

a healthy novel by the
WOKnROLL
family

FROM HEROES TO SUPERHEROES 2.0



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 !

CHAPTER 1

The Quest Begins

In the vibrant town of Limassol, lived two energetic friends, Charis and Melina. Charis, with his mop of brown and curly hair and boundless energy, dreamt of becoming the world's greatest soccer player. Melina, with her bright eyes and infectious smile, aspired to be a renowned ballerina.

Every day, the park echoed with Chari's dribbling and the nearby dance studio vibrated with Melina's leaps.

One sunny afternoon, as Charis practiced his footwork for an upcoming tournament and Melina rehearsed a new pirouette, a strange light enveloped the park. When the light faded, they found themselves standing in a fantastical land filled with giant fruits and dancing vegetables.

CHAPTER 2

The Power Within

A friendly-looking carrot named Crunch welcomed them. "Welcome, young adventurers," he said, his voice surprisingly deep. "Our land, Nutria, is facing a terrible challenge."

Confused, Charis and Melina looked around.

Everything seemed vibrant and healthy.

"Our power," Crunch explained, "comes from the balanced energy of all the food groups, but a mischievous villain named Junkhead has stolen many of our fruits and vegetables, leaving us weak and sluggish."

Charis, determined to help, puffed out his chest.

"Don't worry, Crunch! I'll win back your food with my super soccer moves!"

Maya, always thoughtful, tugged on Chari's sleeve. "Maybe just brute force won't work," she suggested. "We need a plan!"

CHAPTER 3

The Trials of Teamwork

Crunch nodded in agreement. "To recover the missing food, you must complete three challenges, each testing different skills crucial for a healthy hero."

The first challenge, the "Rainbow Run," required them to collect colorful fruits and vegetables scattered across a vast field. Charis, used to sprinting, rushed ahead, but he soon found himself tangled in vines and lost. Meanwhile, Melina, using her agility and observation skills, carefully navigated the field, avoiding obstacles and collecting a variety of fruits and vegetables. Realizing his mistake, Charis apologized and asked for Melina's help. Together, they used their combined strengths to complete the challenge, learning the importance of teamwork.

CHAPTER 4

The Tests Continue

The second challenge, the "Strength Smoothie," required them to work alongside friendly broccoli and spinach to blend a special energy-boosting smoothie. Charis, used to pre-made sports drinks, found the task messy and unfamiliar. Melina, however, enjoyed experimenting and discovered the fun of creating healthy concoctions. This time, Charis watched and learned, observing Melina's careful selection of ingredients and offering his help in cleaning up. They completed the challenge with a delicious and nutritious smoothie, understanding the importance of trying new things and open-mindedness.

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CHAPTER 5

The Final Showdown and a Brighter Future

The final challenge, the "Dance of Balance," required them to perform a synchronized dance routine with giant carrots and dancing peppers.

Charis, with his two left feet, stumbled and fumbled. Melina, used to performing under pressure, tried her best to encourage him, but they couldn't find their rhythm.

Suddenly, Charis remembered something Crunch had said: "True heroes know their strengths and weaknesses." He decided to focus on his balance and agility, skills he knew from soccer and gymnastics.

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CHAPTER 5

The Final Showdown and a Brighter Future

Melina, inspired by his effort, helped him find a rhythm that combined their different strengths. Together, they completed the mesmerizing dance, realizing the importance of accepting each other's differences and collaborating.

With the challenges complete, the stolen food returned to Nutria, restoring its vibrant energy.

Junkhead, defeated by their teamwork and healthy spirit, vanished.

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CHAPTER 6

Superheroes Back Home

Crunch, filled with gratitude, presented them with a magical compass that would always guide them towards healthy choices. Back in Limassolville,

Charis and Melina continued their individual passions, but with a newfound appreciation for healthy eating and teamwork. They inspired their friends to join them in creating "Team Nutriheroes," a group dedicated to promoting healthy habits through fun activities and delicious recipes.

They both understood that being a superhero wasn't just about physical prowess, but also about mental well-being and open-mindedness. Together, they continued their journey, spreading the message that everyone had the potential to be a superhero, one healthy choice at a time.

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THE END

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!