

THE ADVENTURES OF

ROX THE FOX



THIS WEEK'S ADVENTURE...

THE AMAZING POWERS OF SUPERFOODS



DO YOU WANT TO BE AS STRONG AS YOUR FAVORITE SUPERHERO? READ TO FIND OUT HOW TO BE JUST LIKE THEM!

Created By:
Dr. Paul Branscum
Payton Messner
Natalie Patricio-Agosto



Every morning, I go out and face the 24 hours that make up our day. It's nice to know that Rox the Fox is out there, somewhere, looking out for us.



No one knows where Rox came from, or how powerful he really is...



But one day he saved us from a swarm of bees by hypnotizing them to move to Oklahoma!

I always thought it had something to do with his shirt.

It's a size "F" for Fox!



But then he told us about the 5-4-3-2-1 steps to a healthier you:

5

4

3

2

1



EAT 5 SERVINGS OF FRUITS AND VEGGIES EVERYDAY!



DRINK 4 CUPS OF WATER EACH DAY!



GET AT LEAST 3 GOOD LAUGHS A DAY!



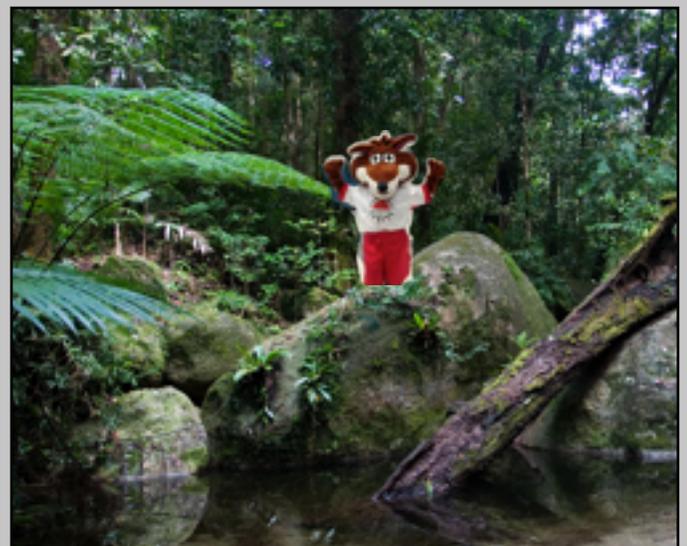
HAVE NO MORE THAN 2 HOURS OF SCREEN TIME A DAY!



BE PHYSICALLY ACTIVE FOR AT LEAST 1 HOUR A DAY!



To us, the world is a little bit safer with Rox the Fox on duty...



....and with the 5-4-3-2-1 steps to a healthier you, I wonder what he'll do next...

ONCE MY CLASS WENT ON A SCHOOL TRIP TO OKLAHOMA WITH ROX THE FOX. WE WERE ALL HAVING FUN ON THE BUS MAKING OUR BEST RACE CAR NOISES, WHEN I NOTICED EVERY TIME WE PASSED TO A NEW STATE, ROX WOULD EAT A DIFFERENT FRUIT AND VEGGIE.



IN INDIANA, HE MUNCHED ON APPLES AND CRUNCHED ON GREEN BEANS!



IN ILLINOIS, HE ATE "MINI GREEN TREES" THAT HE CALLED "BROCCOLI", AND HE DEVOURED A FEW PURPLE PLUMS!



IN MISSOURI, HE GOBBLED UP A KALE SALAD AND CHOWED DOWN ON SOME CALIFORNIA CANTALOUPE!



AND FINALLY, WHEN WE GOT TO OKLAHOMA, I ASKED HIM WHAT HE WAS UP TO.

WE WERE ALL KIND OF CONFUSED AT FIRST. WE DIDN'T KNOW WE WERE SUPPOSED TO EAT 5 SERVINGS OF FRUITS & VEGGIES EVERYDAY.

Hey Rox! I've noticed you've been eating different fruits and veggies on this trip. What's up with that?

I'm glad you asked!

It's the easiest way for me to eat at least 5 servings of fruits & veggies every day!

Plus, they're delicious!

Really? We didn't know we were supposed to eat 5 servings of fruits and veggies everyday!

5 servings of what now?



THAT'S WHEN I KNEW I NEEDED HELP, SO I WENT TO ROX FOR ADVICE!

Rox! I don't think anyone on the bus knew they should eat 5 servings of fruits & veggies everyday!

Hmm.. Very observant you are!! I think you're on to something!

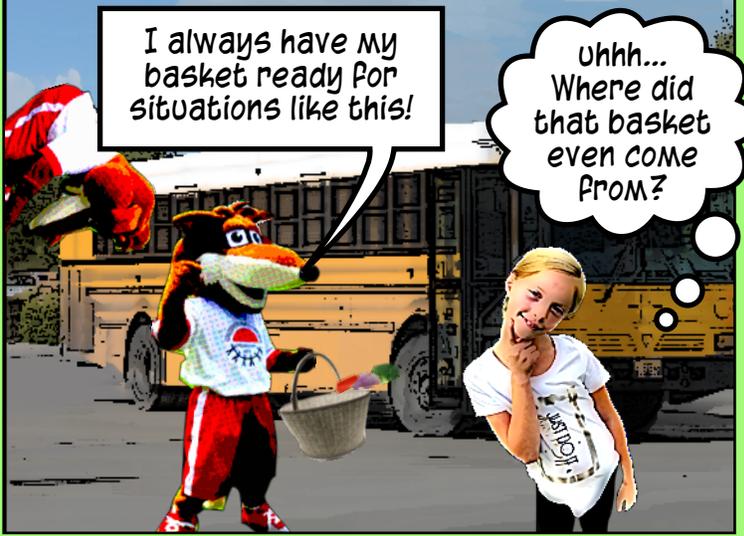
Do you want to help me spread the word?



BEFORE I COULD ANSWER YES, ROX DID 5 BACKFLIPS UNTIL HE LANDED NEXT TO A BASKET OF FRUITS & VEGGIES!

I always have my basket ready for situations like this!

uhhh... Where did that basket even come from?



Hey kids!! Can I interest you in a fine Melon or berry? Or another fruit or vegetable from my basket-o-fun?

I packed some fruit candy. So I think I'm good for my fruits today.

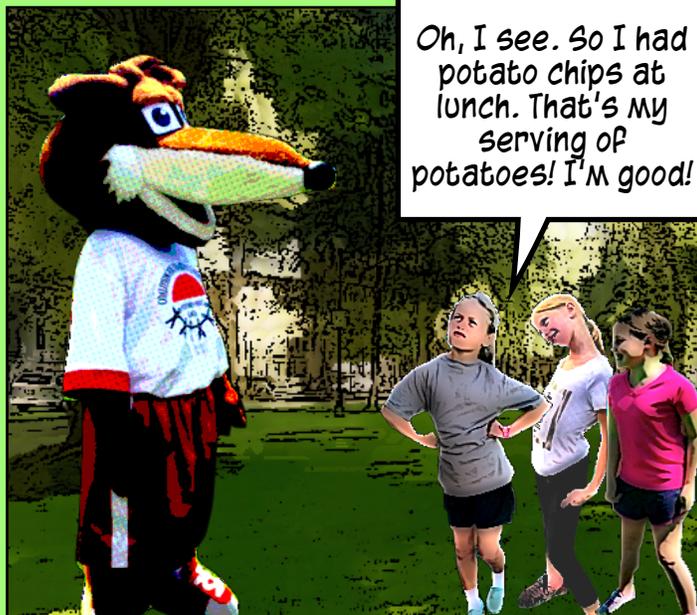


THEY DIDN'T EVEN KNOW WHAT A SERVING OF FRUIT WAS! THIS WAS GOING TO BE TOUGH.

Well, actually that's not a fruit. Even if the package says 'made with fruit', usually foods like that are just candy in disguise.



Oh, I see. So I had potato chips at lunch. That's my serving of potatoes! I'm good!



Yikes! That's actually not a vegetable either. That's what I call a veggie imposter!

You see potato chips are made from potatoes, but don't actually count as a serving of vegetables because of all the things that are done to cook them.





Fruits & veggies are plants that come from the ground!

You can eat them in all different kinds of ways!



You can eat them raw like just taking an apple and eating it from the store.

You can cook them like eating green beans or corn from the stove.

We should also eat at least 5 servings of fruits and veggies everyday because they have a lot of vitamins that help your body stay healthy!

In fact, I know all there is to know about Vitamins!

There's Vitamin A. That helps with your eyesight.

There are a couple different kinds of Vitamin B that help your body have energy to learn, grow and play!

There is Vitamin C! We get that from all kinds of places, but my favorite is oranges!



There is Vitamin D. That one is good at keeping our bones healthy!

There is Vitamin E,....

Wait... Is there a Vitamin F?

Like specifically for foxes?



No, for some reason there is no Vitamin F...



My grandpa started eating oranges and spinach every day, which are full of vitamins. He hasn't gotten sick since 1966!



My cousin gets so much vitamin A from eating sweet potatoes and carrots that last summer she got a job counting stars for the NASA space program!

EVERYONE BEGAN TO UNDERSTAND HOW IMPORTANT FRUITS & VEGGIES ARE TO OUR BODIES!



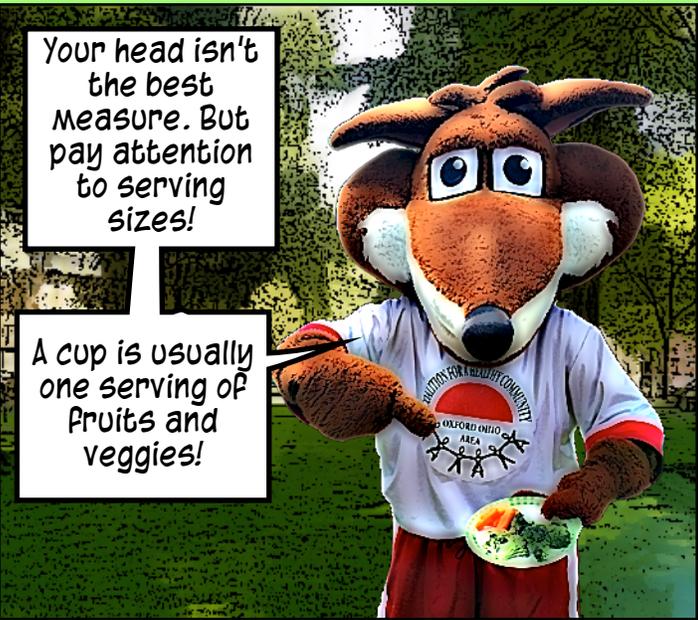
Wow! Fruits and veggies sound awesome!

Yeah, I'm going to eat them all the time! But how do you know when you've eaten enough?



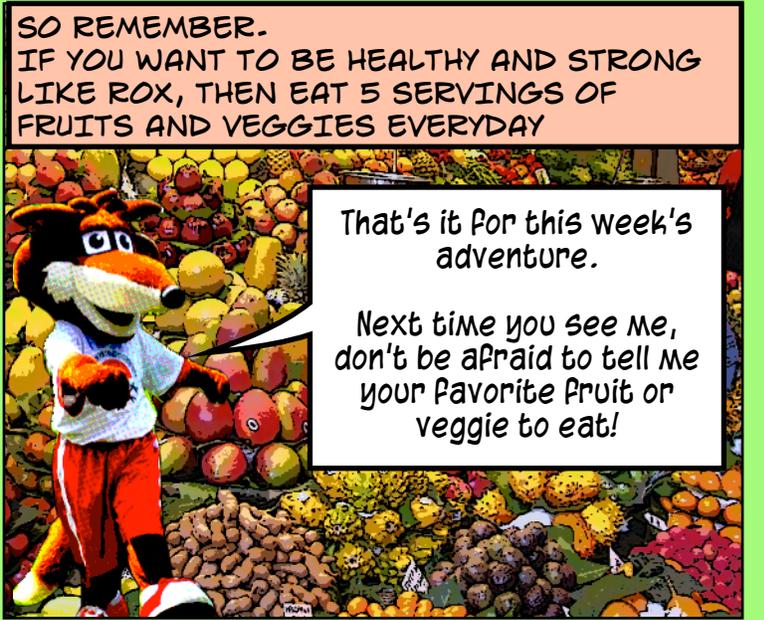
My aunt Irene always told me... Don't eat anything bigger than your head!

Huh....?



Your head isn't the best measure. But pay attention to serving sizes!

A cup is usually one serving of fruits and veggies!



SO REMEMBER. IF YOU WANT TO BE HEALTHY AND STRONG LIKE ROX, THEN EAT 5 SERVINGS OF FRUITS AND VEGGIES EVERYDAY

That's it for this week's adventure. Next time you see me, don't be afraid to tell me your favorite fruit or veggie to eat!

COLLECT THEM ALL!



THERE ARE 5 COMICS IN THIS SERIES!
CAN YOU COLLECT THEM ALL?

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THIS WEEK'S ADVENTURE...
THE ATTACK OF THE SCREEN ZOMBIES

READ TO FIND OUT HOW WE CURSE THE SCREEN-ZOMBIES!

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THIS WEEK'S ADVENTURE...
PRANKSTERS AND JOKESTERS

DO YOU KNOW WHAT WATER SALAD IS? READ TO FIND OUT!

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THIS WEEK'S ADVENTURE...
THE CURSE OF THE SOLAR ECLIPSE

CURSE!? HOW CAN A SOLAR ECLIPSE BE A CURSE? READ TO FIND OUT!

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THIS WEEK'S ADVENTURE...
FROZEN IN TIME: THE GAME OF TAG

HOW DO YOU UNFREEZE A POPSICLE? YOU HAVE TO BREAK THE ICE!

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ROX WOULD LIKE TO THANK ALL OF THE SPONSORS THAT HELPED MAKES THIS PROJECT POSSIBLE



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