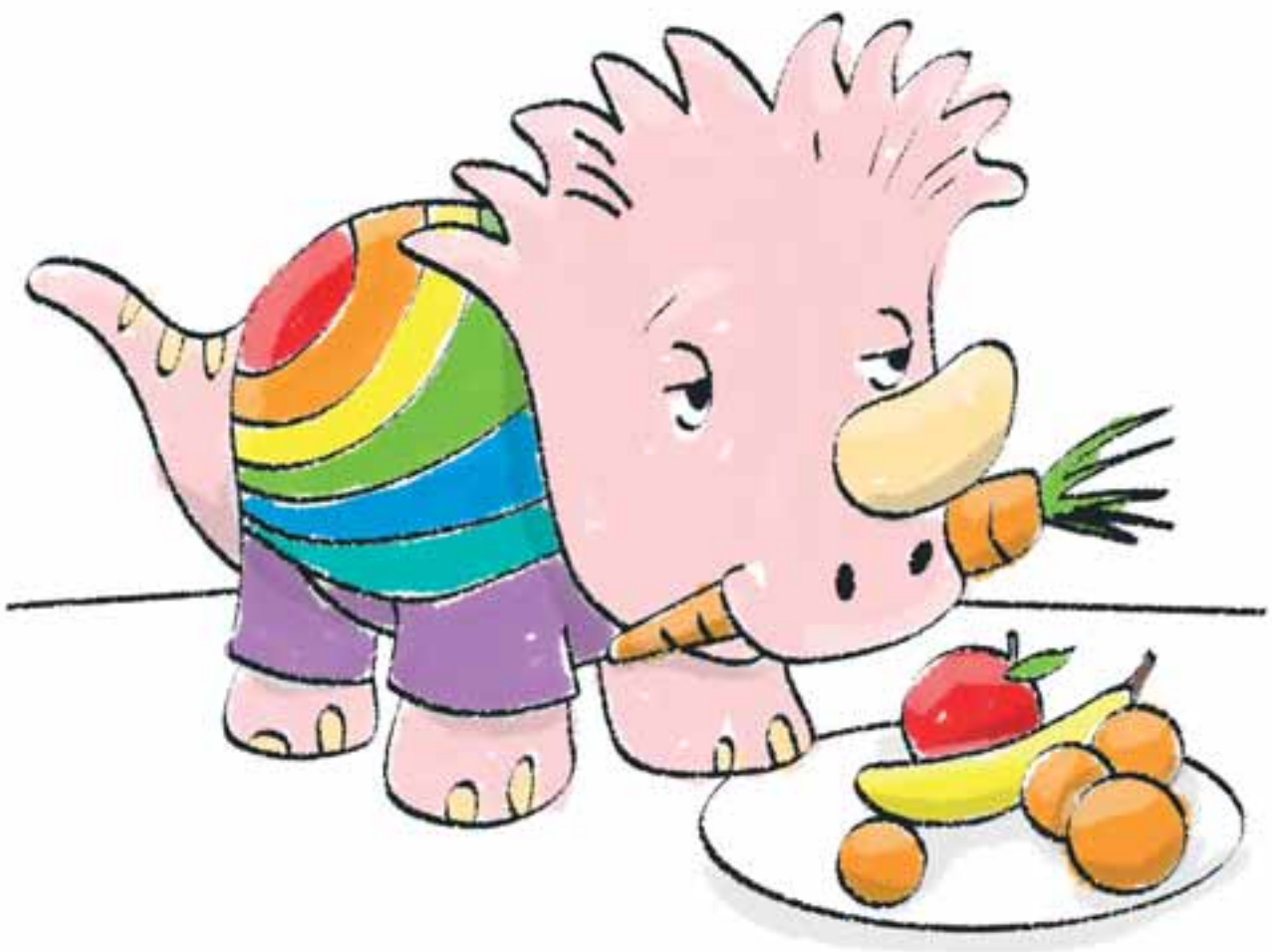
- This section introduces the key characters in the book.
- Take your time to introduce these characters and help your child identify with their positive qualities.

NOW LET'S MEET SOME OF JAZZ'S FRIENDS

This is Rainbow.

She is colourful and kind.

She loves to eat fruit and vegetables in lots of different colours. Rainbow has strong healthy teeth and lovely soft hair.



- Ask your child what they like about Rainbow.
- Why do they think she has lovely soft hair and white teeth?
(she eats lots of healthy foods)

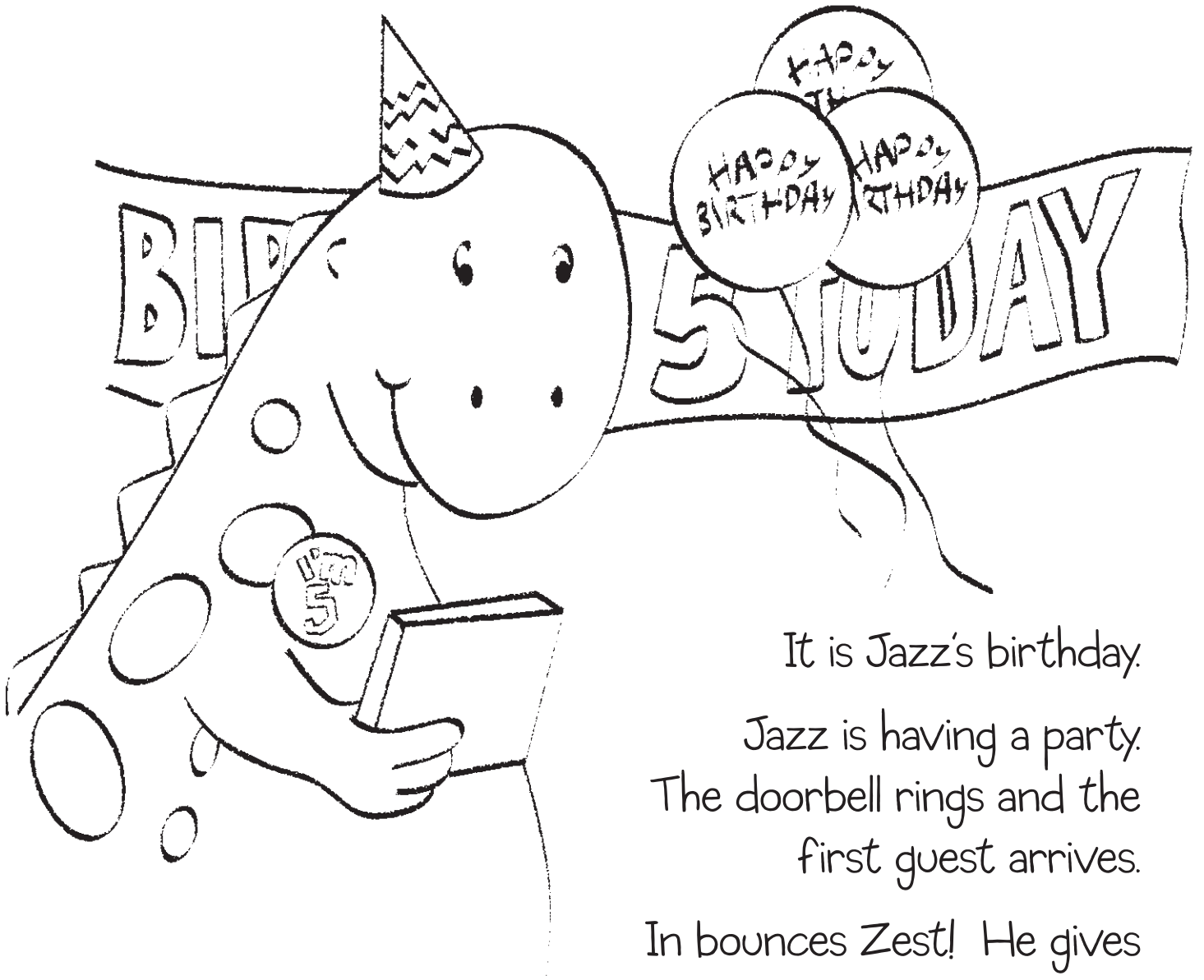
This is Zest.

He loves to play and have fun.
He plays tag in the morning, hide and seek in the
afternoon and dances in the evening.
Zest likes to eat bananas for energy.



- Ask your child what they like about Zest.
- Talk to them about the games they like to play, and the foods they could eat to give them energy.

BOOGIE BIRTHDAY



It is Jazz's birthday.

Jazz is having a party.
The doorbell rings and the
first guest arrives.

In bounces Zest! He gives
Jazz a flat, square present.

"I wonder what it is?"
says Jazz excitedly.

- Use the picture to help your child relate to Jazz who is a similar age.
- How do they think Jazz is feeling?



"It's my magic music CD!", says Zest.
"I listen to these fun songs and they give me energy!" "Look - watch this!"

Zest puts the music on while Jazz and his Mummy sit down to listen to the music.

Mummy Jazz's foot starts to tap. Then her leg starts to jiggle.

She claps to the beat.

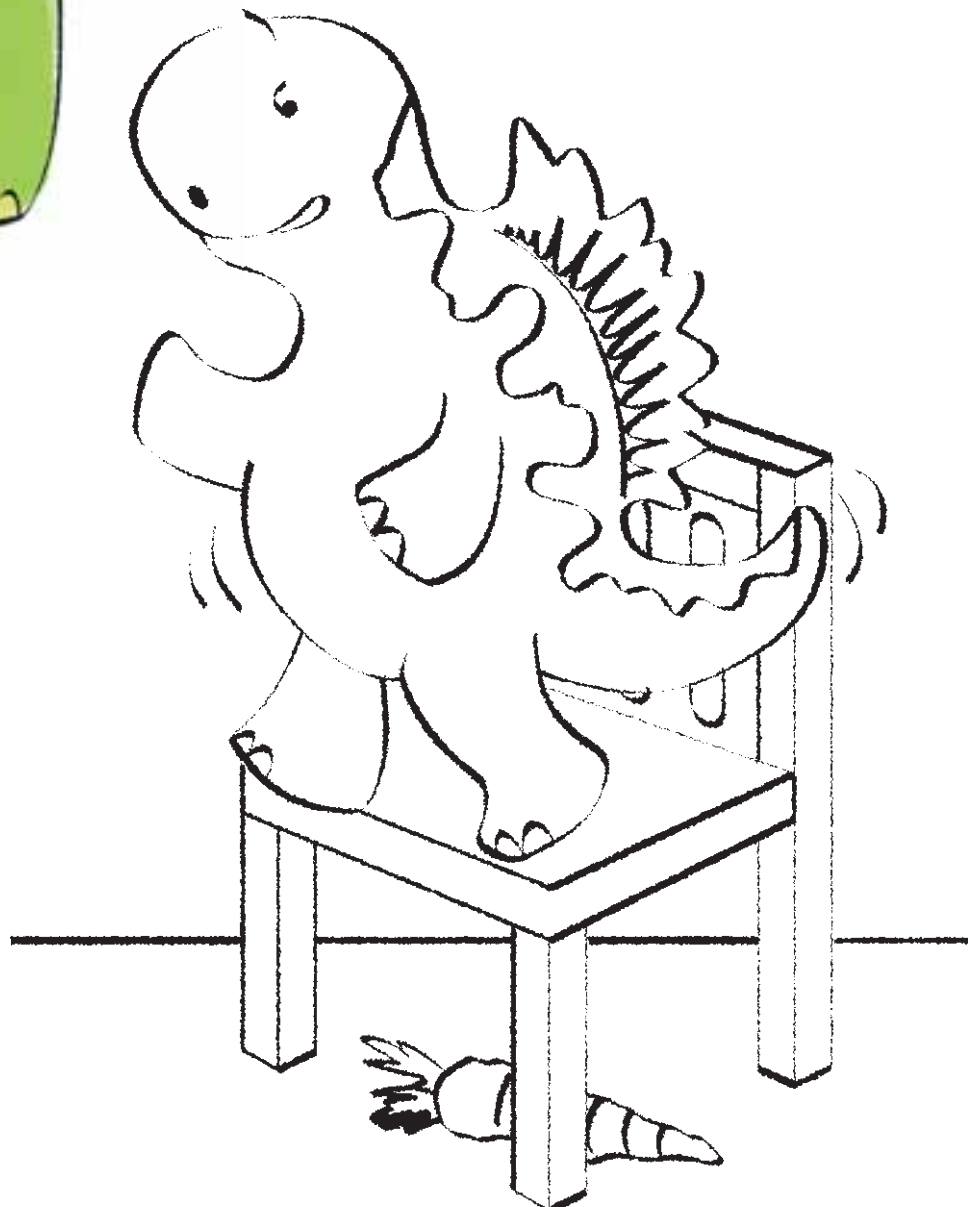
And before long she is up, off her seat and doing the boogie woogie.



- Talk about the fact that mum is dancing.
- Ask your child what they like to do with you?



Then Jazz gets up too.
And Zest leaps up so fast
he nearly falls off his
chair!



They dance, jiggle, and boogie.

When the other guests arrive, they start dancing too.
And when their mums and dads come to pick them up,
they start dancing too.

Very soon, the whole room is filled
with Jazz's friends dancing to Zest's magic music!



- How do they think the dinosaurs in the picture are feeling?
- How do they think the mums and dads are feeling?
- Ask your child what makes them feel happy.

One hour passes...

And another hour...

Then Jazz starts to feel hungry. Jazz's legs feel wobbly and Jazz's tummy makes rumbling noises.

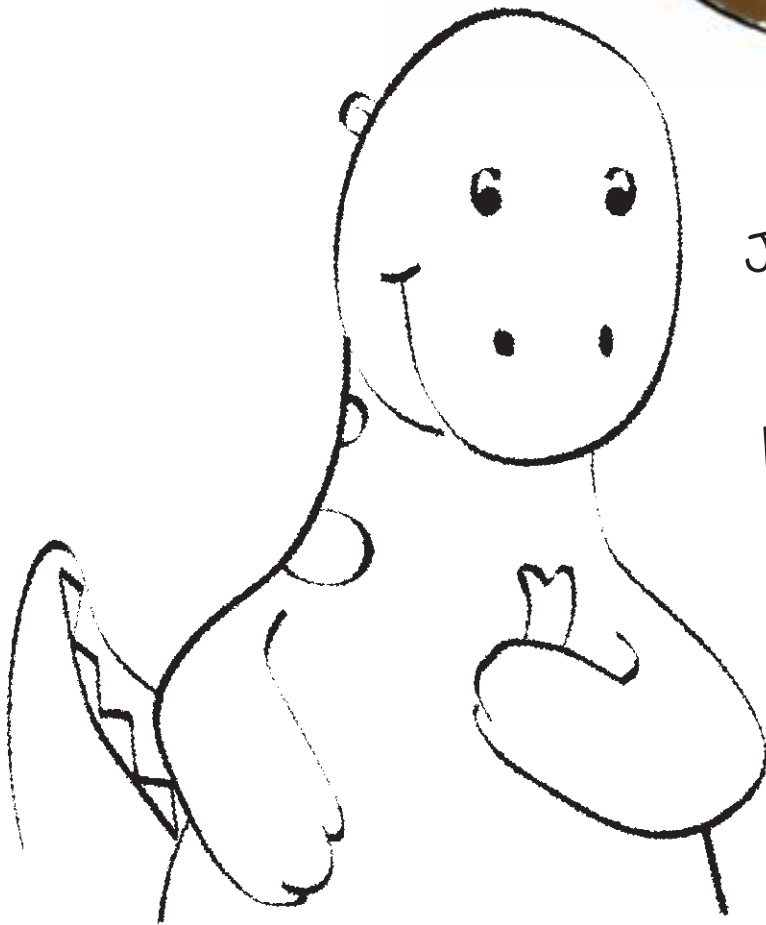


The mums and dads are dancing more slowly,
and even Zest is getting tired.

They need some energy!

- Ask your child why people are feeling tired and where they could get some energy from **(remind them about what you talked about earlier, with Zest and his bananas)**

"I've got just the thing!"
says Rainbow,
and she brings
out a basket of
colourful food.

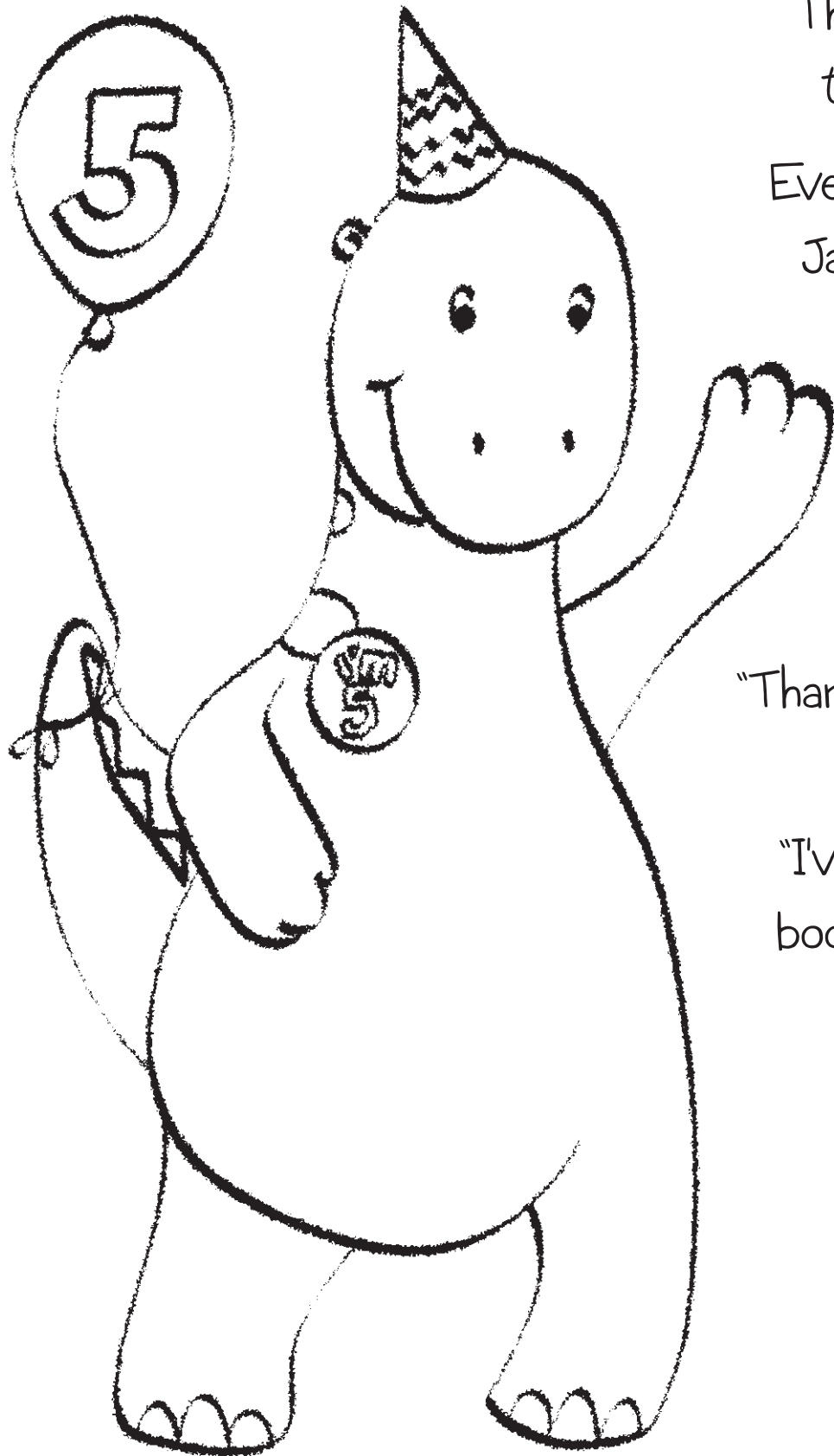


Jazz has never seen some
of the foods before.

He tries all the different
colours.

"Ummm, mango,
this is really tasty!"
says Jazz.

- Talk through the various foods and colours in Rainbow's basket.
- Ask your child what fruit they can see, which fruits they have tried before, what their favourite fruits are and what fun it would be to try these new fruits.



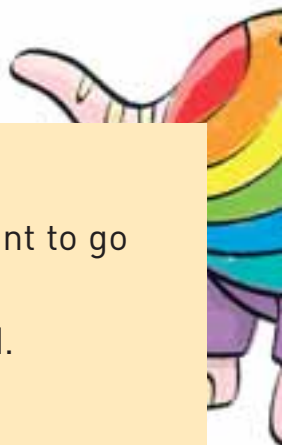
Then it is time
to go home.

Everybody kisses
Jazz goodbye.

"Thanks for coming",
says Jazz.

"I've had a great
boogie birthday!"

- Use this story to try a new physical activity with your child.
- You might have your own "magic music" to dance to, or you might want to go and play a game in the park.
- Ask your child what games they would like to play if Zest came round.
- Then have a go at playing the games yourself!





Jazz's Challenge

Draw a picture of your family
doing a fun thing together



Rainbow's Challenge

Try a new fruit every week.
Write the foods you try on
your food chart!



Zest's Challenge

Do you have a favourite song?
Why not make that your magic music
and have a boogie yourself!

GROW YOUR OWN VEGETABLES!

Don't worry if you don't have a garden - you can grow vegetables in a little window box! Here's what you need...

- **Garden, window box or plant pot**
- **Compost**
- **Water**
- **A fruit or vegetable plant, or seeds of the fruit or vegetables that you want to grow**

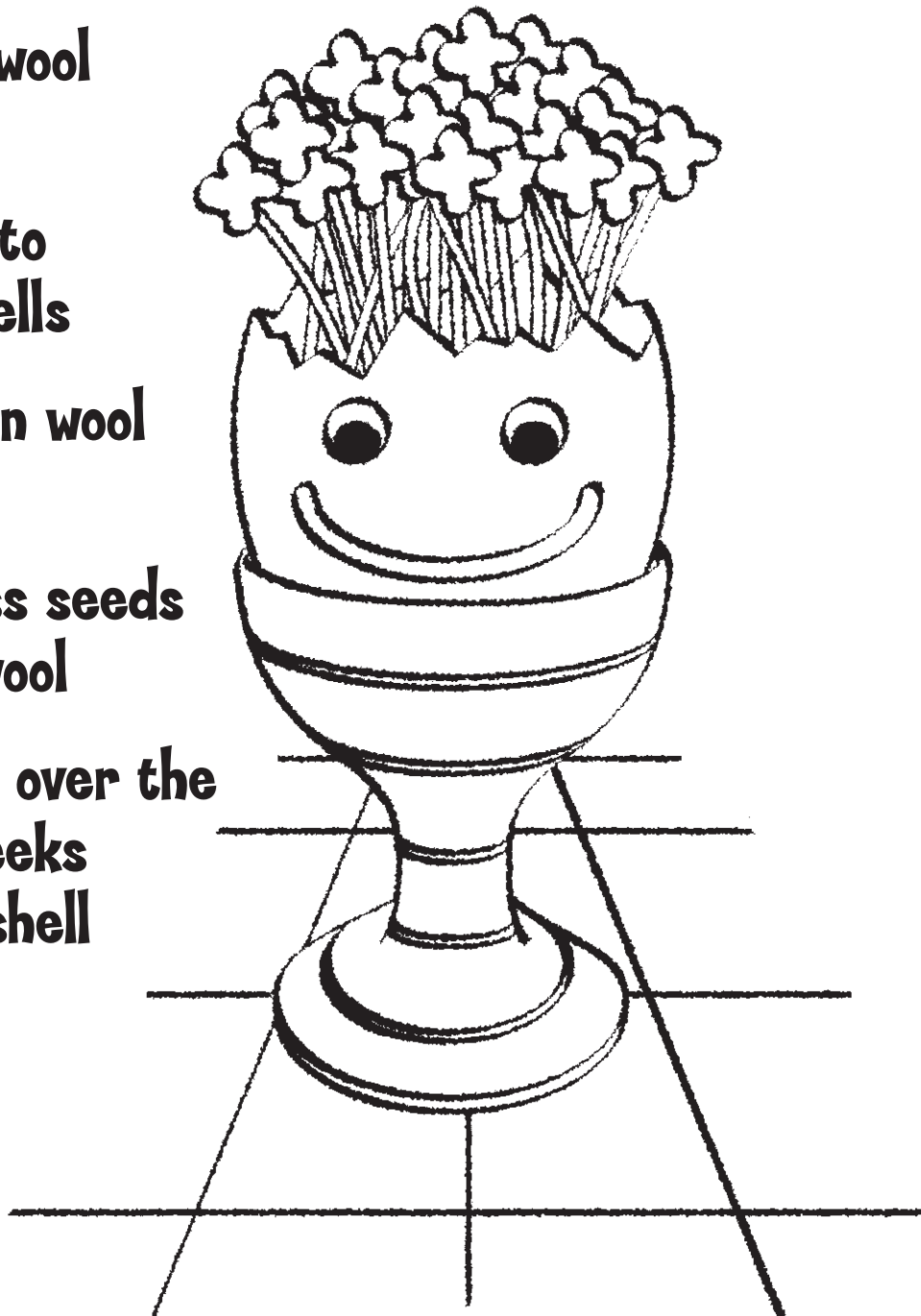
What can I grow?

You can grow just about any fruit or vegetable that you want. You just need to have the right amount of space. If you have a garden you will be able to grow bigger things than if you have a balcony or a yard. You can grow carrots, beetroot, green beans, peas, potatoes, cucumber, strawberries and many, many other fruits and vegetables.

CRESS HEADS

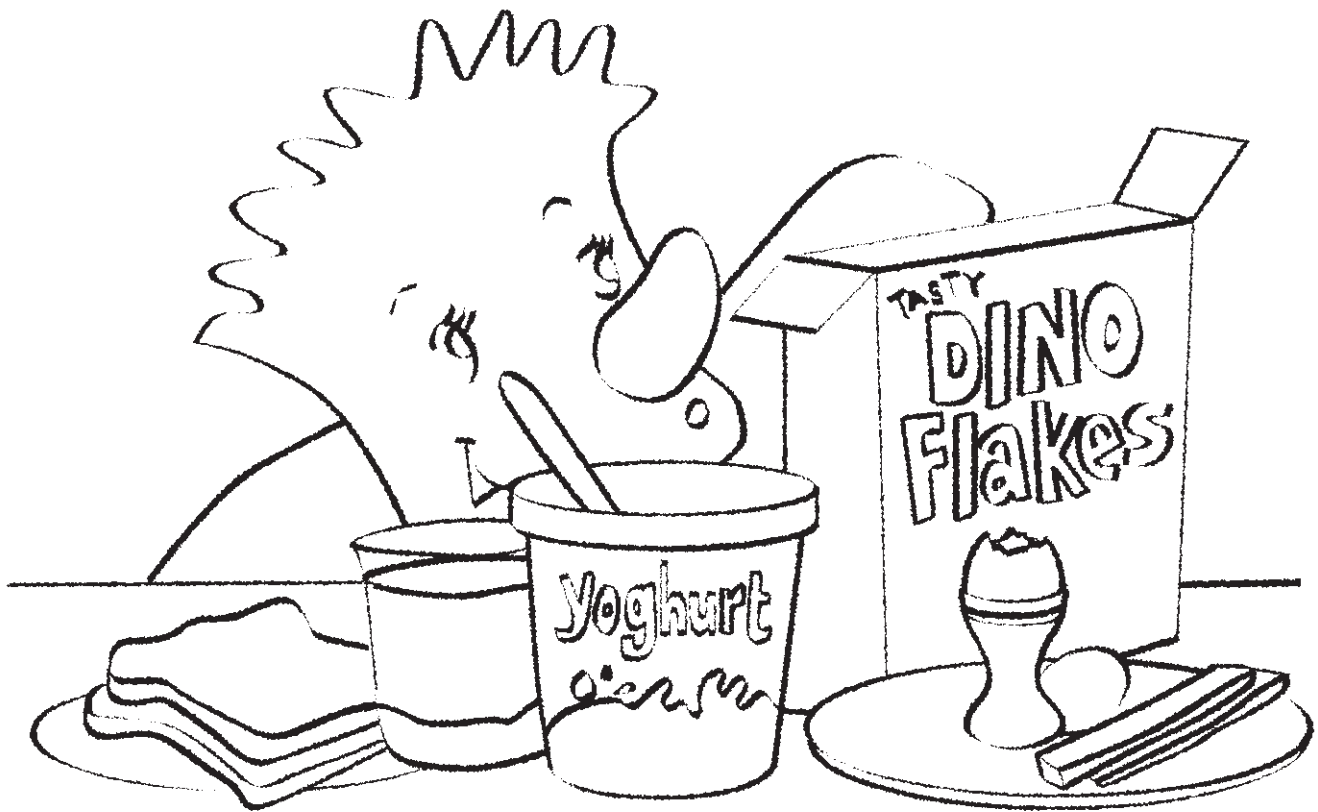
All you need to grow your own cress head is an egg shell with the top cut off and cleaned out, cotton wool to put inside the shell to strengthen it, and some cress seeds from the garden centre.

- **Place the cotton wool inside the shell**
- **Use felt tip pens to decorate your shells**
- **Dampen the cotton wool with water**
- **Sprinkle the cress seeds onto the cotton wool**
- **Watch them grow over the next couple of weeks giving your egg shell green hair!**



BREAKFAST WITH RAINBOW

Rainbow eats breakfast every day. She chooses different types of food to stay healthy. The milk gives her strong teeth and bones, the fruit gives her energy and the cereal fills her up.



After breakfast, Rainbow skips to school with a smile on her face.

- Ask your child how they think Rainbow is feeling.
- Does she have a lot of energy?
- Where did she get this from?
- If your child eats breakfast, talk about all the good things this does for them.

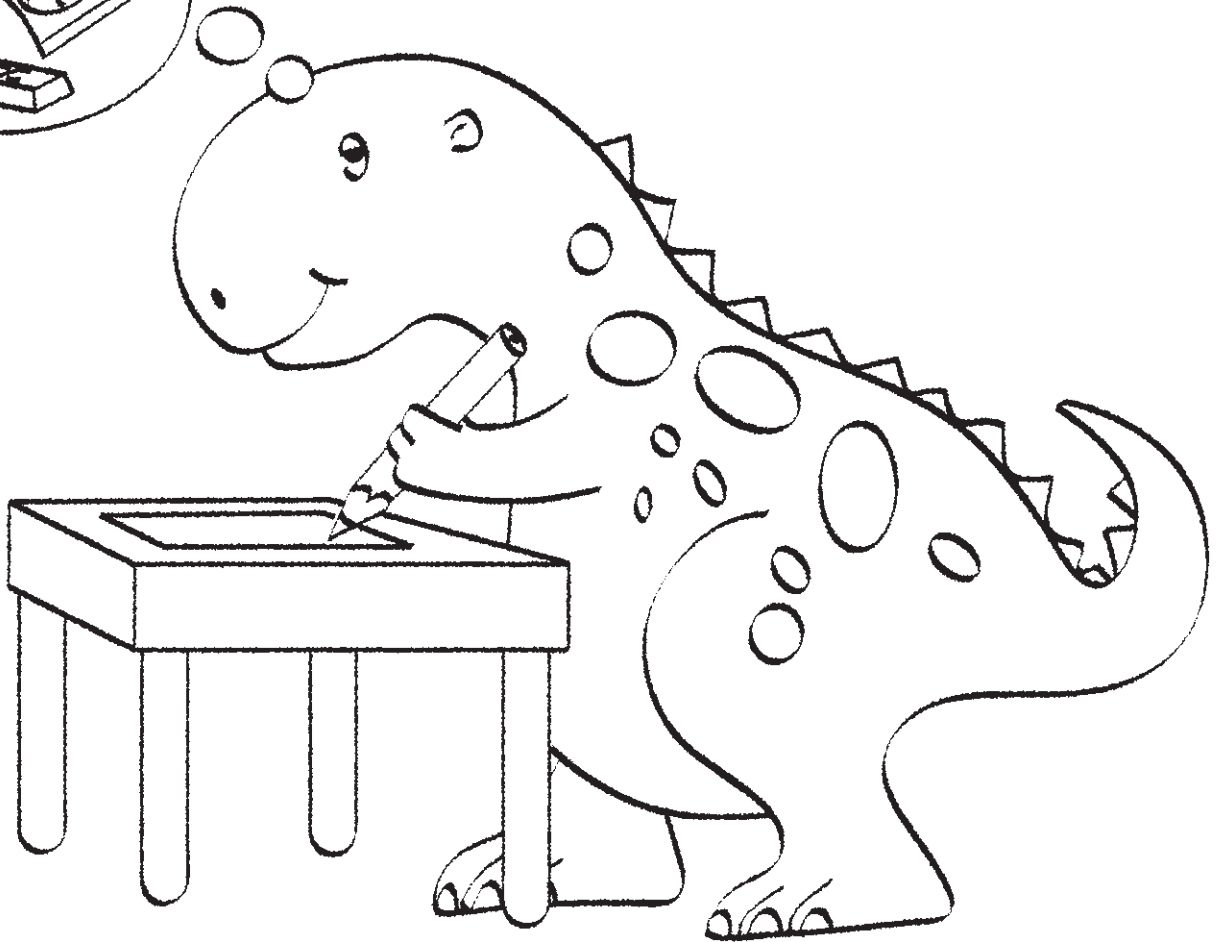
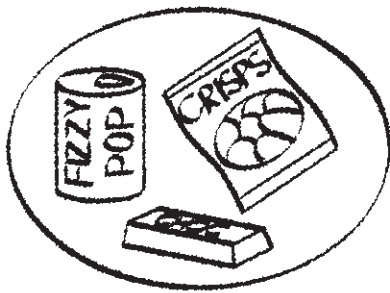
Jazz is always in a hurry in the morning.

Jazz has no time for breakfast.

Sometimes this makes him feel tired and hungry.

At playtime Jazz has no energy and at school all Jazz can think about is lunch.

Jazz's tummy makes a loud rumbling noise that the whole class can hear!

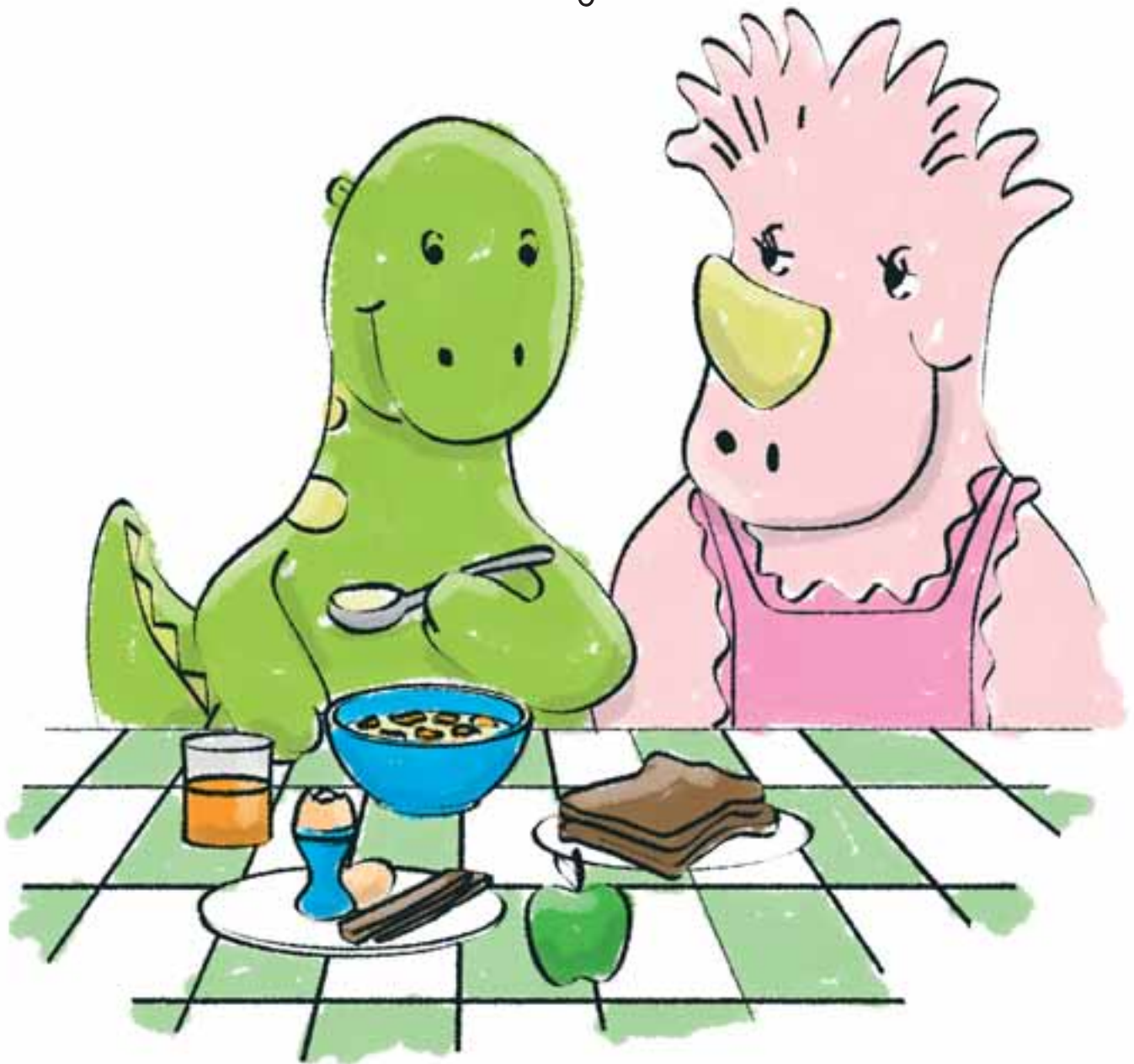


- Ask your child how they think Jazz is feeling?
- Why do they think Jazz is feeling like this?
- What would help Jazz to feel better?
- If your child doesn't eat breakfast, ask if they ever feel like this?

One day, Rainbow invites Jazz to stay at her house.

They go to the park and have lots of fun playing games. When it's time for bed they are so tired that they go straight to sleep.

The next morning Mummy Rainbow lays the table for breakfast. There is fresh bread, boiled eggs, cereal, toast and orange juice.



- Ask your child why they think Rainbow and Jazz are so tired. (**ie. the physical activity is helping them sleep**).
- Talk through the breakfast foods and why they are good for you.

So much to choose from! Jazz tries an egg with bread shaped like fingers that Mummy Rainbow lets Jazz dunk.

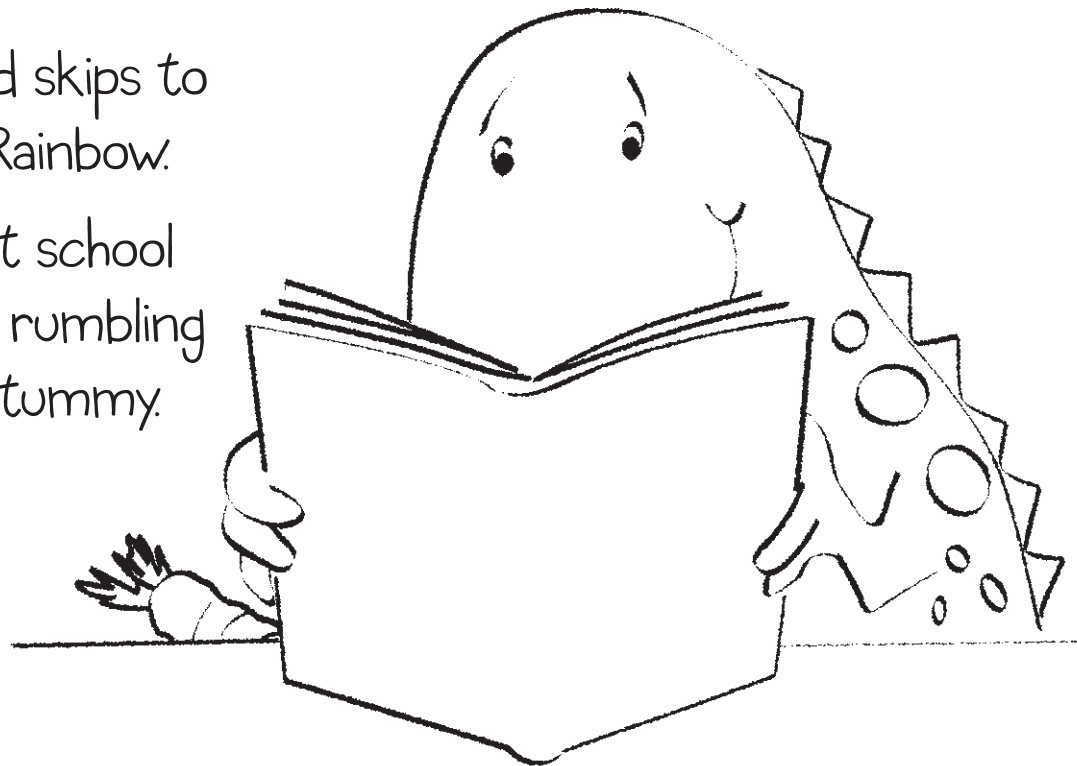
Then Jazz tries some cereal.

Jazz gulps down the orange juice.

"Thanks Mummy Rainbow, that was really delicious!"

Jazz smiles and skips to school with Rainbow.

Jazz listens at school and there's no rumbling from Jazz's tummy.



When the bell goes for the end of school.


Jazz runs home to tell Mummy Jazz about the yummy breakfast. Mummy Jazz has an idea.

"Why don't we make our own breakfast?"

So they go to the shops and choose some healthy breakfast foods.

- Ask your child how Jazz feels now.
- Why do they think this is?

To help them learn to eat breakfast, they make a chart and write down what foods they are going to eat each day.



RAINBOW'S FOOD CHART

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
cereal orange juice toast	porridge apple juice fruit	boiled egg smoothie toast	cereal with berries apple juice fruit	porridge orange juice toast	boiled egg glass of milk fruit	cereal apple juice toast

Before they know it they are eating breakfast every day!
And everyday Jazz skips to school with a big smile.

- Talk through the chart and what Jazz is going to eat each morning.
- Has your child tried all these things?
- Talk about how writing it down will help Jazz learn to eat breakfast.
- Has your child got any other ideas that could help them?
- If you don't eat breakfast in your family, use this story to make a plan to learn to eat breakfast and make it fun!
- Use the ideas of making it a fun outing, and trying new foods in the colours of Rainbow, or using your food chart to track your progress.



Jazz's Challenge

Draw a picture of your favourite breakfast foods



Rainbow's Challenge

Use your food chart to make a breakfast chart like Jazz's! What exciting breakfast foods would you like to try this week?

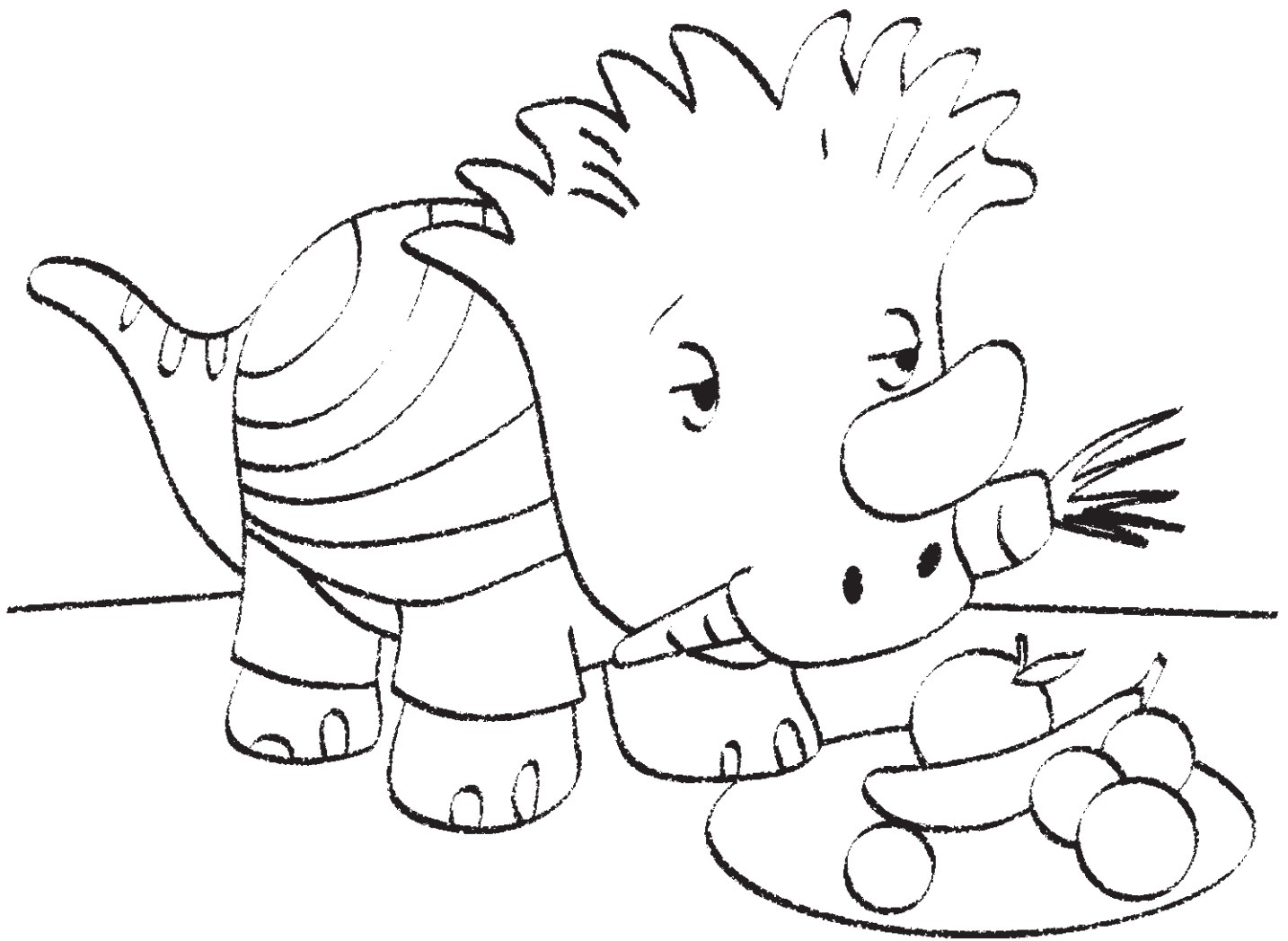


Zest's Challenge

Use your breakfast energy to try some new games with your family. Write on your activity planner what you are going to do each day.

My favourite games are throw and catch, skipping, and football!

RAINBOW'S COLOURFUL FUN



Rainbow loves to eat her 5 portions of fruit and vegetables a day to stay healthy. Here are some of Rainbow's ideas to help you eat your 5-a-day.

USING THE FOOD CHART

There are lots of different ways you can use the food chart - why not try a different way each week? Here are some ideas. Can you think of anymore?

- **5-a-day:** Split each day into 5, and write down each fruit or vegetable you eat. Have you managed 5 every day?
- **Colours:** Write down the colours of the fruits and vegetables you eat each day. Can you eat 5 different colours each day to be like Rainbow?
- **Trying new things:** Write down each time you try a new food. Draw a picture of it and write its' name. How many new foods have you tried this week?



RAINBOW'S FOOD CHART

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

JAZZ'S BIG ADVENTURE

It is a beautiful summer's day and Rainbow, Zest and Jazz are going to the woods for a picnic.

Rainbow brings a cheese and salad sandwich, strawberries, grapes, and a strange, spikey fruit. She brings a large bottle of water for them to share.

Zest brings freshly baked bread, chicken, carrot sticks and a banana. Jazz brings some crisps, sweets and a can of fizzy pop.



- Talk to your child about what they have in their lunchbox.

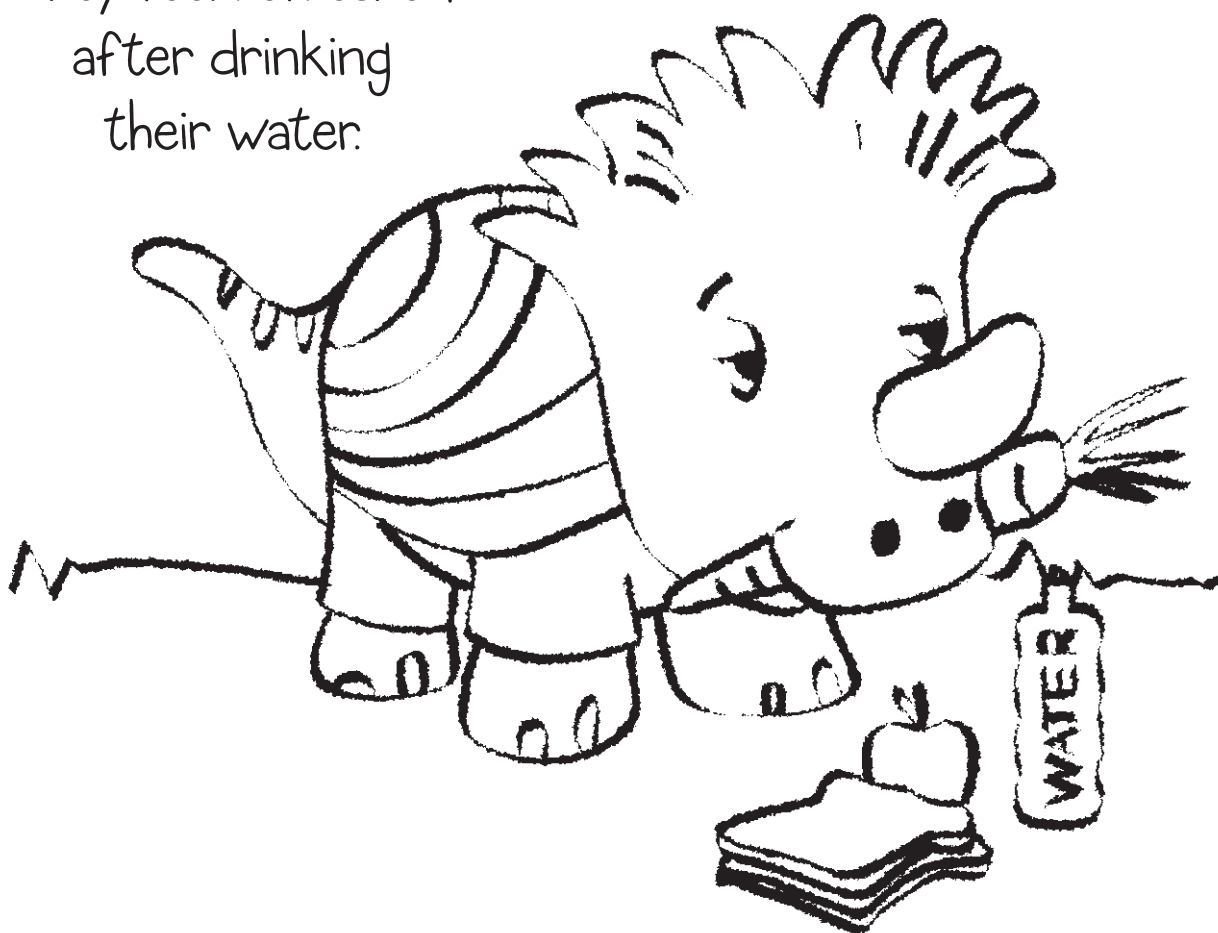
The dinosaurs set off with a map of the woods. They play games, chase squirrels and skip among the bluebells.

"This is fun!" says Jazz, "I wish I could be this active everyday!"

At lunchtime they sit by a rock to eat their packed lunches. Rainbow gets vitamins from her fruit, and long-lasting energy from her sandwich.

Zest gets active powers from his carrot sticks and chicken.

They feel refreshed after drinking their water.



- Ask your child what games the dinosaurs could play in the woods.
- What games does your child like to play?
- Talk through the difference between the dinosaurs lunchboxes, and how Rainbow and Zest have a healthy balance of food groups to give them vitamins and energy.
- Ask your child why is it important for them to drink water? **(ie. keeps you feeling well)**

But Zest and Rainbow are worried about Jazz because he hasn't got any vitamins or long-lasting powers in his packed lunch.

"Jazz, would you like some of my strawberries?" says Rainbow.

"Strawberries give you vitamins!".

"No thanks", says Jazz.

"Would you like some of my banana?" says Zest.

"Bananas give you long-lasting energy. I call this Zest energy!".

"No thanks", says Jazz, taking a slurp from his fizzy pop.

"I'll just eat my crisps and sweets."

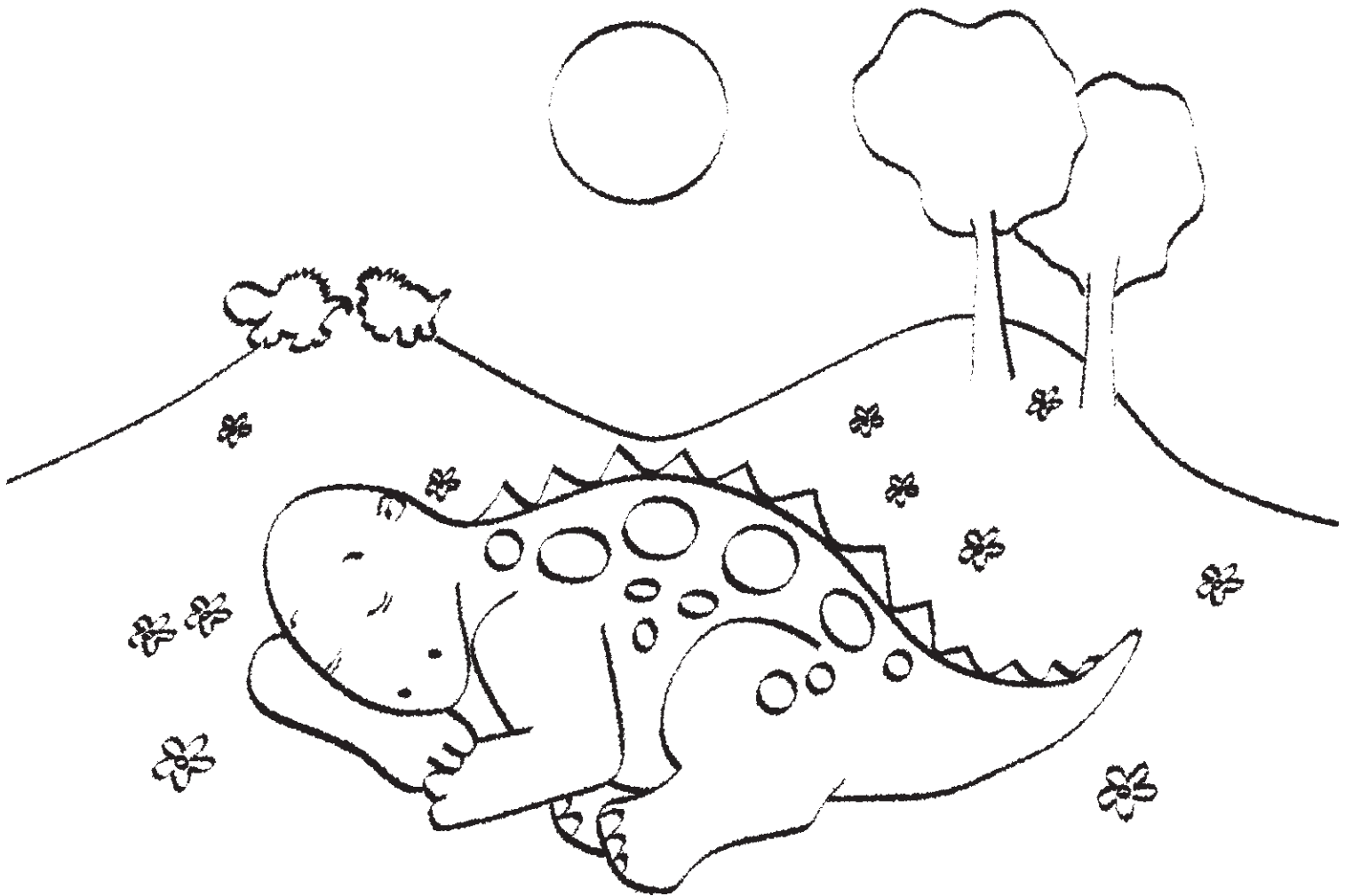


- What are Zest and Rainbow worried about?
- What might happen if Jazz only eats crisps and sweets?
- Explain that foods like sweets and crisps give us a quick burst of energy, but this isn't proper Zest energy because it doesn't have any vitamins, so it disappears quickly and makes us feel tired.
- So it is ok to have sweets or crisps sometimes, but only if we eat healthier foods as well.

After lunch, Jazz runs and jumps and skips. Jazz is as energetic as Zest!

But then something strange starts to happen.

His legs start to wobble, His arms start to droop and his eyes start to close. Jazz is falling asleep!



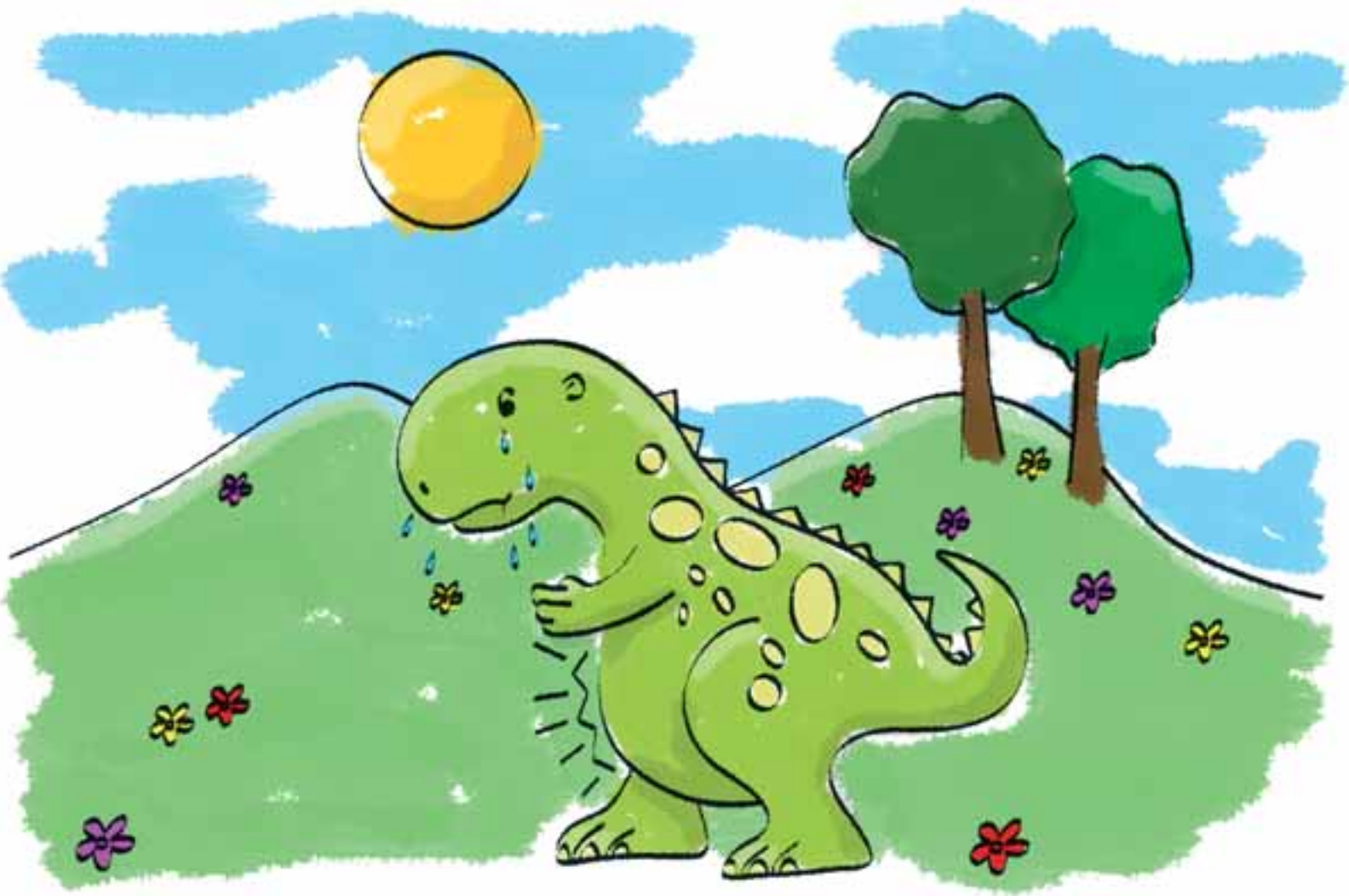
Zest and Rainbow still have energy because they have eaten their healthy packed lunches.

They carry on running, jumping and skipping.

They don't notice Jazz is asleep.

- Ask your child what is happening to Jazz.
- Why do they think his energy has vanished so quickly?

When Jazz wakes up he is all alone and his tummy is rumbling.



“Zest! Rainbow! Where are you?” Jazz shouts.
But there is no reply.

“ZEST! RAINBOW!” Jazz starts to cry.

If only Jazz had eaten some healthier foods and drank some water, Jazz would have energy like Zest and Rainbow, and Jazz wouldn't have fallen asleep.

- How is Jazz feeling now?
- Talk to your child about what makes them feel like this.
- What should Jazz do?
- Why should he stay in one place?



Then Jazz sees something colourful through the trees.

It is Rainbow!

She is running towards Jazz with Zest behind her.

"There you are Jazz!", says Rainbow, panting for breath.

"We are so happy to see you.

We have been looking everywhere for you."

They all have a big hug.

- How are the dinosaurs feeling now?



Before they set off home, Rainbow opens her lunchbox and pulls out the large spikey fruit.

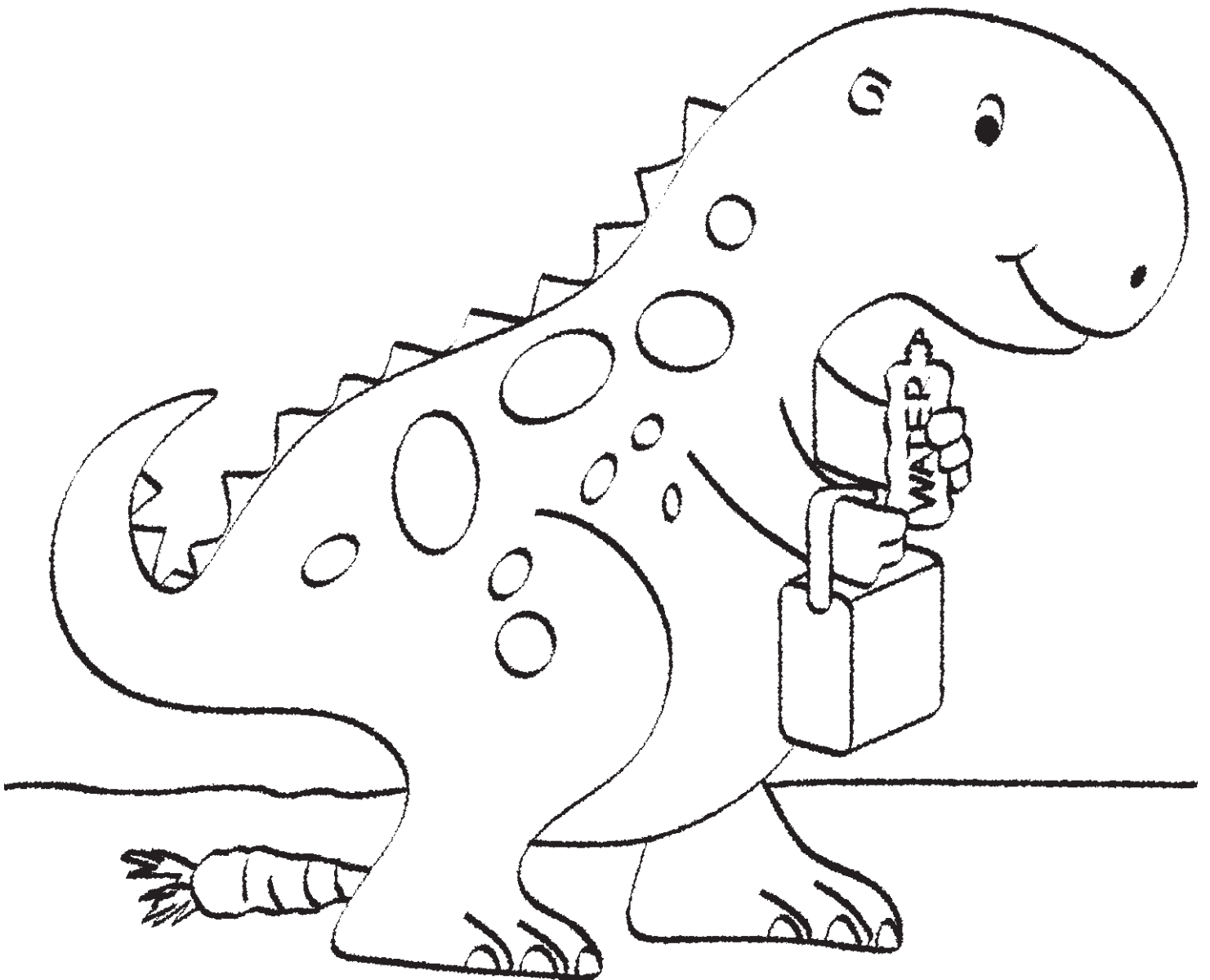
“What’s that?” asks Jazz.

“It’s a pineapple!”, says Rainbow. “You’ll need this to give you vitamins and Zest energy to get home.”

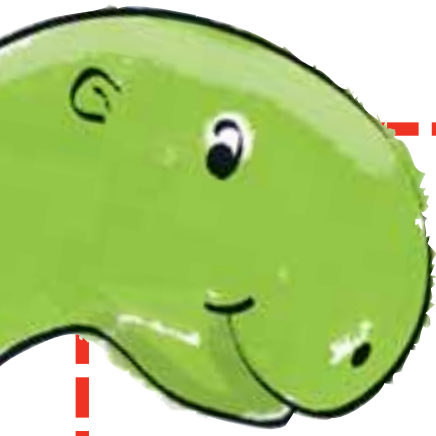
Together they eat the pineapple, and smile all the way home.

- Ask your child if they know what the fruit is and if they have ever tried it.
- How is Jazz feeling now?
- What do they think he has learned?

And from that day on, Jazz fills his lunchbox with his favourite sandwiches, fruit and vegetables and a bottle of water.
And he runs, jumps and skips all day.



- Talk about your child's lunchbox. How could they change it to be more like Jazz?



Jazz's Challenge

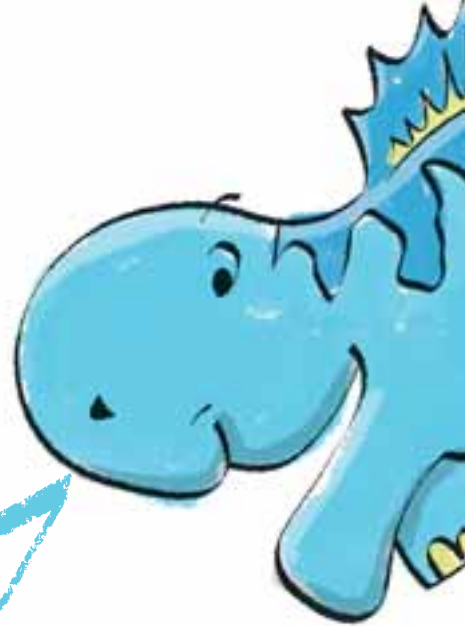
Draw a picture of a big adventure
you have been on.





Rainbow's Challenge

Try a new vegetable every week.
Write the foods you try on
your food chart!



Zest's Challenge

Practice using your Zest energy in
different ways. Try running, skipping,
hopping and jumping.
Can you think of any more?
Write them down here.

.....

.....

.....

.....

.....

.....

.....

.....

- Talk to your child about why it is good for you to use up your energy - it keeps your heart healthy, is lots of fun and helps you sleep at night.
- You can also use this as a way to talk about the balance between what we eat and the activity we do, helping us to stay a healthy size and grow properly.

LUNCH BOX FUN

Choose foods to go into your healthy lunchbox.



The following foods are suggestions for what could be included:

Less healthy

White bread sandwich

Crisps/Chocolate/biscuits

Canned/bottled fizzy drinks

Sausage roll/pasties

Ready made lunch packs

Sweets

Pork Pie

Cakes

Healthier Options:

Wholemeal bread sandwich with salad

Carrot/cucumber sticks

Water

Carton fruit juice

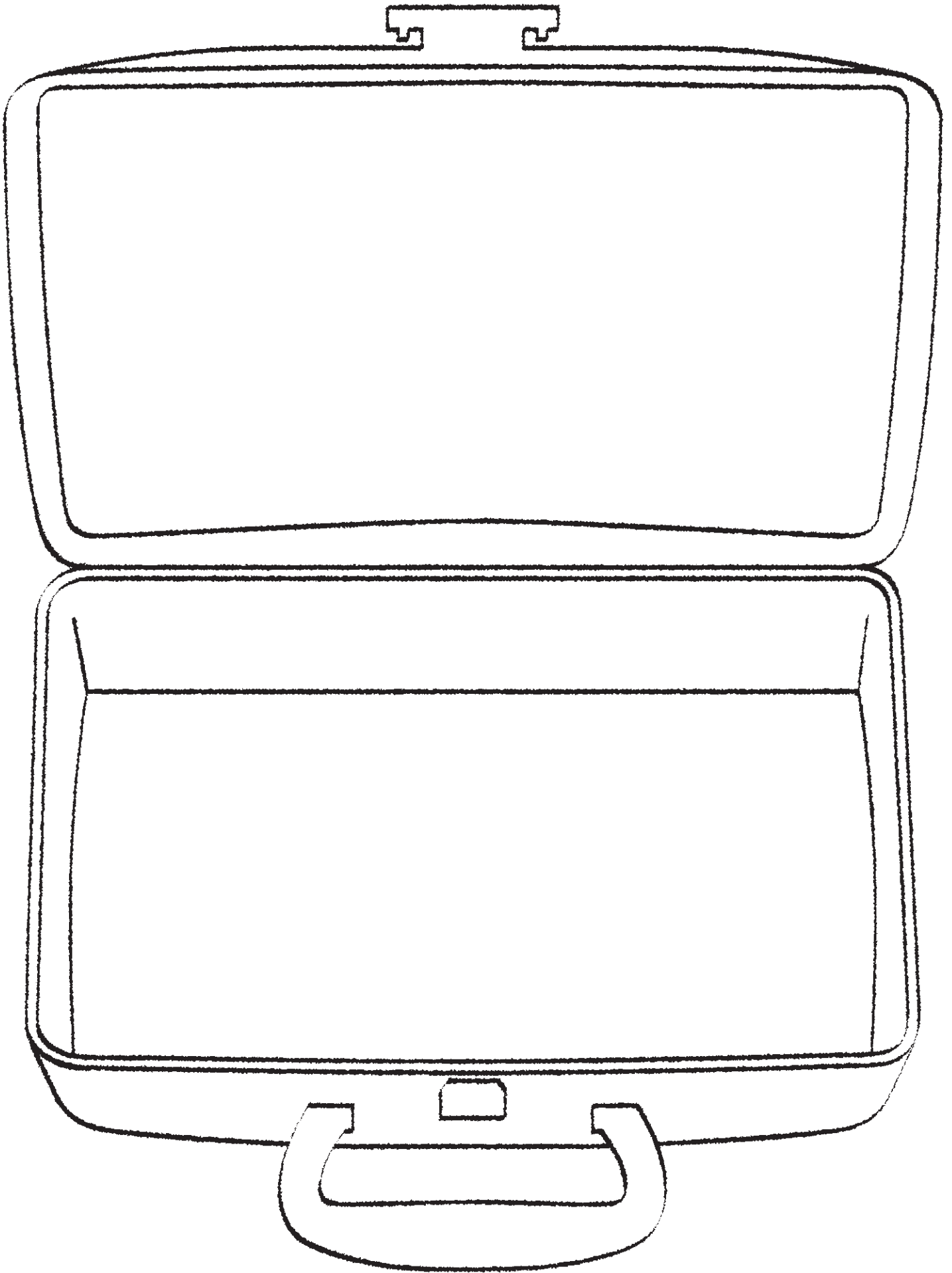
Fruit/fruit salad

Scone/Malt loaf

Pasta salad

Yoghurt

- There are lots of vitamins and minerals found in food (they are so small we can't see them). But we need to eat a healthy variety of food to give our bodies the vitamins and minerals it needs to grow, develop and stay healthy.



- Starchy foods such as bread, pasta, potatoes, rice and cereals are good sources of energy.

ZEST'S ZIGZAG CLUB

Zest goes to a club where he learns lots of different activities.

The club is called Zigzag.

Some weeks they dance, some they play parachute games,
and some they play sports.

When Zest first went to Zigzag he felt shy because he hadn't
tried the games before and didn't know anybody.

**Want to be
like Zest?**

**Find out if
there is an
activity club
near you!**



But everybody at Zigzag is really kind and
Zest has made lots of friends.

He loves to go every week
because they play really fun games!



ZEST'S SORTING ACTIVITY

Which of these activities can Zest do to use up his energy?

Which activities will not help Zest use up his energy?

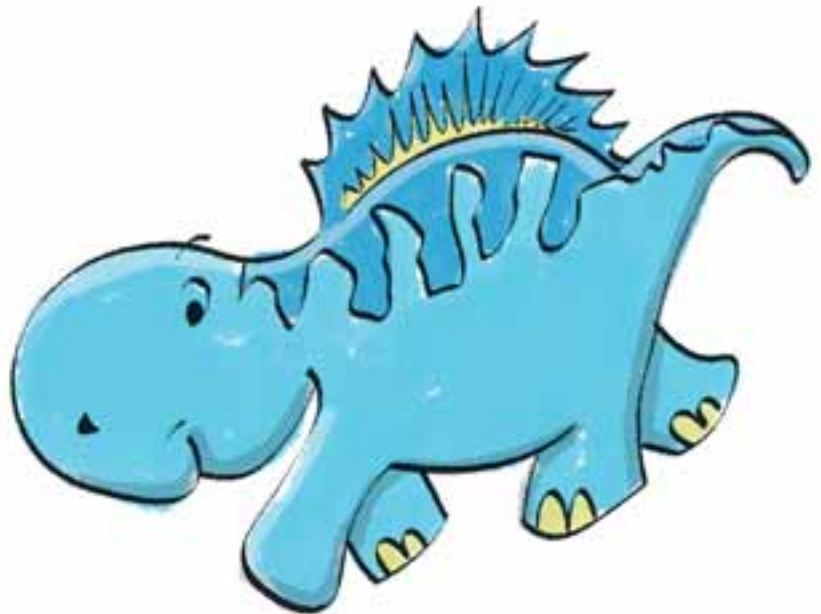
Why do you think it is good to do activities that use up energy?



ZEST'S FUN GAMES

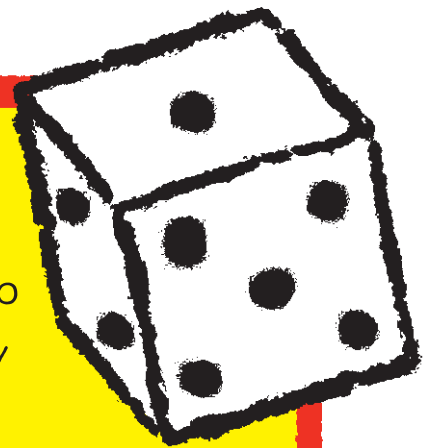
Zest also knows lots of fun games to play at home with your friends and family.

He has written some down for you to try:



Roll the dice

Choose an activity, funny jumps or running to and from an object. Roll the dice to see how many times to perform the move.



OR

Give different people different numbers, roll the dice and chase the people whose numbers get rolled!

OR

Roll the dice with a partner and the lowest number does an active forfeit.

Collecting games

Put lots of objects in a pile and see how many you can collect, one at a time, in a chosen time.

OR

Time each other collecting objects at the end of an obstacle course. Jumping over ropes or twigs, crawling under a blanket and walking over stepping stones.

Matching and coding games

Place different objects in a bucket and set up a relay style activity. One person runs up to the bucket to collect a - dinosaur, farm yard animal, African animal, round object, blue object etc. The next person runs and collects a similar object.

Balloon tennis

Play the Wimbledon final in your lounge with chairs for a net, balloon for a ball and your hand for a racket.

Guess Who?

Pretend to be an animal or an object for someone to guess what you are. You are not allowed to talk but can make noises to help them guess.

Follow my leader

Choose a leader, follow them and copy what they do! The leader moves in as many different ways as they can think of, making up silly walks, and hopping, skipping and jumping. The sillier you are, the funnier the game.

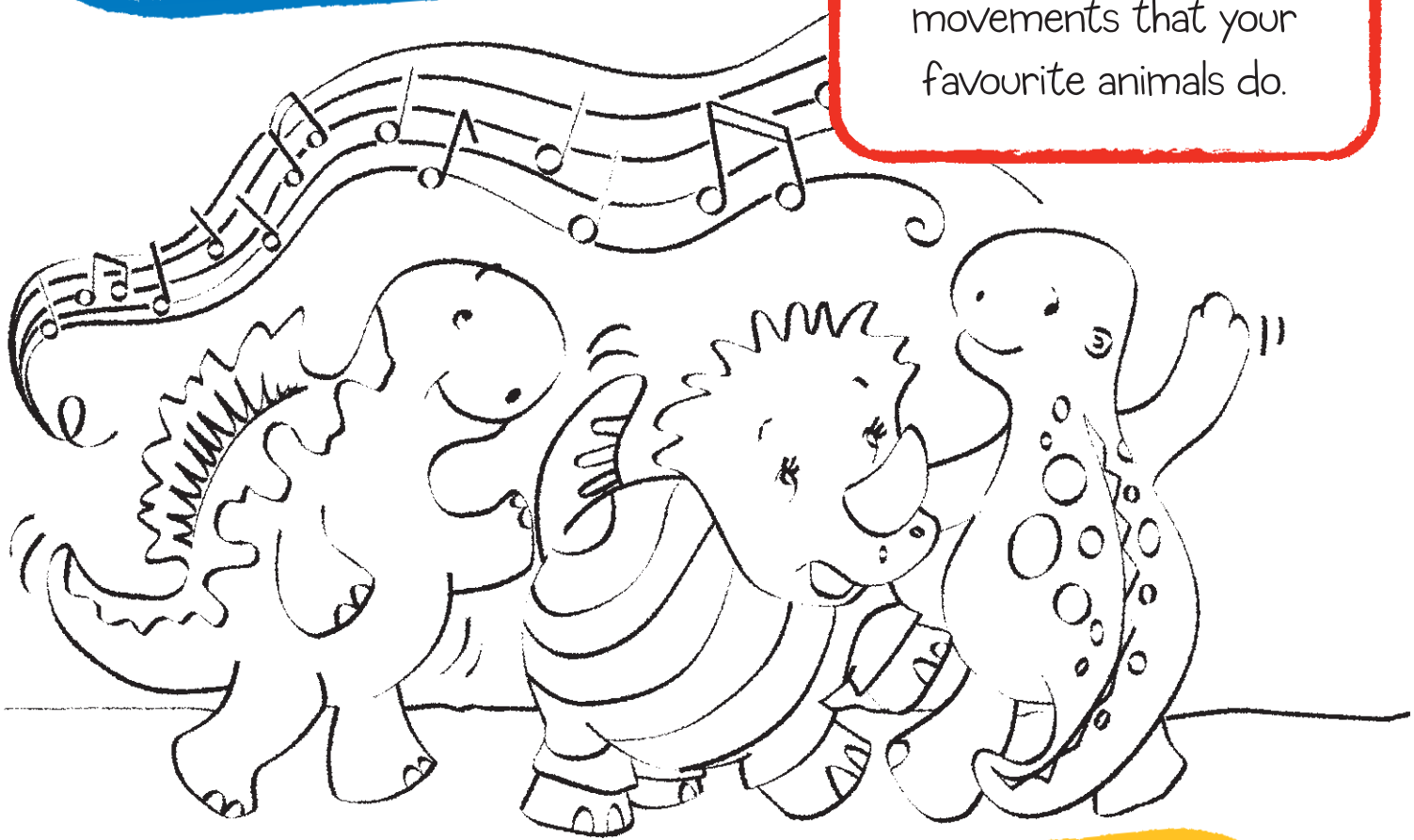
I can see!

Somebody tells you what they can see, and you pretend to be that thing by copying the actions it makes. It might be an animal, or a motor vehicle, or a bike. e.g If someone says "I can see an aeroplane!" you could run with your arms out pretending to fly.

If someone says, "I can see Zest!" what do you think you could do?

Dance

Dance to the music doing movements that your favourite animals do.



Treasure Hunt

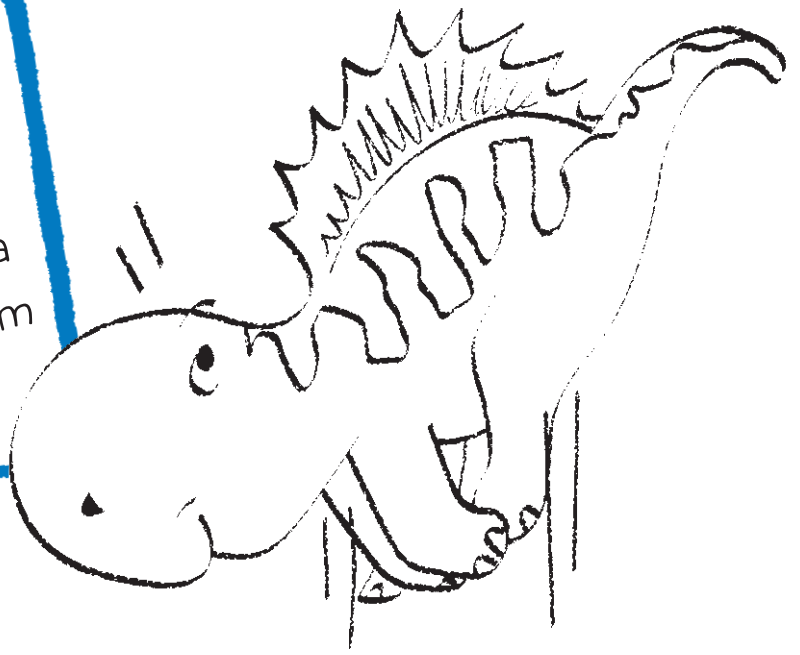
Mum or dad hides toys around the house. You try to find them.

Popcorn

Put balls or soft toys on a bed sheet. People hold at the corners or two sides and try and shake them off. Somebody can run around throwing them back on.

Jumping

Jump in as many different ways as you can think of. Try jumping and aiming for a target.....can you reach it from where you are standing?



Hide and Seek

One person counts to 30 and the rest find somewhere to hide.

Spelling Fun

Spell out your name using your body to make the shape of the letters.

Copy Cat

Sit or stand face to face with a partner. One of you pulls funny faces and makes silly movements while the other one copies. The funnier and more challenging the better.

Design your own game

Make up your own game to play! It's fun to do this on your own or with your brother or sister, friend, mum or dad.

Draw a picture of yourself playing your game so you can remember it for next time.

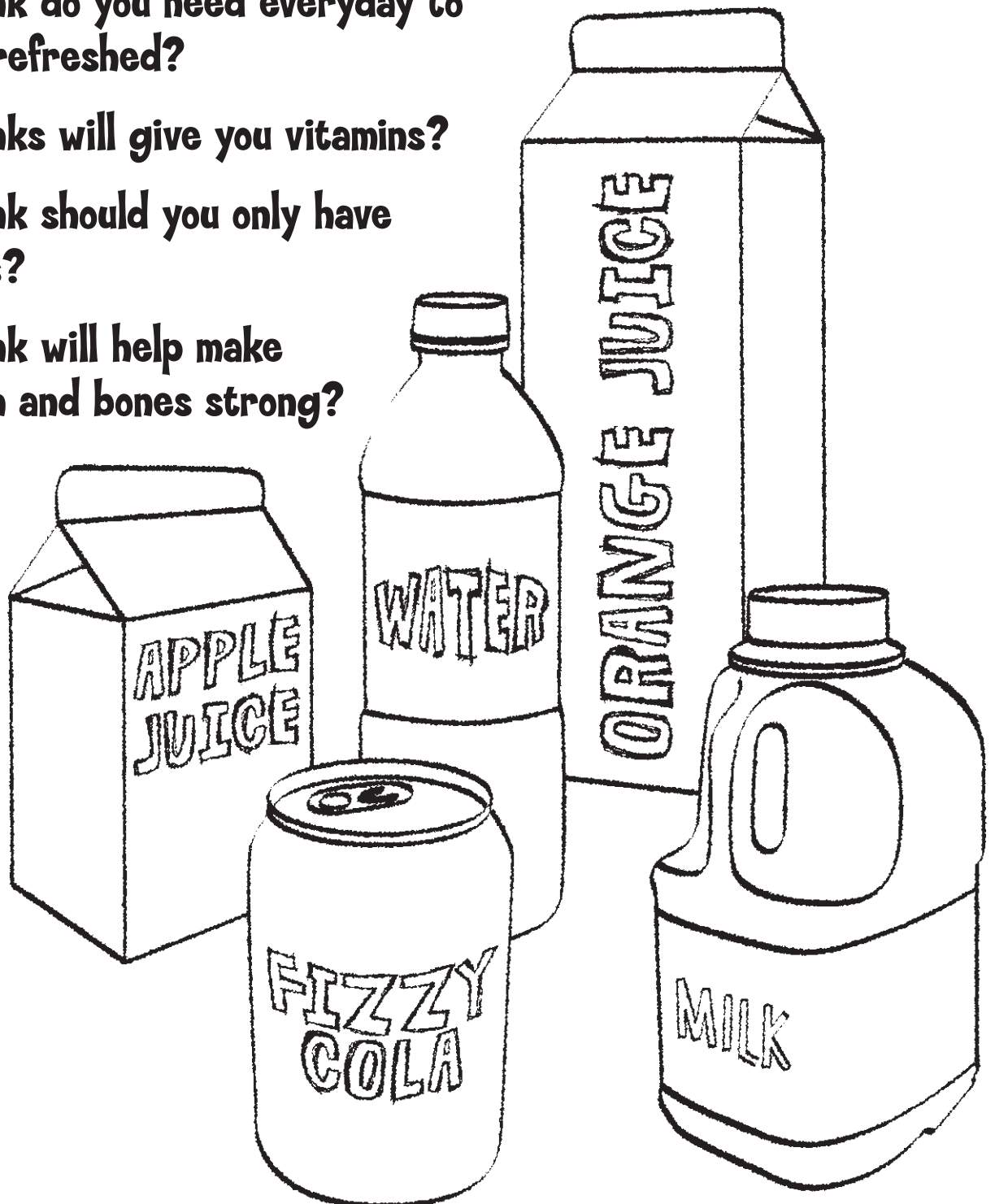
COLOURING-IN ACTIVITY

Which drink do you need everyday to keep you refreshed?

Which drinks will give you vitamins?

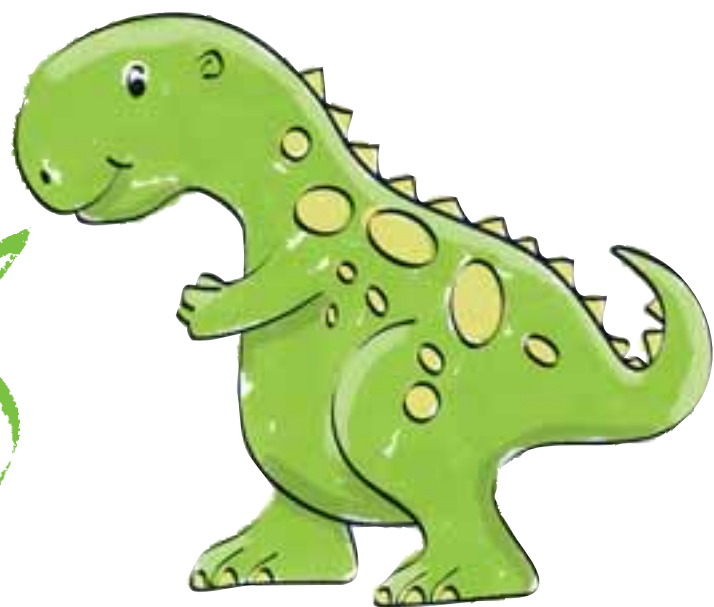
Which drink should you only have sometimes?

Which drink will help make your teeth and bones strong?



CREATE YOUR OWN DINOSAUR

**How many carrots
have I hidden in the
book - 10**





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For more information contact mike.parker@hompartnerships.co.uk