



It was a day just like any other, and 10-year-old Paco was playing his favorite video game, "The Champions of the Chewniverse." The best thing about this game was how it exercised his entire body instead of just his fingers.

Paco loved to play the part of Health-E-Man in the game because when Health-E-Man held up his Magical Spork and shouted "By the Tower of Power, Healthy Food I'll Devour!" he became the Strongest and Healthiest Man in the Chewniverse!

Paco had always thought the Chewniverse was imaginary and that it didn't exist. But on this day, right after breaking the high score, Paco discovered the truth: The Chewniverse was real!



A few seconds after being sucked through his TV set by some sort of energy beam, Paco stood in amazement in front of a beautiful woman. She sat next to a floating crystal globe, glowing with the same kind of energy that had pulled him through his TV set. Paco knew exactly who she was. "You're Chantara! And this is the Tower of Power's secret chamber!"

"I have brought you here because Health-E-Man needs your help," Chantara explained.

"But I'm just a kid. I don't have any powers. Why can't you help him?" Paco asked.

"Look into my crystal globe and you will see," Chantara said.

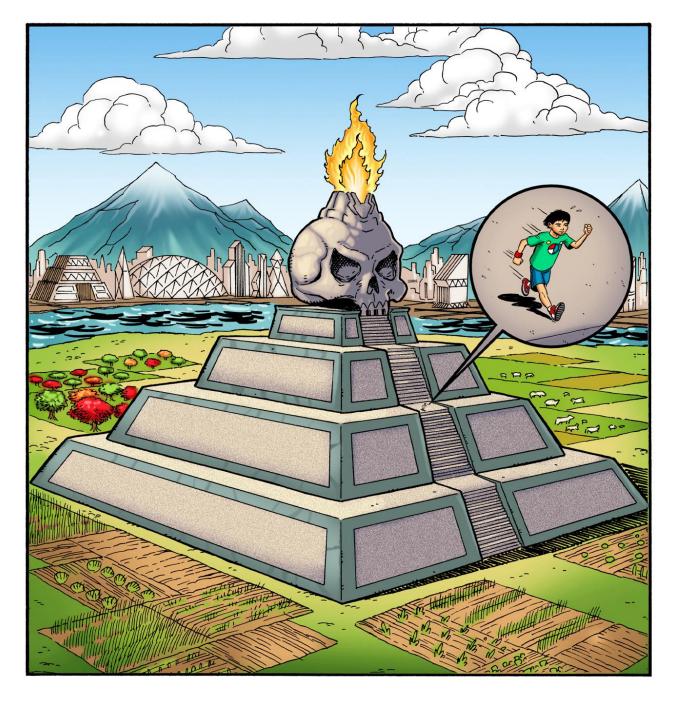


Using the crystal globe's magic eye, Paco saw why Chantara was so worried. Junk-E-Tor and his Junky Flunkies were attacking the Wall of Wellness. The Wall was so far away that it took all of Chantara's magical powers to try to defend it.

"They are using Burger Bombs, Soda Poppers and Blubber Blasters," Chantara said. "I can't hold up the Wall much longer."

"Shouldn't Health-E-Man and the Champions of the Chewniverse be defending the Wall?" asked Paco.

"Yes, but they are not responding," Chantara replied. "I fear it has something to do with a great danger facing Health-E-Man. Hurry -- he's in the Royal Chambers and he needs your help!"



Paco didn't waste any time. He turned and ran out the door as fast as his legs could carry him.

He could see the Royal Grounds from the top of the Tower, but they were still a long way off.

"Could it be that Health-E-Man is helpless and the Wall is the only thing keeping Junk-E-Tor from taking over the entire Chewniverse?" thought Paco.

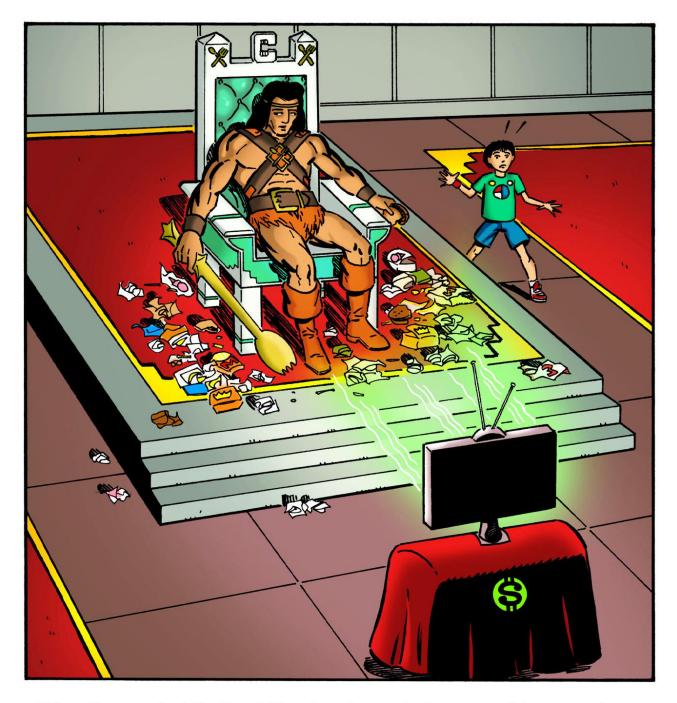
His heart pounding, Paco ran down the Tower steps two at a time, hoping to get to Health-E-Man before it was too late.



As Paco raced to the rescue, he began to notice that something was very wrong with the people of Health-E-Ville.

People with blank looks on their faces stood in the streets without moving. They all seemed to be staring at television and computer screens that were broadcasting commercials. Many of them were stuffing junk food down their throats as fast as they could.

"Everyone seems to be hypnotized," Paco thought, "but how?"

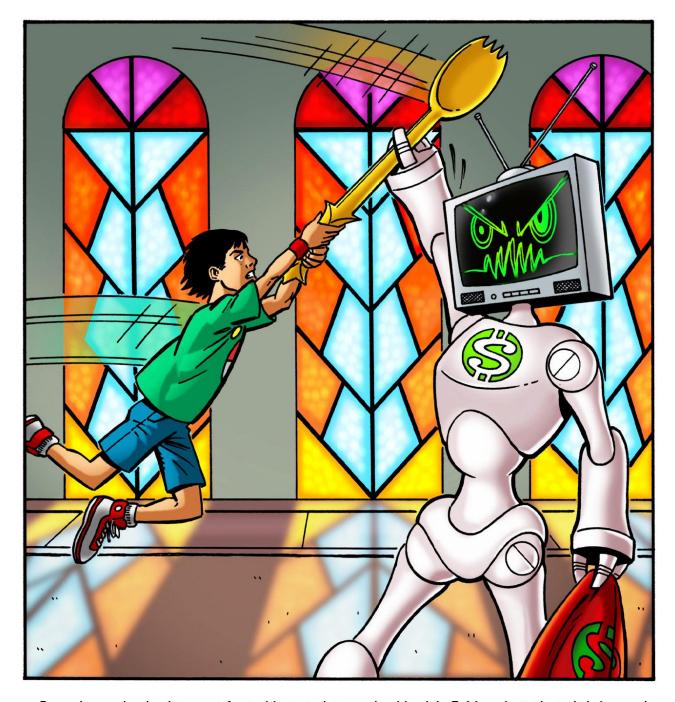


When Paco reached the Royal Chambers, he was in for an even bigger surprise.

Health-E-Man had been hypnotized too. He was sitting on his royal throne surrounded by a pile of junk food wrappers, with a half-eaten hamburger in his hand.

As soon as Paco saw the TV set in front of Health-E-Man, he knew what was wrong.

"I recognize that dollar sign," he gasped. "That isn't a TV set. It's Junk-E-Tor's evil robot, Selzomor, hiding under a sheet. I bet he's broadcasting junk food commercials to every screen in Health-E-Ville!"

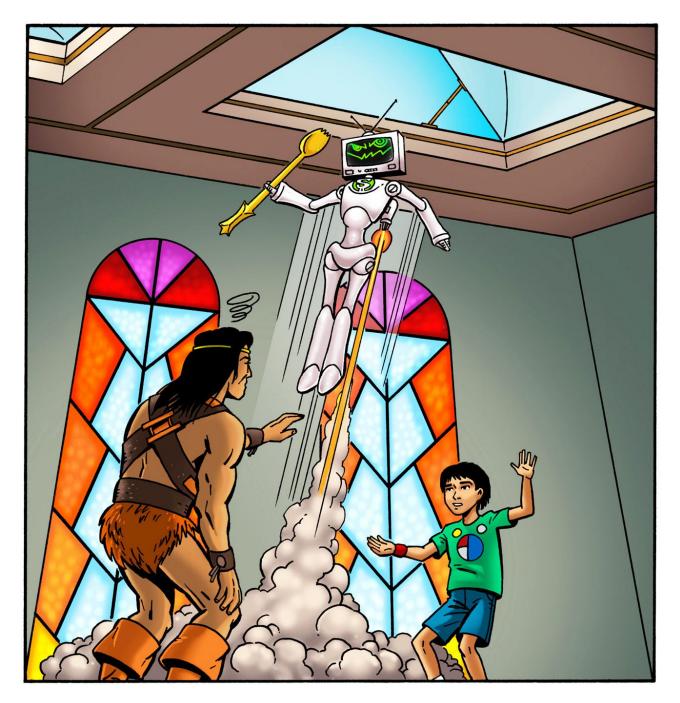


Paco knew he had to act fast. He tried to wake Health-E-Man, but that didn't work.

Paco couldn't think of anything else to do, so he grabbed Health-E-Man's Spork and charged toward the TV set shouting, "It's time to shut you off!"

In a flash, Selzomor whipped off his sheet and took the Spork away from Paco.

Even though Paco's brave charge failed, it flustered Selzomor and made him stop broadcasting. The robot's spell was broken. All over Health-E-Ville, people began to wake up.



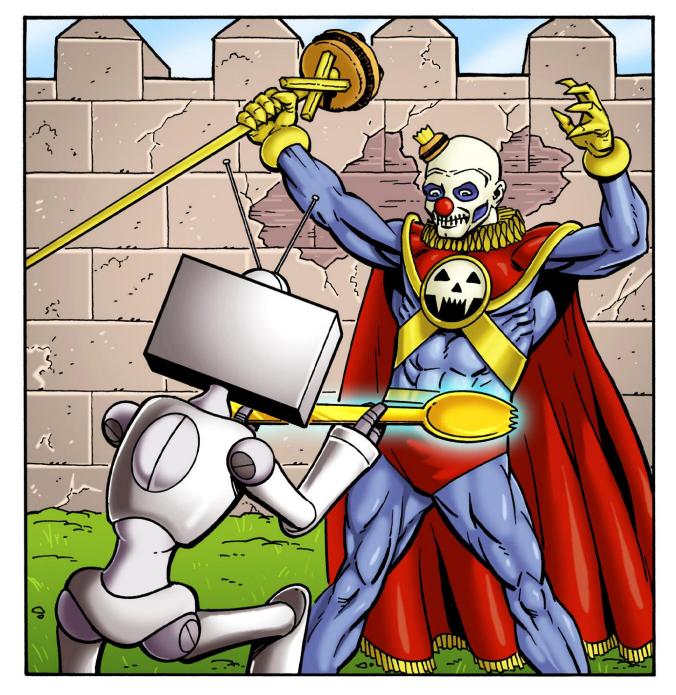
Health-E-Man was slowly coming to his senses, but he felt dizzy and sick after having eaten so much junk food.

"You are nothing without your Spork, Health-E-Man!" laughed Selzomor. "You'll never defeat my Master without it!"

Before Health-E-Man and Paco could stop him, a jetpack popped out of Selzomor's back and he used it to fly out an open skylight while carrying the Spork.

"I'm sorry I lost your Spork, Health-E-Man," Paco said.

"Don't worry about that," Health-E-Man replied. "Without your help, far more would have been lost."



After flying out of the skylight, Selzomor flew straight to Junk-E-Tor, who was still attacking the Wall of Wellness.

"Master Junk-E-Tor, I am sorry to report that Health-E-Man and the Champions of the Chewniverse are no longer under my control," said Selzomor. "But I bring you something better: Health-E-Man's Magical Spork!"

Junk-E-Tor's green eyes lit up with evil joy when he saw the Spork. Then he laughed a horrible laugh.

"Give me that Spork, you fool! We must fly to Cake Mountain at once and destroy it!" said Junk-E-Tor.



Cake Mountain is a terribly scary Evil Fortress where Junk-E-Tor and his Junky Flunkies live, high above the city of Junk-E-Town.

"Keep attacking!" Junk-E-Tor told his Flunkies. "Health-E-Man and the Champions of the Chewniverse will be here soon to protect the Wall and to try to take back the Spork!"

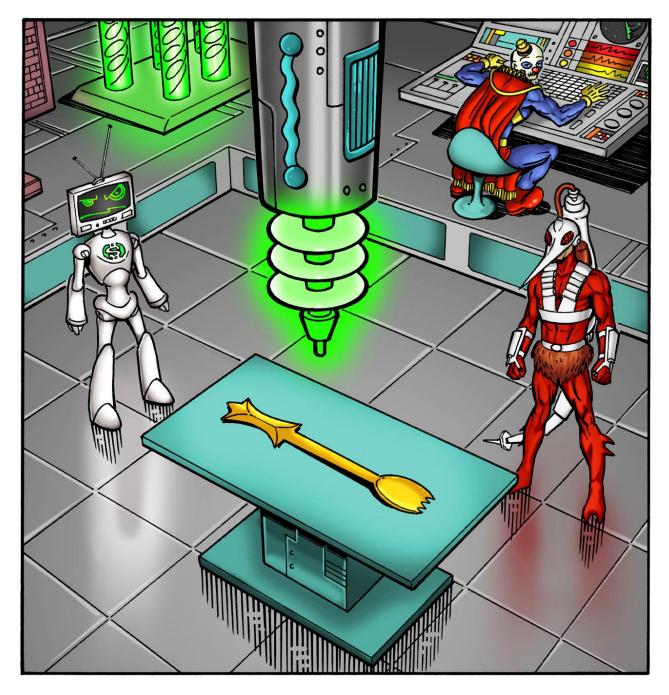
Junk-E-Tor quickly put the Spork in his flying Battle Sled. Then, with Selzomor and Mo'Sweetor -- the fastest of his flying goons -- beside him, he took off for Cake Mountain, laughing all the way.



Sure enough, the Champions of the Chewniverse -- who had all been hypnotized along with Health-E-Man and the rest of Health-E-Ville -- showed up and began to defend the Wall of Wellness.

Soon after that, Junk-E-Tor's Junky Flunkies must have suddenly decided they had better things to do somewhere else, because they left all at once and in a hurry.

Thanks to Paco, Health-E-Ville was safe again. And, most amazingly, now that the Wall of Wellness was no longer being hit with Burger Bombs, Soda Poppers and Blubber Blasters, it began to heal itself with Chantara's magical help.



Meanwhile, in a secret lab somewhere deep under Cake Mountain, Junk-E-Tor, Selzomor and Mo'Sweetor were getting ready to destroy the Spork.

Junk-E-Tor was at the controls of a deadly machine that he was about to use to shoot the Spork with a powerful energy beam.

"This is it, my Junky Flunkies!" Junk-E-Tor said to his fellow evil-doers. "You are about to witness my greatest moment. In a few seconds, Health-E-Man's Spork, the key to his great power, will be gone forever!"

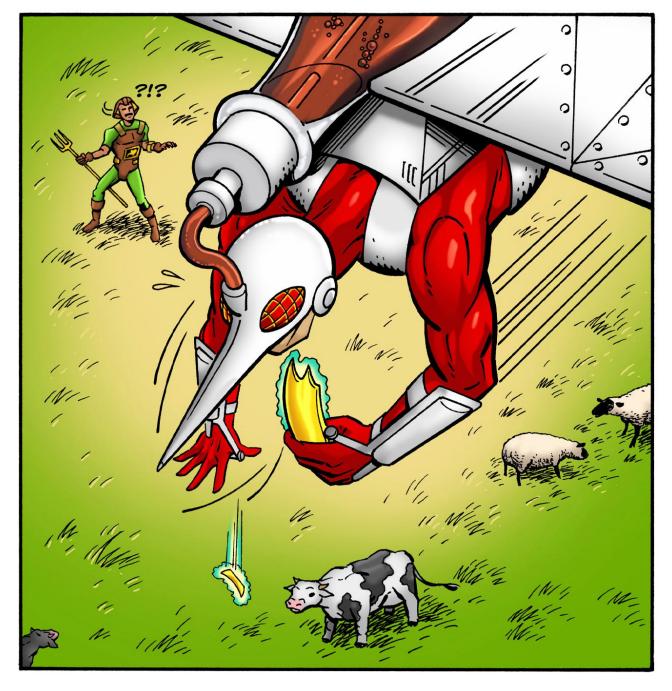


Junk-E-Tor pressed a button. An energy beam shot out of the machine and hit the Spork. There was a flash of green light and the smell of pickles filled the air. Then, with a loud "CRACK!" the Spork broke into seven smaller pieces.

Junk-E-Tor jumped up, danced a jig and howled with glee.

"I broke it!" he exclaimed. "Now we must hide the pieces where they can never be found again."

Junk-E-Tor took three of the pieces and divided the rest between Selzomor and Mo'Sweetor. "We must fly in different directions and bury these right away," he ordered.



All of the evil-doers took their pieces of the Spork and started flying as far and fast as they could.

Mo'Sweetor, who was daydreaming about all of the greasy french fries he had just eaten for lunch, soon found himself flying over Farmer-Man's farm.

He was almost directly over Farmer-Man's head when he finally noticed where he was. Mo'Sweetor was so startled that one of the pieces of the Spork slipped out of his greasy fingers and landed right next to Farmer-Man's favorite cow.

"I'd better get out of here!" Mo'Sweetor thought.



Farmer-Man picked up the glowing piece of metal and used his wrist communicator to call Chantara.

"Mo'Sweetor just dropped a piece of pure Eaternium on my farm," Farmer-Man told Chantara. "The only known source of that metal is Health-E-Man's Spork. What do you think is going on?"

Chantara looked into her crystal globe and said, "Junk-E-Tor has broken Health-E-Man's Spork into seven pieces and has hidden them. The only way to find the other pieces and put the Spork back together again is to discover the Secrets to Healthy Living. Each time we learn a secret we will find another piece."



Health-E-Man would need a new weapon to use during all the adventures he would have trying to find the other pieces of his Spork, which is why Chantara and Farmer-Man made him a shiny new sword with a handle of pure Eaternium.

Chantara and Farmer-Man also made something else: a gleaming medal with a bright blue ribbon for Paco, so that Health-E-Man could award it to him for his bravery and for helping all of Health-E-Ville learn the first of the Secrets to Healthy Living:

"Limit Your Screen Time."

This means that we should all beware of spending too much time in front of TVs, tablets, smartphones and computers.



When he was given his medal, standing on the steps of the Tower of Power in front of Health-E-Man, Cat-A-Mount, Fizz Fuzz, Fit-Miss, Grill-Zor, Champ Chef, Charro Fast, Farmer-Man, Porko and the rest of the Champions, Paco was prouder than he had ever been in his entire life.

And he would never forget when Health-E-Man drew his sword and shouted, "We cannot fail. We will prevail. For we are the Champions of the Chewniverse, are we not?"

To which the Champions answered as one:

"WE ARE, WE CAN, WE WILL!"



## Chapter One:

## "HAVOC IN HEALTH-E-VILLE"

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