

A HEALTHY
NOVEL BY
THE
WOKNROLL
FAMILY



“FROM HEROES TO
SUPERHEROES” 1.0

FACING OUR FEARS



As a family with a child who is actively engaged in sports, we believe in the power of eating well to enhance performance and overall health. We have found that by fuelling our bodies with nutritious food, we not only feel better but also perform better in our respective sports. We want to share with you our motto: "Eat better, get stronger.". Together, let's inspire our children to make healthy food choices to support their athletic goals and lead a vibrant, energetic life.

Lets turn our little one to SUPERHEROES !



The Game Plan

Charis bounced on the balls of his feet, heart hammering in his chest. Today was the day! The big game against the Wildcats was finally here.

He'd been practicing for weeks, dreaming of scoring the winning goal. But lately, Charis felt sluggish. He couldn't seem to run as fast, jump as high, or kick the ball as hard as he used to.

His dad, Marino noticed his son's struggle. "Hey champ, what's wrong?" he asked, placing a hand on Charis' shoulder.

Charis sighed. "Dad, I feel tired all the time. I don't know why I'm not playing well."

Dad ruffled Charis' hair. "Well, you can't be a superhero on empty tanks, can you?"



The Game Plan

"Superhero?" Charis' eyes widened.

"Every athlete is a superhero in their own way," Dad explained. "But just like superheroes need the right tools to fight villains, your body needs the right fuel to perform at its best. And remember, superheroes don't fight alone. They have a team, a family who supports and guides them."

A lightbulb flickered on in Charis' head. He'd seen his favorite superheroes eat healthy food in the comics! Could that be the key to becoming a real-life superhero?



The Power of Food

Marino, along with Charis' mom, Maria, led their son to the kitchen. "Tonight, we're creating a superhero meal as a family!" dad announced.

Charis' eyes sparkled as he saw the colorful ingredients piled high on the counter. There were juicy chicken breasts, fluffy quinoa, crunchy salad greens, creamy avocados, bright salmon fillets, and a small bottle of a strange-looking liquid.

"This is stevia?" Charis asked, pointing to the small bottle.

Maria smiled. "Yes, it's a natural sweetener made from a plant! We'll use it instead of sugary dressings on our food."

Together, the family cooked a delicious feast, filled with laughter and stories. Charis learned about the different food groups and how they provided his body with the energy to be strong and healthy. He devoured the colorful meal, feeling a surge of excitement and appreciation for the love and support of his family.



The Superhuman Transformation

The next day, Charis woke up feeling different. He had a spring in his step and a fire in his eyes. On the field, he moved with the agility of a panther, weaving through opponents and dribbling the ball with incredible skill. His teammates were amazed at his transformation.

As the final whistle blew, Charis' team emerged victorious! He had scored the winning goal, just like he'd dreamed. But more importantly, he realized that the key to victory wasn't just practicing hard, but also fueling his body with the right food and having the support of his loving family.



Sharing the Secret

Charis realized that he wasn't just a superhero on the field anymore. He, with the support and guidance of his family, had become an inspiration, leading a team of young heroes on a mission to build a brighter future, one healthy bite at a time. Together, they proved that by making the right choices and having a strong family by their side, they could all become Superheroes – not just in their imaginations, but in real life.



Sharing the Secret

Charis couldn't wait to share his secret with his friends. He invited them over for his birthday for a "Superhero Food Party" with his parents' help. He taught them about different healthy foods and how to create delicious and nutritious meals, emphasizing the importance of family involvement in preparing and enjoying healthy meals together. Soon, a wave of change swept through the school. Kids started bringing healthier lunches, choosing fruits over chips, and asking for water instead of soda and canned juices. Parents, inspired by their children's enthusiasm and by seeing the positive impact of family mealtimes, joined the healthy food revolution.





We all want our children to reach their full potential, and this story provides a fun and engaging way to start that journey. So, join us on this adventure and empower your children to become Superheroes – not just in their imaginations, but in real life!

