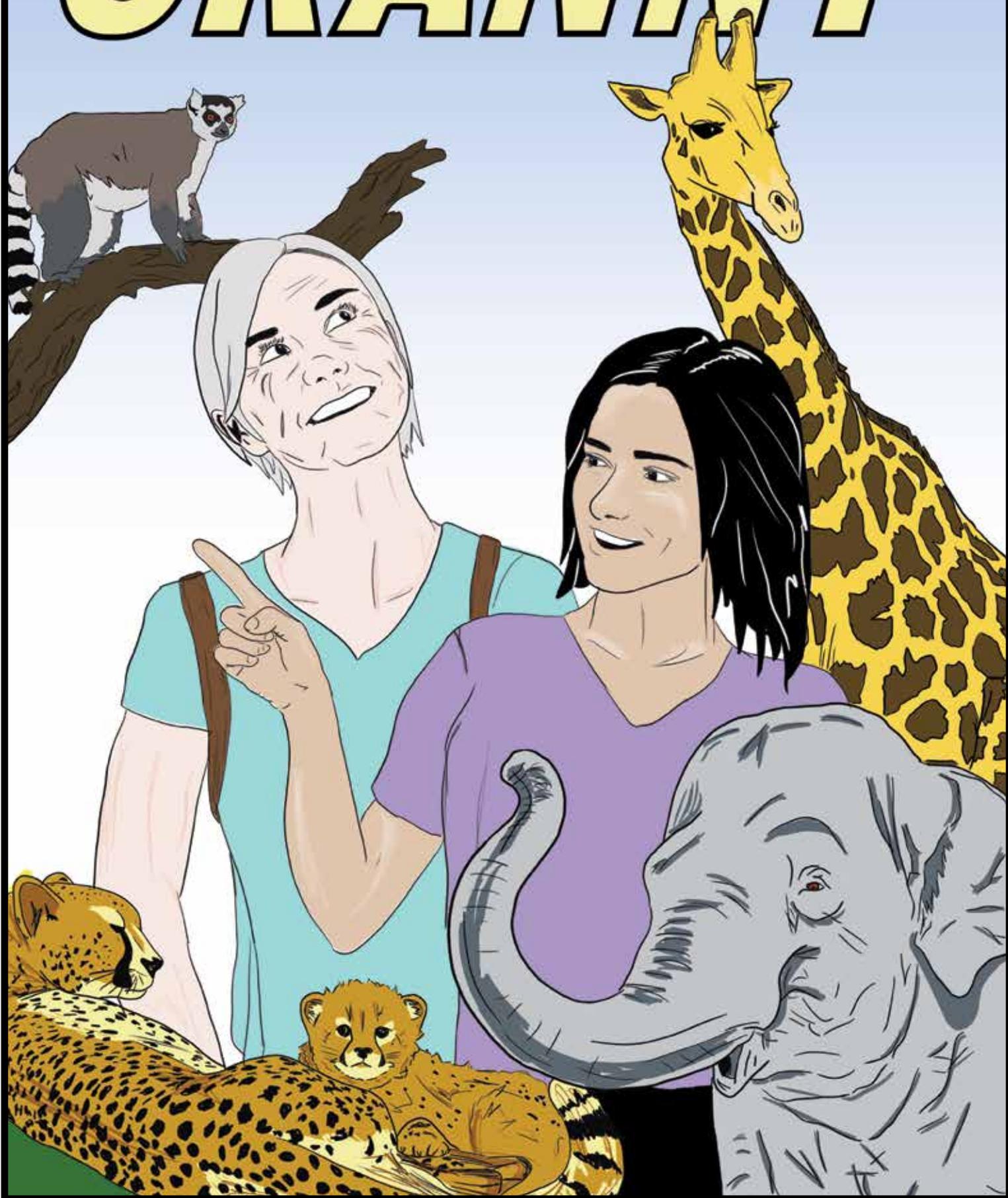


A DAY OUT WITH
GRANNY





Co-funded by the
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Concept and story board

Dr Catherine Norton & Ms Laoise Bennis
and the University of Limerick LifeAGE research team



Design, illustration and script
Conor O'Brien



A collaborative project with partners from





Mom!
When will Granny
be here?



Any minute now,
keep an eye out!



She's here!
And I think we're
going to
be cycling



Ding Dong!

I'll get it!



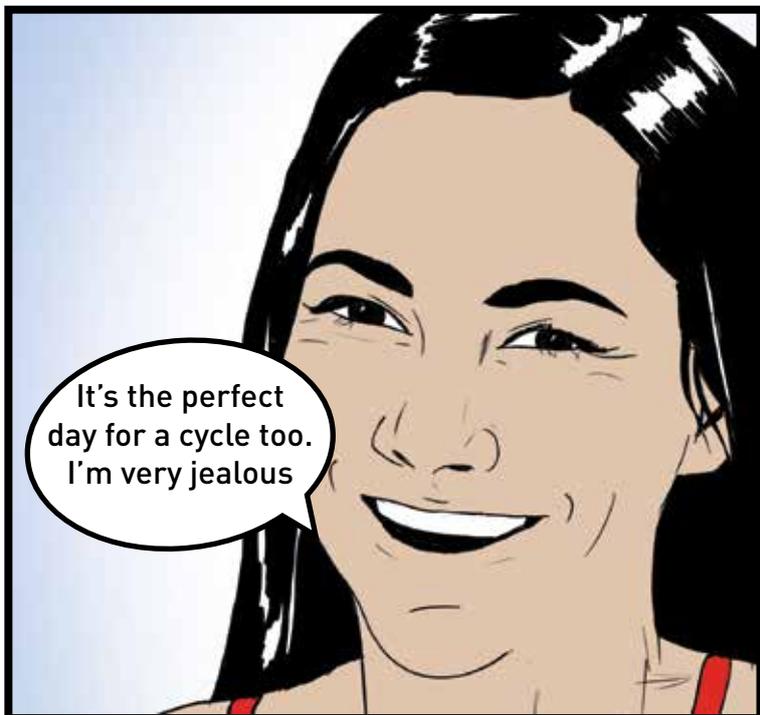
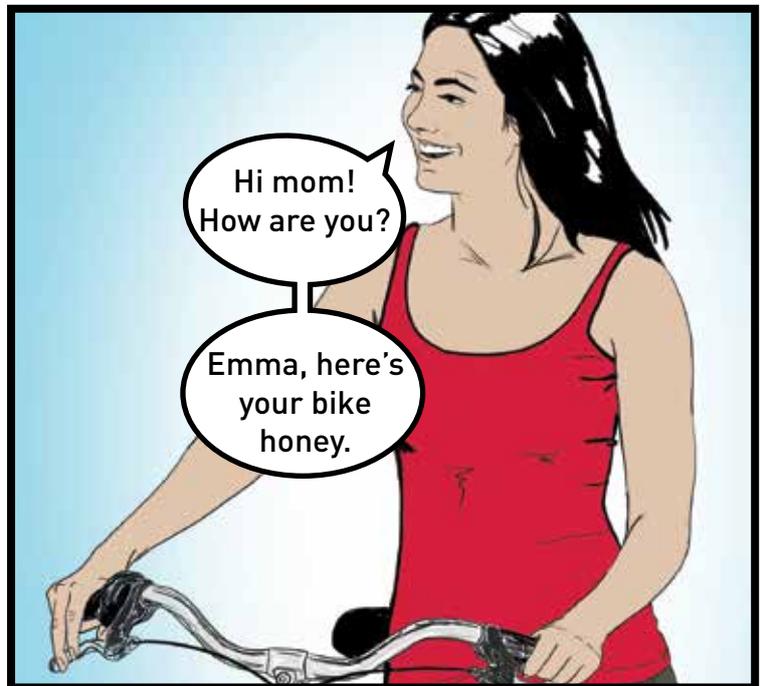
Granny!

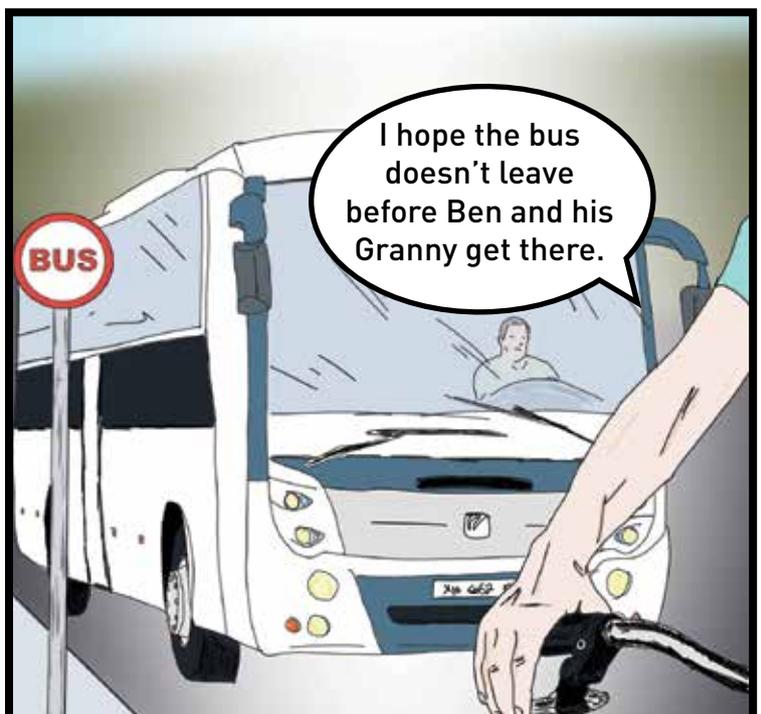
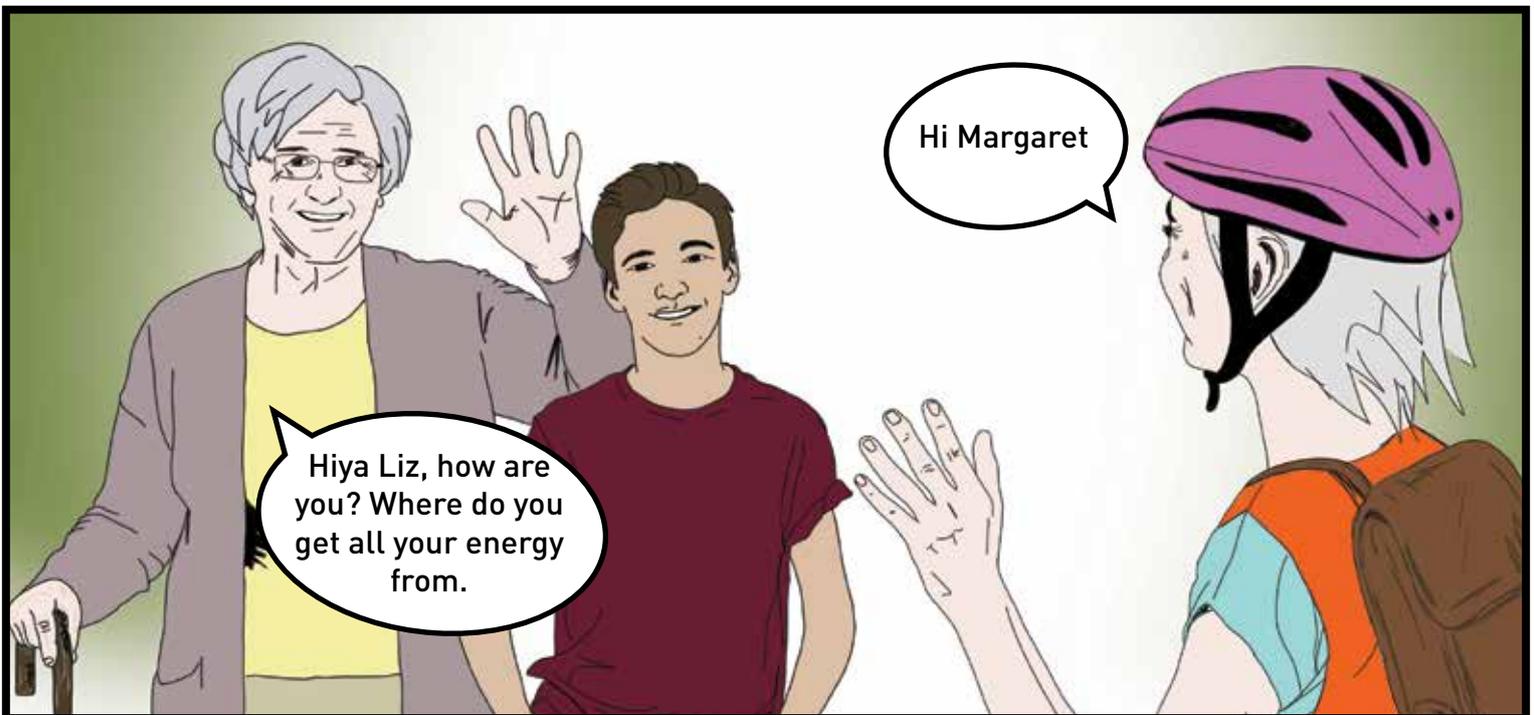
Hi Dear, are you
ready to go to
the zoo?



Are we
going to cycle?

Well, it's a
beautiful day,
would you like to?







Looks like they missed it.

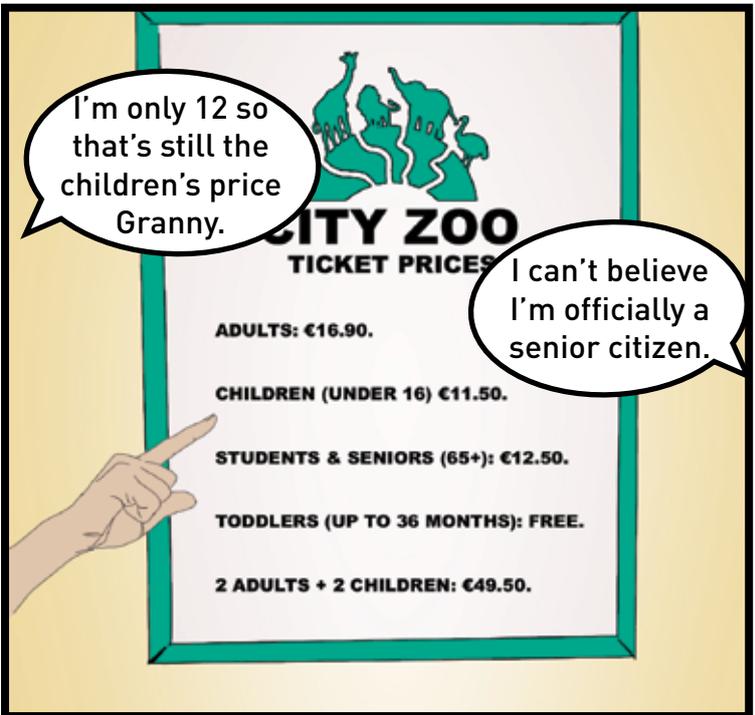
I'm sure there'll be another one soon.



We're here



Emma, put the key to your lock somewhere safe, you don't want to lose it.



I'm only 12 so that's still the children's price Granny.

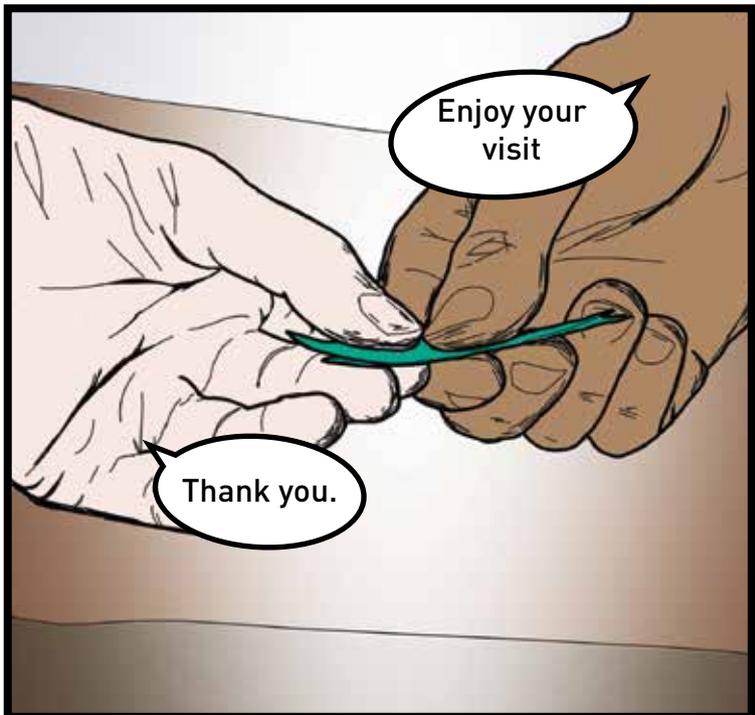
I can't believe I'm officially a senior citizen.

CITY ZOO TICKET PRICES	
ADULTS:	€16.90.
CHILDREN (UNDER 16)	€11.50.
STUDENTS & SENIORS (65+):	€12.50.
TODDLERS (UP TO 36 MONTHS):	FREE.
2 ADULTS + 2 CHILDREN:	€49.50.



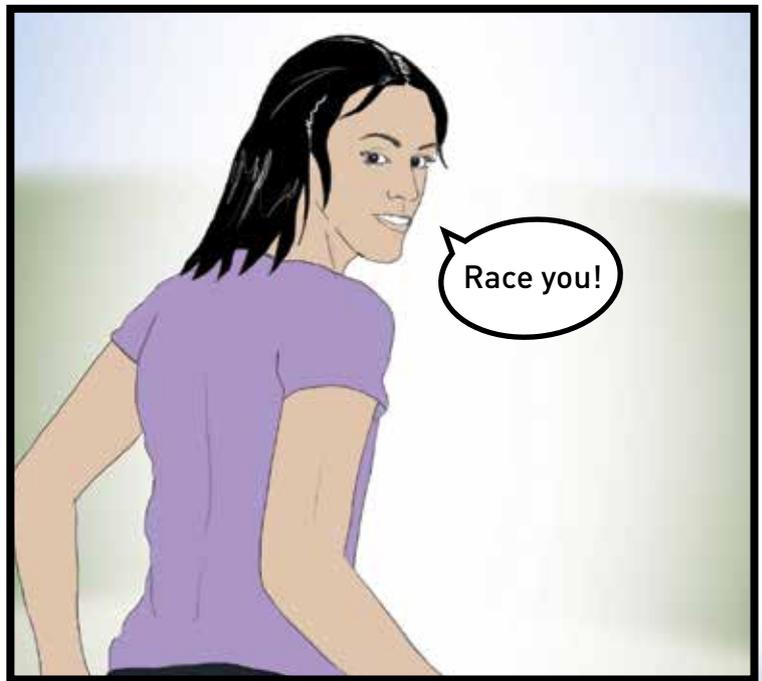
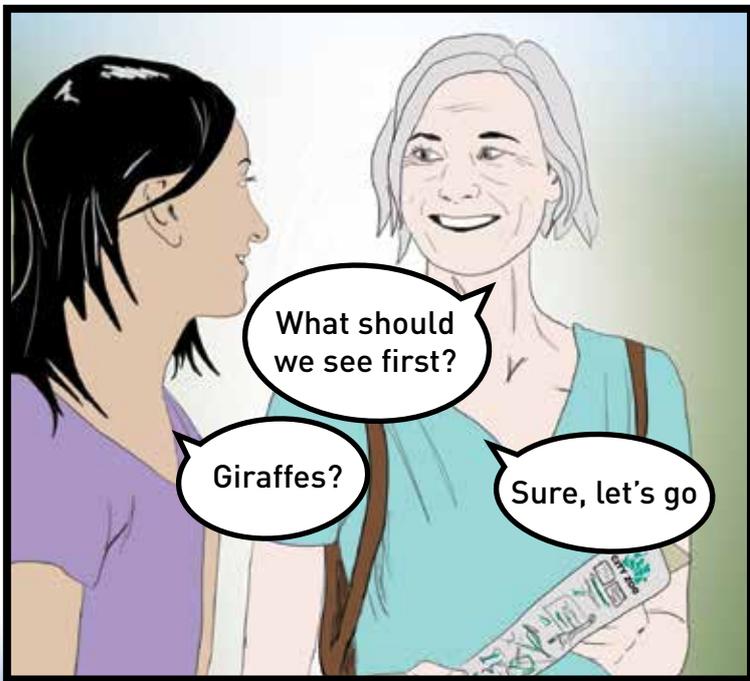
One child and one Senior please.

That's 24 euro please



Enjoy your visit

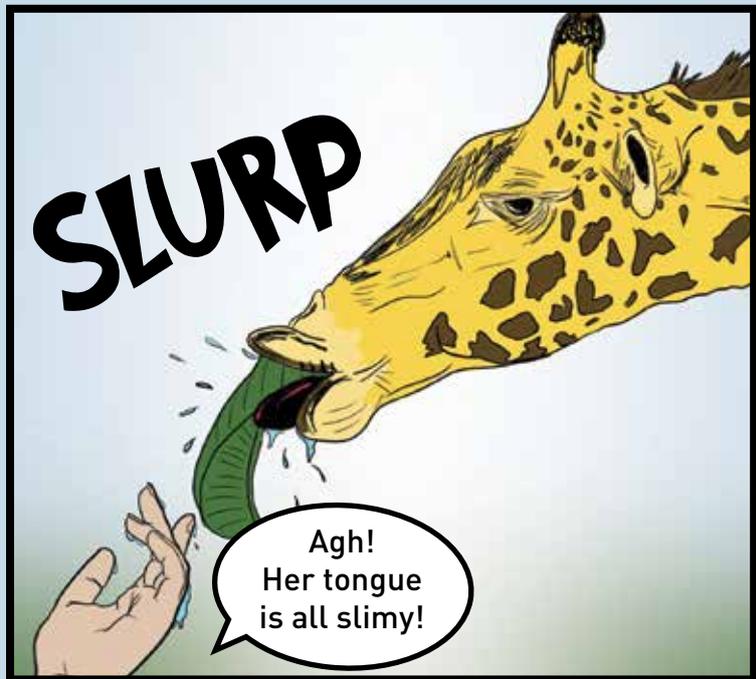
Thank you.





Here you go girl

Careful Emma



SLURP

Agh!
Her tongue is all slimy!



Here's a wipe

Thanks

Maybe we should keep our hands out of animals mouths from now on.

That sounds like a plan



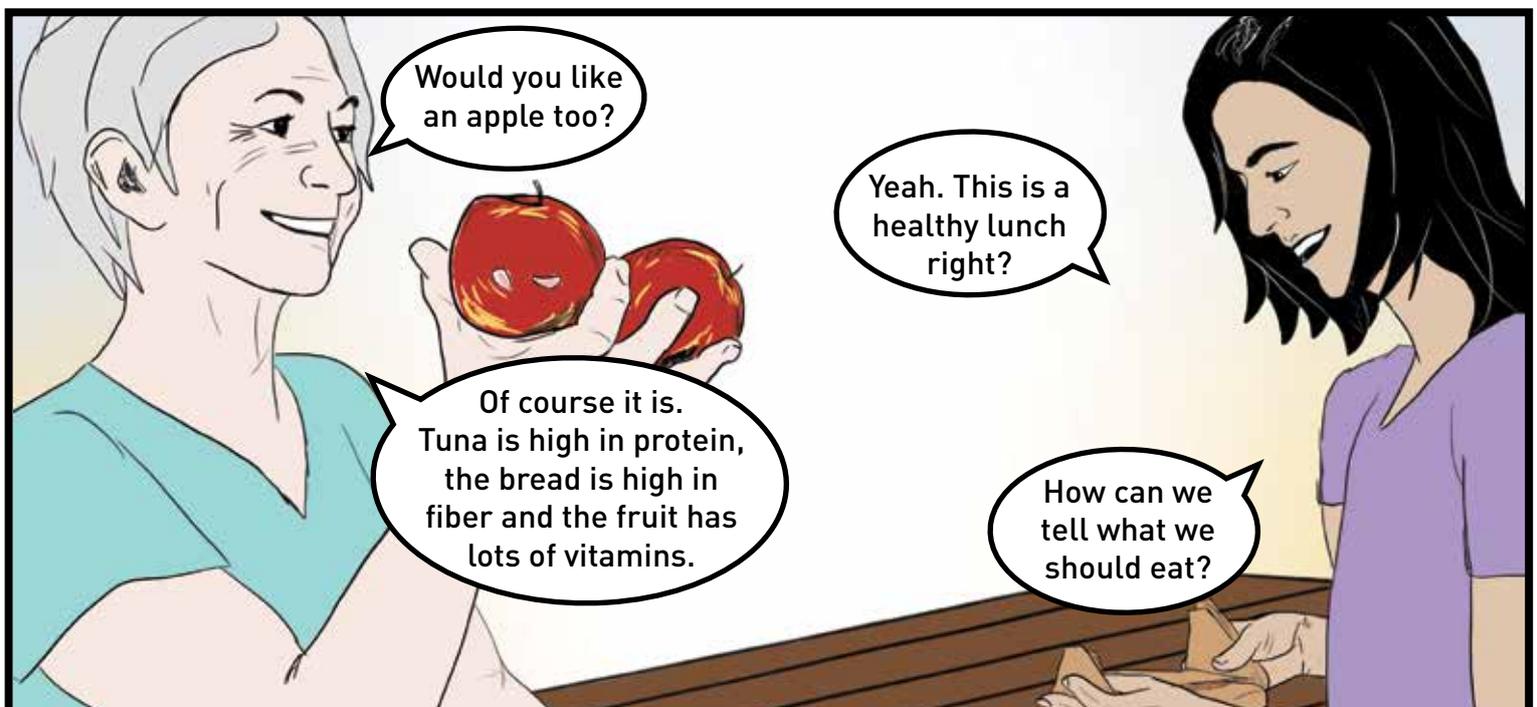
Let's see what other animals we can find.

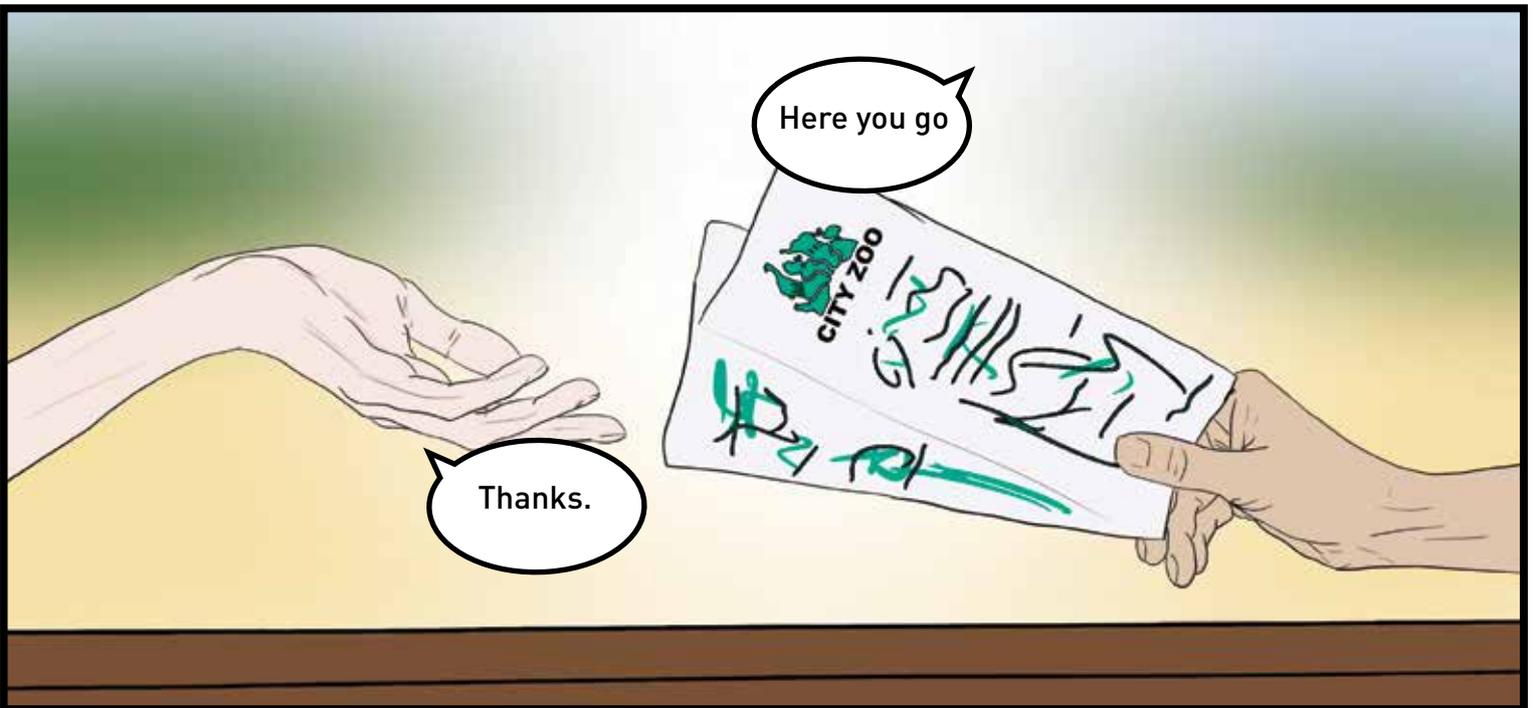
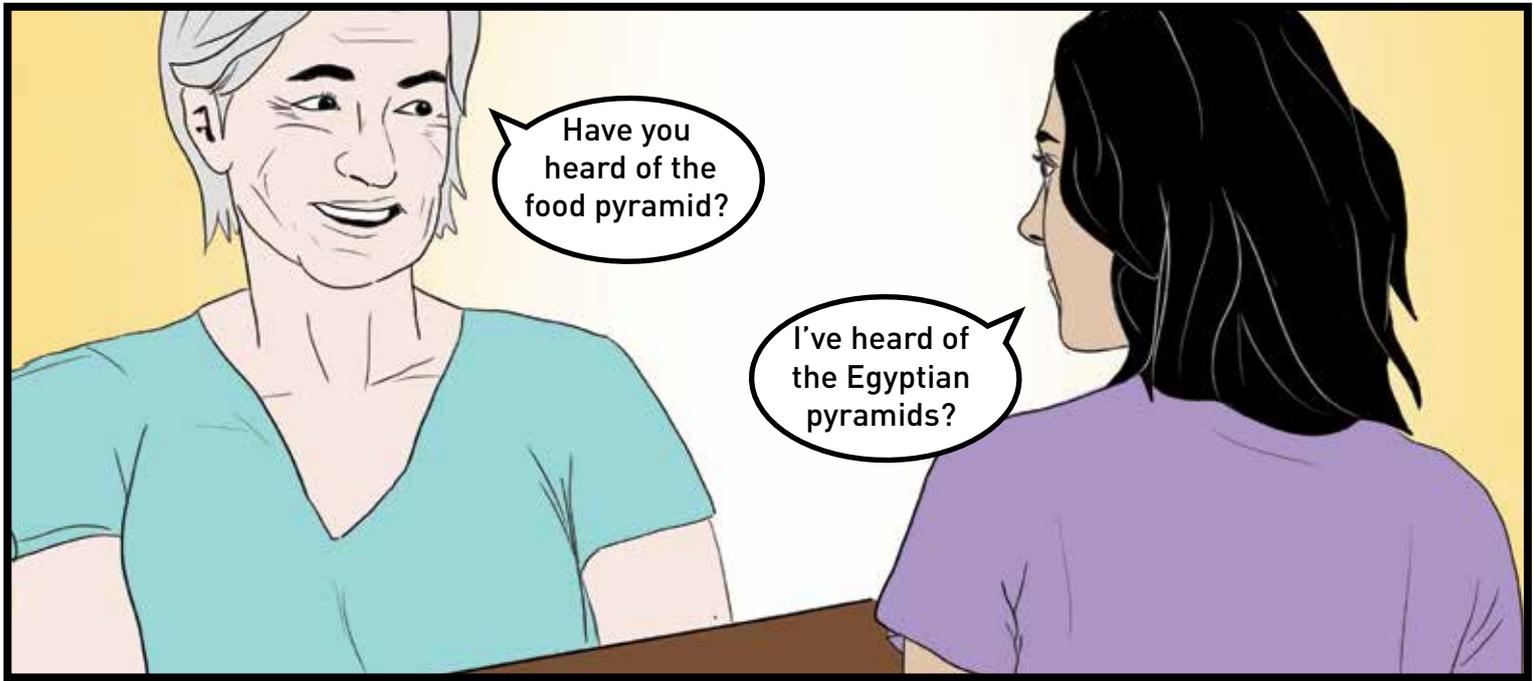


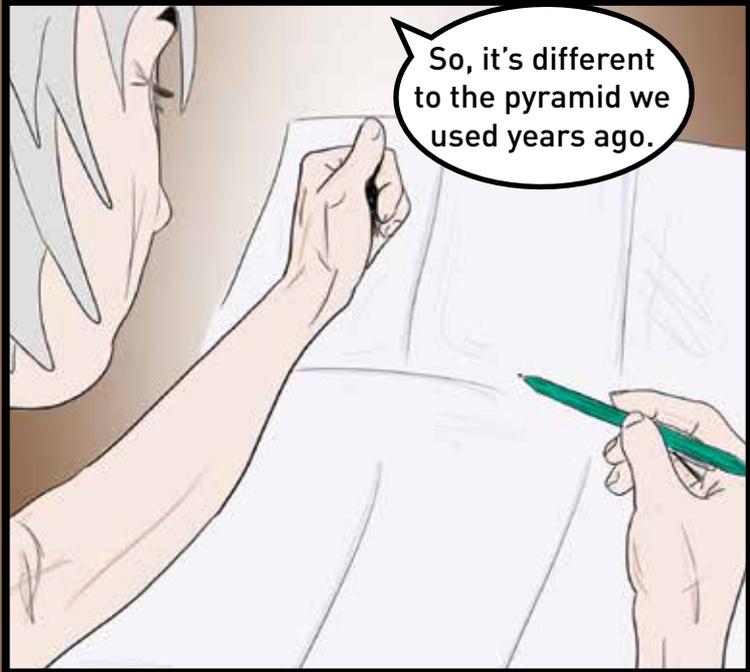


I love the monkeys and lemurs. They're very cheeky.

But the cheetah and her little cub were so adorable. And remember the elephant, he was amazing.







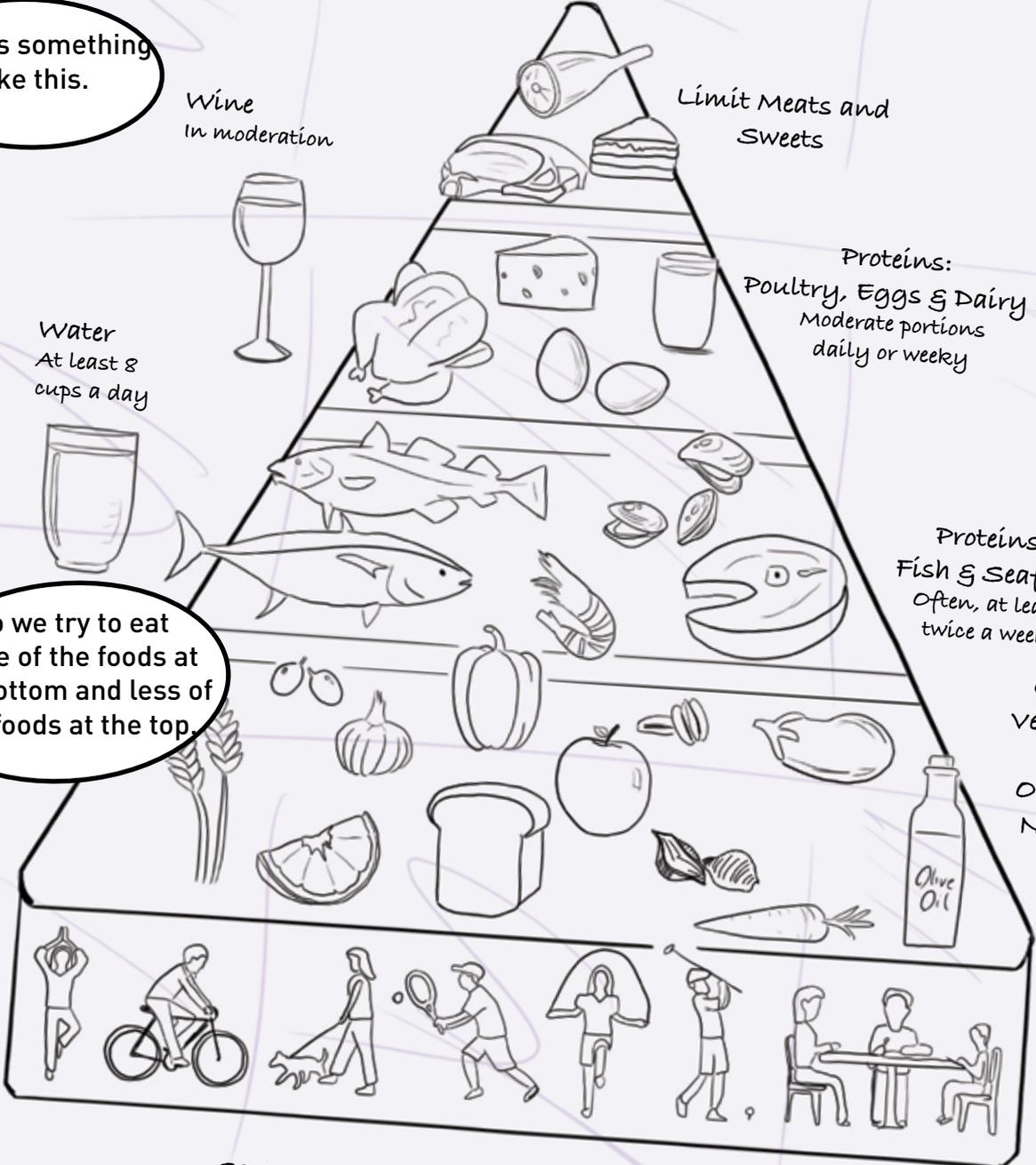
So, it's different to the pyramid we used years ago.

I try to follow what's called
THE MEDITERRANEAN DIET

Mediterranean?
Like the sea in Spain, France and Italy

Exactly.

It looks something like this.



Wine
In moderation

Limit Meats and Sweets

Water
At least 8 cups a day

Proteins:
Poultry, Eggs & Dairy -
Moderate portions
daily or weekly

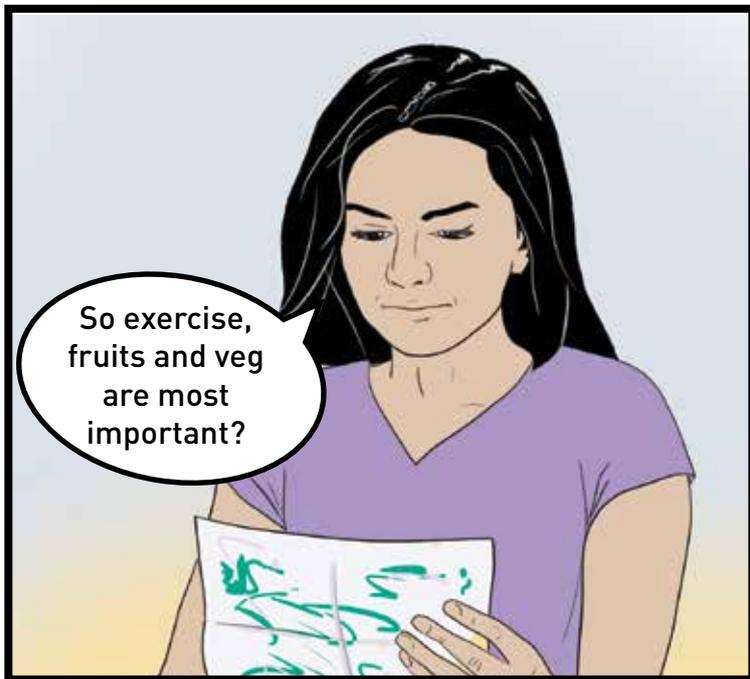
Proteins:
Fish & Seafood
Often, at least
twice a week

Carbohydrates:
Vegetables, Fruits,
Wholegrains,
Olive Oil, Beans,
Nuts, Legumes,
Seeds, Herbs
& Spices
Base all meals
on these foods

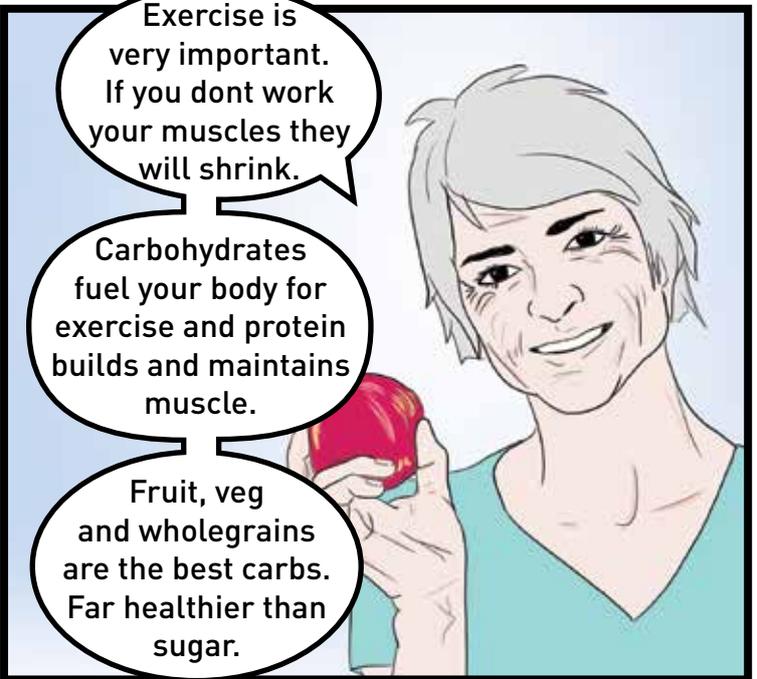
So we try to eat more of the foods at the bottom and less of the foods at the top.

Oh, I see.

Savour meals with loved ones and be active everyday



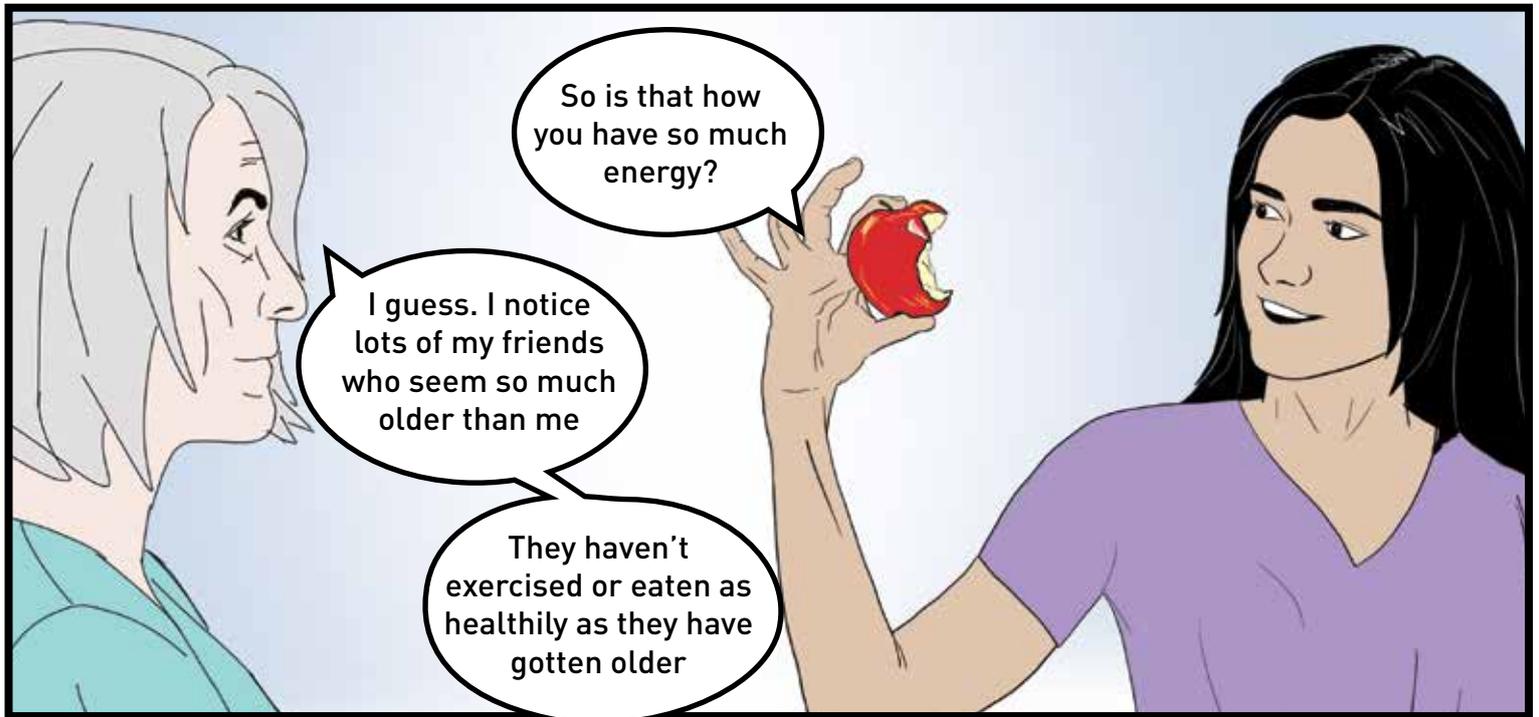
So exercise, fruits and veg are most important?



Exercise is very important. If you dont work your muscles they will shrink.

Carbohydrates fuel your body for exercise and protein builds and maintains muscle.

Fruit, veg and wholegrains are the best carbs. Far healthier than sugar.



So is that how you have so much energy?

I guess. I notice lots of my friends who seem so much older than me

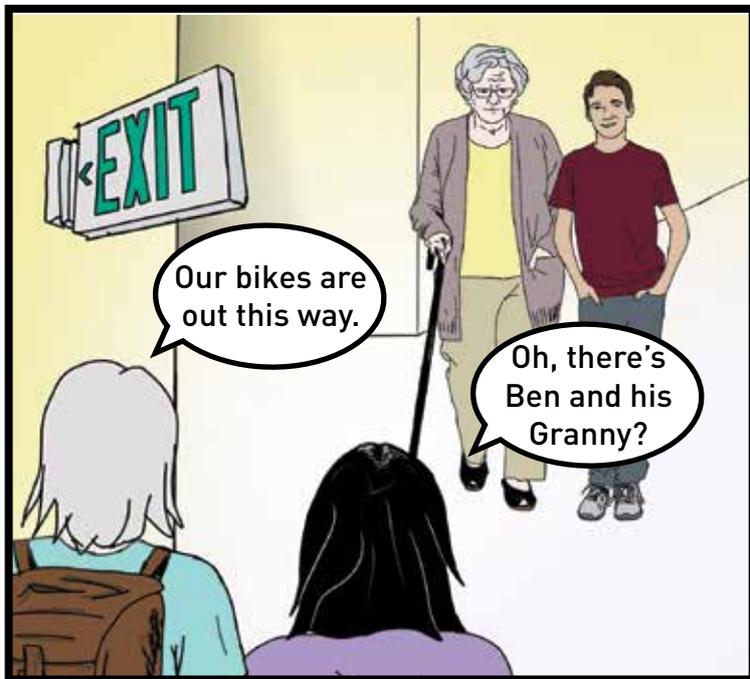
They haven't exercised or eaten as healthily as they have gotten older



Well we've had our healthy lunch, we should get back on our bikes and use this energy before it gets stored up.



Yes, let's head home. Let's throw this stuff in the bin and we'll get going.

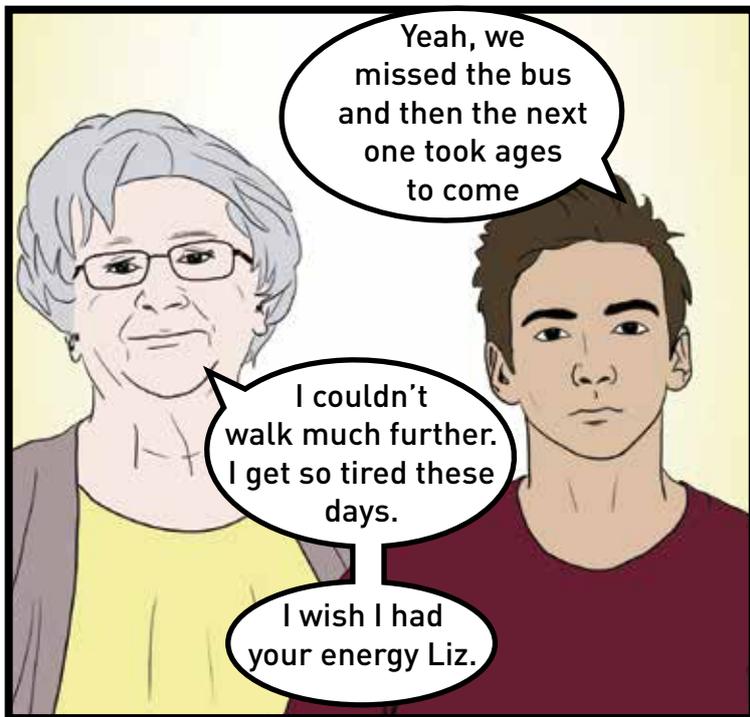


Our bikes are out this way.

Oh, there's Ben and his Granny?



Hi Ben!
Are you guys only here now?



Yeah, we missed the bus and then the next one took ages to come

I couldn't walk much further. I get so tired these days.

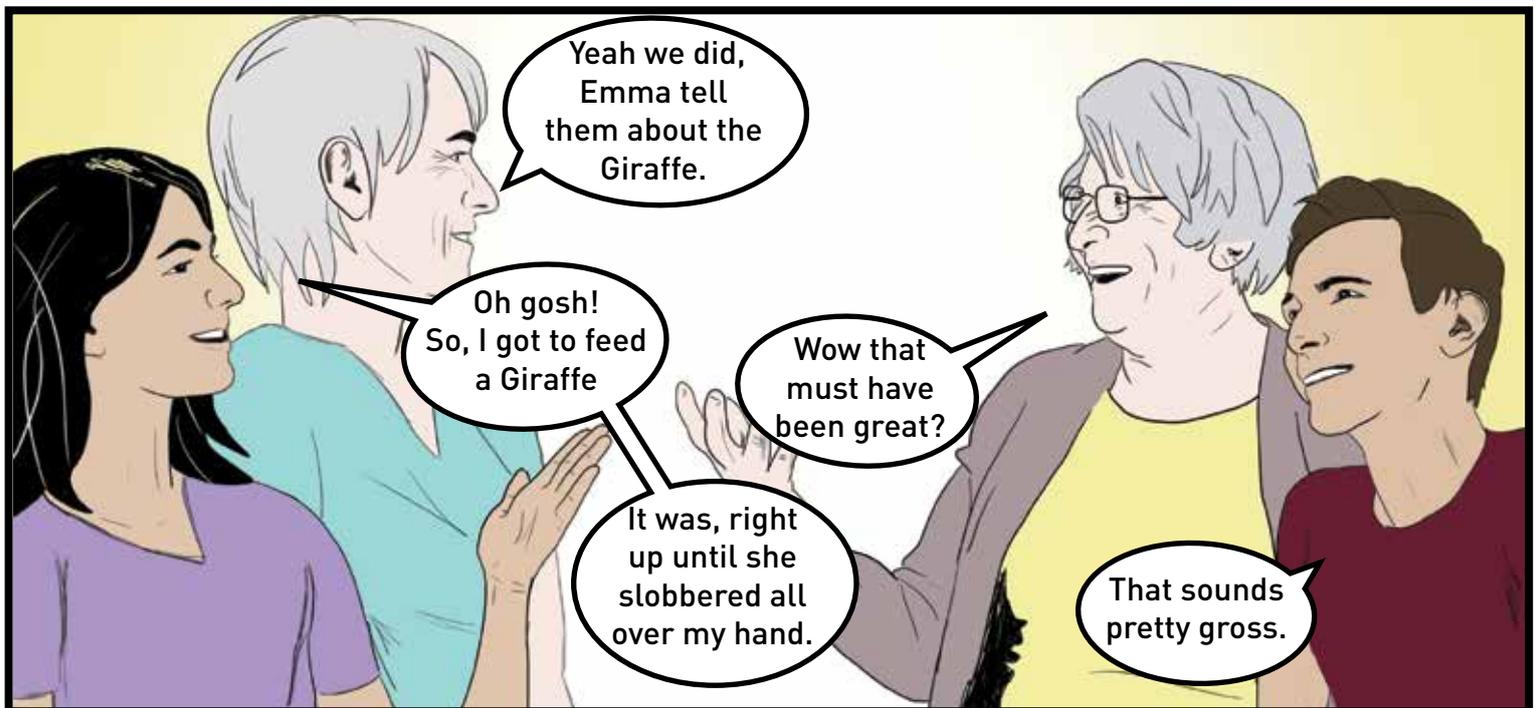
I wish I had your energy Liz.



Are you two leaving now?

Yeah, We're going to try get home to help my mom with dinner.

Did you get to see many animals?



Yeah we did, Emma tell them about the Giraffe.

Oh gosh! So, I got to feed a Giraffe

Wow that must have been great?

It was, right up until she slobbered all over my hand.

That sounds pretty gross.

We better get going

See you later Ben

Bye you two, safe cycling

Chat later Em.

Thanks for today Granny, I loved it.

Race you home?

Any time Emma, I had a lovely day too.

You're on!

