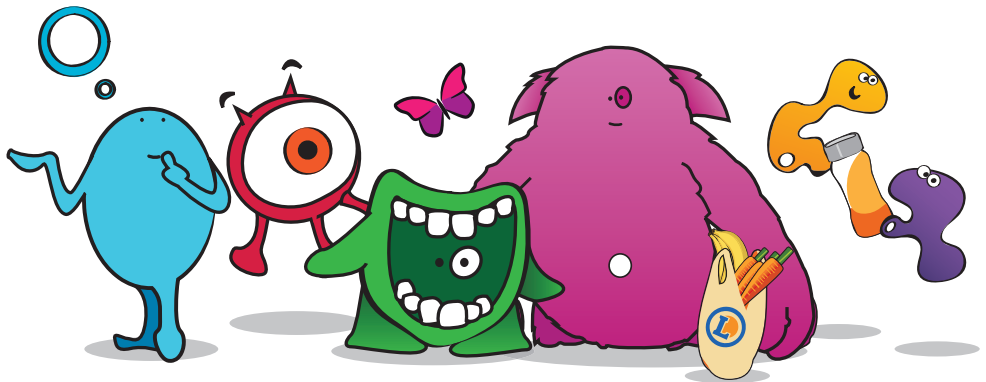


# anamix 6



A Day in the Life of Bones



Today we are going to learn all about Bones and what he gets up to on a typical day at the club house.

Bones always gets up early and heads down to the kitchen to make his breakfast.

Can you help to choose a healthy low protein breakfast for Bones today? Should he have:

☐

Fruit and low protein toast

☐

A fresh low protein fruit smoothie

☐

Low protein banana muffins





After breakfast Bones plans his meals for the day.

He likes to try and eat different things on different days so that he doesn't get too bored!

Today he is thinking about broccoli, low-protein pasta, potato wedges, a smoothie, apples, and maybe a cherry muffin!

And he never forgets his special protein supplement drink!

What is your favourite meal?



Mmm...  
potato wedges!



Bones has lots to do today.

He has an appointment at the clinic.

He wants to go shopping.

He wants to go for a walk.

"It's nearly 12 o'clock" said Bones. "I'd better get ready for my appointment at the clinic!"

What foods would be on your shopping list?





Bones has arrived at the clinic.

He comes here every 6 months to see the doctor, the dietitian and the nurse.

How often does Bones visit the clinic?

☐

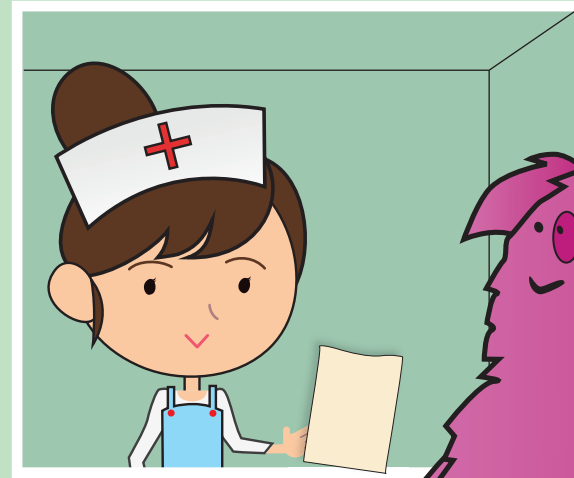
Every day

☐

Every 6 weeks

☐

Every 6 months



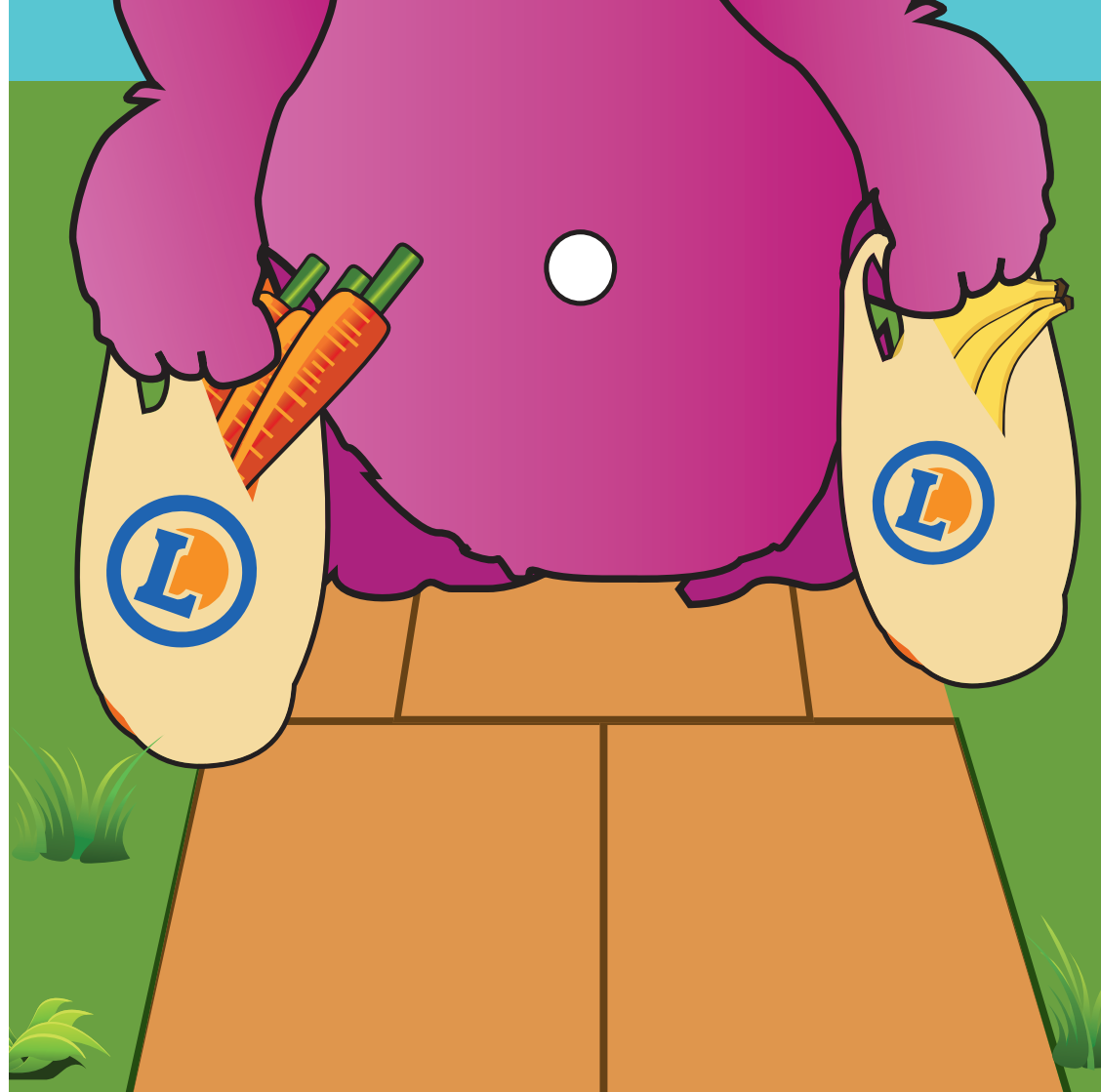


Bones then goes to the supermarket,  
remembering to take his shopping list with him.

He finds all the things he needs and  
starts to walk back to the club house.

“It’s a good job I am strong’ Bones thinks to  
himself, ‘these bags are very heavy.”

How many heavy bags is Bones carrying?





Bones then goes for a walk in the woods.  
Bones loves the woods because he likes  
to look for butterflies.

Walking is also great way to exercise,  
which is very important in staying healthy.

How many butterflies can you see?

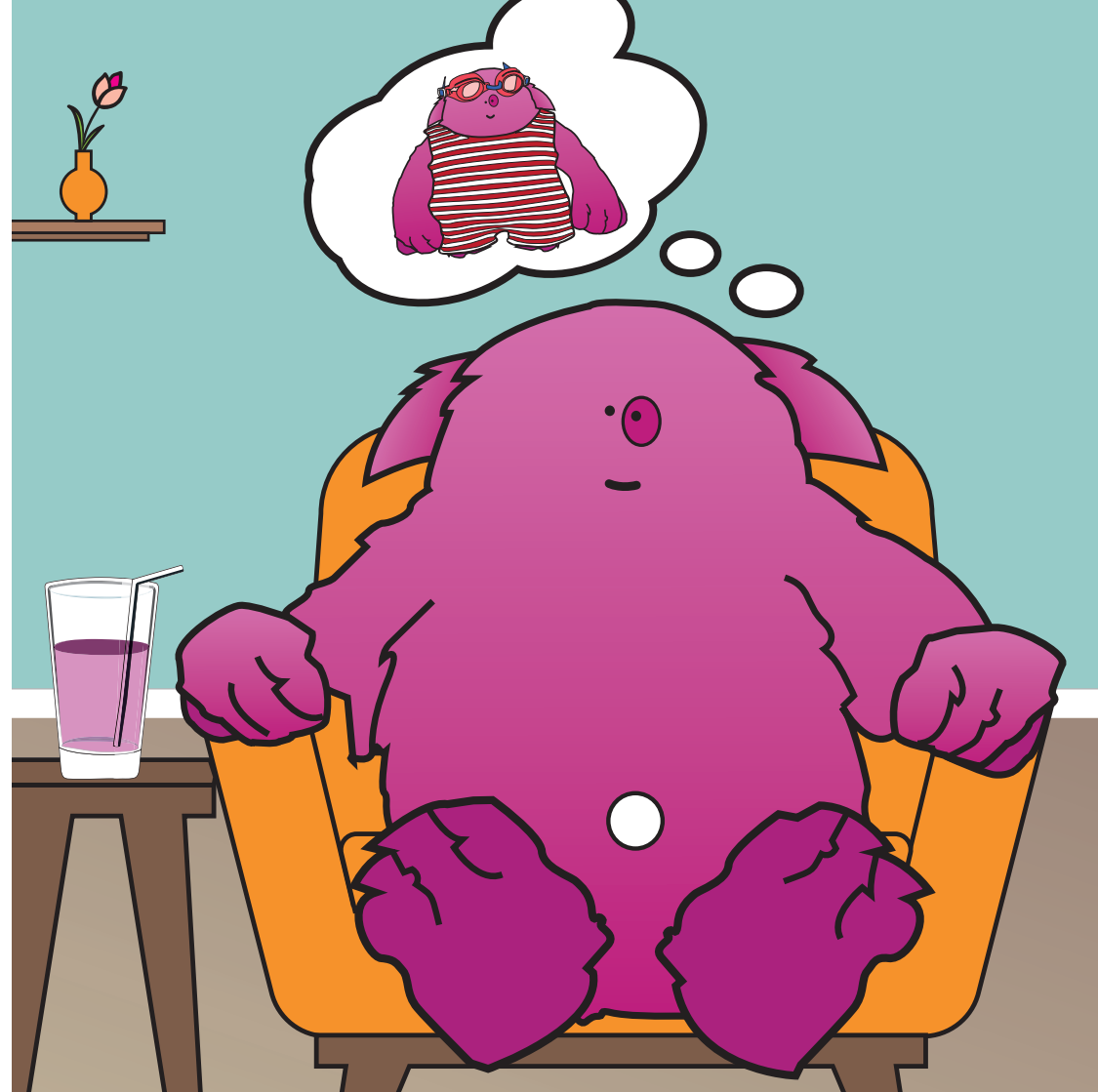




"What a busy day I've had" thought Bones.

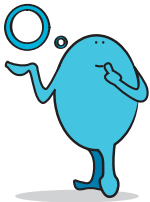
'I could do with a holiday!"

"Now, what shall I do tomorrow?"





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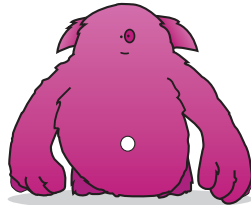
Brains



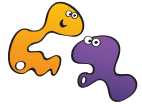
Big Eye



Megabyte



Bones



Omega Twins