

#2

CHAMPIONS OF THE CHEWNIVERSE





In our last story, Junk-E-Tor stole Health-E-Man's Magic Spork, then broke it and hid the pieces. Now Health-E-Man is on a secret mission to find the pieces and fix the Spork, even if it means he has to sneak into Cake Mountain and defeat Junk-E-Tor all by himself!





Behind Cake Mountain, something evil was brewing!

Junk-E-Tor and his Junky Flunkies were mixing up a vat of frosting made out of sugar, candy, soda and rotten teeth.

Health-E-Man watched as the Flunkies worked to mix and stir the brew. Then Junk-E-Tor sang a magic chant to bring the evil frosting to life!

“Sugar, soda, candy and goo!
Rise up! Stand tall!
Your master needs you!”



After he finished his chant, Junk-E-Tor tossed a giant magic party hat on top of the frosting. Lightning crackled, thunder rolled and Health-E-Man watched in amazement as the sugary sludge began to take form.

The evil frosting quickly grew into a 100-foot giant with seven heads, each one scarier and meaner than the one before!

Junk-E-Tor let out a booming laugh, “Muahahaha!” and shouted, “Behold my Mighty Frosting Giant! Together, we will destroy Health-E-Ville once and for all!”

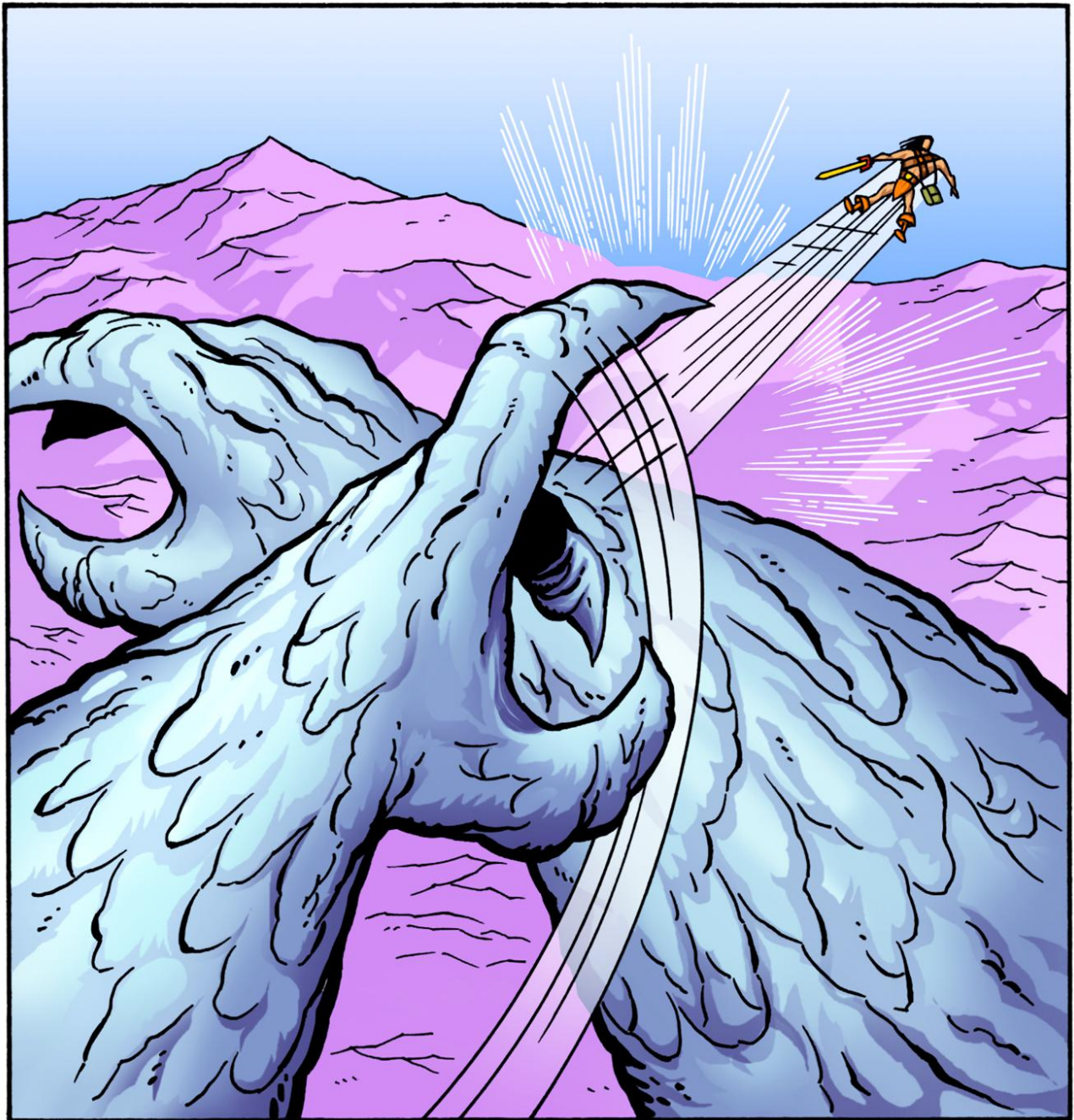


“I have to do something,” thought Health-E-Man.

Quick as a jungle cat, Health-E-Man drew his sword and leapt from the top of Cake Mountain. He dove through the air and landed smack on the Giant’s back!

Unable to stand on the slippery frosting, Health-E-Man tumbled backward onto its massive arm. It was then that the Junky Flunkies noticed him.

“Oh, Health-E-Man! How nice of you to join us,” taunted Junk-E-Tor. “What a perfect test for my monster’s strength!”



With one flick of its enormous finger, the Frosting Giant sent Health-E-Man flying off its arm and through the air. There was nothing our Champion could do, for the beast had bested him with a single blow.

Watching Health-E-Man vanish from view was a treat for Junk-E-Tor and his goons. They laughed as the Frosting Giant roared in celebration of its victory.

“See,” Junk-E-Tor said, “not even the greatest and most powerful Champion could withstand one tiny flick from our Giant’s finger!”

The Flunkies cheered. Their new ally had defeated Health-E-Man, and they were sure that the Champions of the Chewniverse would be next!



Miles away and still tumbling helplessly through the air, Health-E-Man began to consider what had gone wrong.

“How could I have been defeated so easily?” he wondered. “What should I have done differently?”

That is when he realized, “I should never have tried to sneak into Cake Mountain and attack the Frosting Giant on my own. A victory like that requires teamwork.”



A few miles later, Health-E-Man crashed into Farmer-Man's barn and landed right in a haystack next to Farmer-Man's favorite cow.

As Health-E-Man regained his senses, he looked around at the damage his landing had done.

"Ouch!" he thought. "I hope Farmer-Man won't be too upset because I added a few extra windows to his barn."

Then the barn door opened and Health-E-Man was happy to see Farmer-Man -- his friend and fellow Champion -- rushing over to help him.



“Where have you been?” Farmer-Man asked as he helped Health-E-Man up.

Even before getting an answer, Farmer-Man was asking more questions. “Why in the Chewniverse did you crash through my barn? And where did all these boxes of Mac & Cheese come from? You have some explaining to do, Health-E-Man.”

Health-E-Man explained that he had tried to defeat Junk-E-Tor’s giant monster by himself.

“He flicked me away as if I were nothing more than a pest. I’m not exactly sure why I lost, but I’m starting to think that it may have had something to do with eating nothing but Mac & Cheese for a whole week before I got to Cake Mountain.”



“Aha! There lies the cause of your defeat, my friend!” Farmer-Man said. “Overcoming a giant challenge takes TEAMWORK, and a Champion’s body needs different foods working together to make it as strong as possible.”

“But, Farmer-Man,” Health-E-Man replied, “I love Mac & Cheese! It’s my favorite color. I like it so much that sometimes I forget to eat anything else.”

Farmer-Man shook his head. “Health-E-Man, sometimes eating too much of one kind of food, no matter how tasty, can be a bad thing. I have a new invention that might help you out. I call it my BIOTRONIC ARMOR.”



“How does it work?” asked Health-E-Man.

“It’s actually quite simple,” explained Farmer-Man. “You see, each piece of the armor is powered up by a different food group.”

“So one piece is powered up by grains and the others are powered up by fruit, vegetables, dairy food like milk and cheese, and proteins like meat and beans?” asked Health-E-Man.

“Precisely!” replied Farmer-Man. “I’m glad you know your food groups so well! Come on, let’s power this armor up!”



Health-E-Man had just discovered one of the Secrets to Healthy Living:

“Eat Balanced Meals.”

If he ate a meal with something from each food group, the different foods would work together as a team to make him strong and healthy. Health-E-Man could hardly wait to power up his new suit.

“By eating all these different healthy foods,” declared Health-E-Man, “I will surely become strong enough to defeat Junk-E-Tor’s Frosting Giant!”



Remembering that it would also take a healthy dose of teamwork to achieve victory, Farmer-Man called all of the Champions together, including Fit-Miss, Fizz Fuzz, Champ Chef, Grill-Zor and Charro Fast.

“Together, we shall save the Chewniverse from the Frosting Giant!” exclaimed Health-E-Man. “Healthy foods and friendship are on our side!”

The rest of the Champions of the Chewniverse made their way to the Wall of Wellness as quickly as they could, preparing for the battle of their lives.



Outside of Health-E-Ville, Junk-E-Tor had gathered up all of his Flunkies, along with the Frosting Giant. They marched toward Health-E-Ville with evil on their minds and sugar in their stomachs.

“We’re nearly there!” shouted Mo’Sweetor.

“That we are,” replied Junk-E-Tor, “and once we get there, we will make sure that Health-E-Ville is destroyed forever!”

The Junky Flunkies cheered, and the Frosting Giant roared in approval.



The forces of good met the forces of evil near the Wall of Wellness, and the two groups of warriors stood still for a few moments, sizing each other up.

“Attack!” ordered Junk-E-Tor.

And a mighty battle began!

The Champions of the Chewniverse were prepared, but it was going to take teamwork and every bit of strength our heroes had to defeat Junk-E-Tor’s Frosting Giant and the Junky Flunkies.

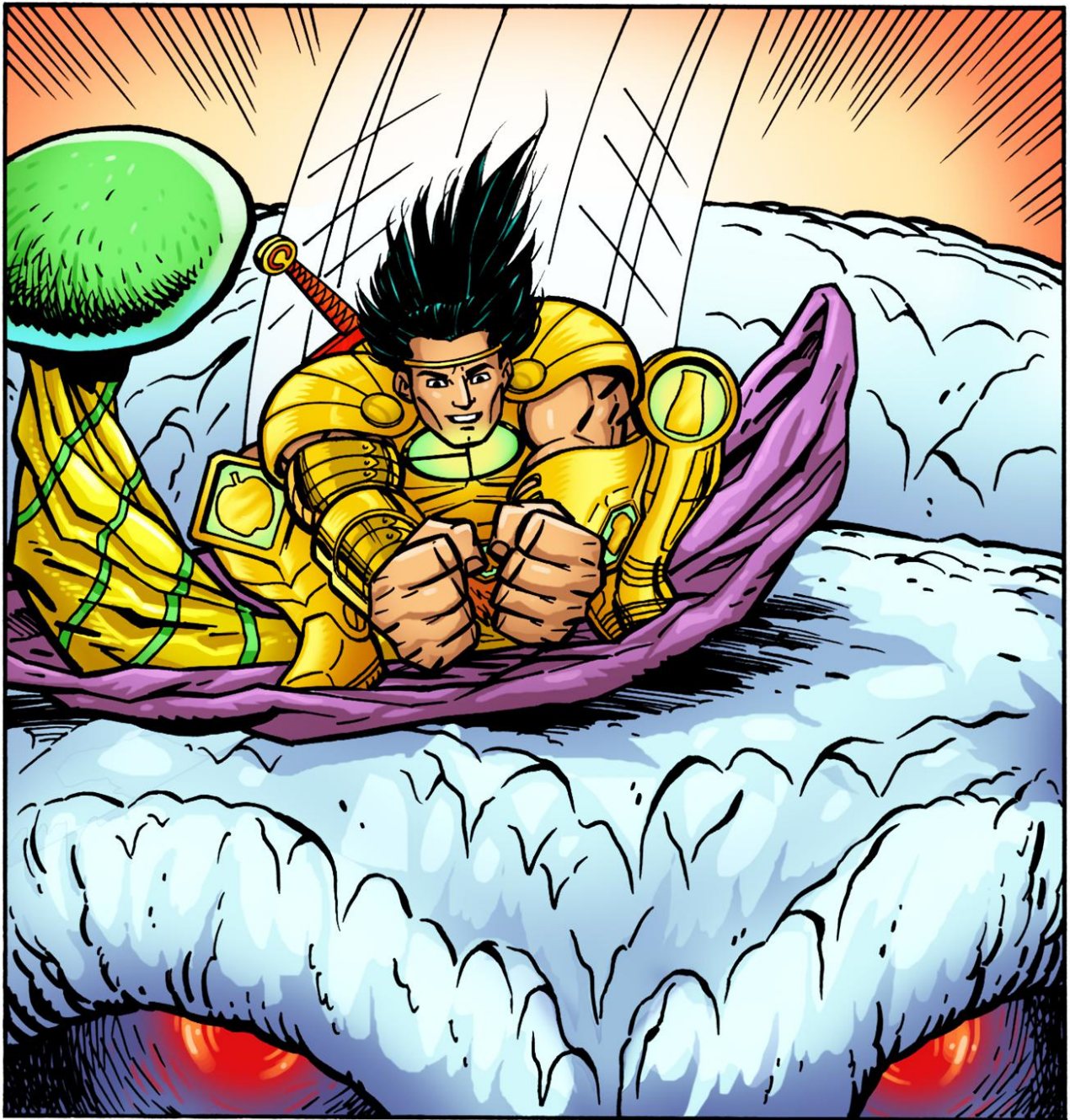


As the battle raged, Fizz Fuzz flew over to Health-E-Man and lifted him up in the air.

“Now’s our chance, Health-E-Man,” shouted Fizz Fuzz. “If we defeat the Frosting Giant, we can end this battle!”

“Good idea, Fizz!” replied Health-E-Man. “Fly me up and over Frosting Giant’s head.”

Fizz Fuzz lifted Health-E-Man high in the air until he was directly above the Frosting Giant, who was too busy swatting at the Champions on the ground to notice that the high-flying heroes were there.



“Now, Fizz! Let me go!” shouted Health-E-Man.

“You got it!” Fizz Fuzz said with a smile. And he let go of Health-E-Man, who rocketed down toward the Giant.

Health-E-Man fell faster and faster, until he landed square atop the Frosting Giant's head with a loud "CRASH!"

With the force of his landing, Health-E-Man crushed the Frosting Giant's magic party hat, the source of all its power.



The Frosting Giant's eyes grew wide with shock.

“YOU SMASHED MY BIRTHDAY PARTY HAT!” it bellowed.

Then all seven of the Frosting Giant’s heads began to cry giant soda tears -- and, because the Giant was made of pure frosting, its body began to melt and shrink. It sloshed to the ground defeated, and a giant sugary crater was left where it once stood.

The Frosting Giant kept shrinking until it was only two inches tall. Junk-E-Tor picked up the tiny Giant, put it in his pocket and ran away as fast as his big red shoes could carry him.



As Health-E-Man watched the evil goons run back to Cake Mountain, something shiny caught his eye.

He reached into the goo-filled crater and pulled the glittering object out. It was a piece of his Magic Eaternium Spork!

The Champions cheered! Teamwork had brought them a great victory. They had learned another Secret to Healthy Living, and Health-E-Man was one step closer to finding all the pieces he needed to fix his Magic Spork!



Chapter Two:
**“HEALTH-E-MAN vs.
THE FROSTING GIANT”**

Written by I.G. Ramirez

Drawn by Frank Stone

Special Thanks to:

UC Davis Medical Center • Building Healthy Communities • Pediatric Dietitian Sky Baucom-Pro
Dr. Sergio Aguilar-Gaxiola, M.D., Ph.D. • Dr. Scott Smith, M.D. • Dr. Phyllis Tien, M.D.
Betsy Luntao • Andrew Leung of Toy Fusion