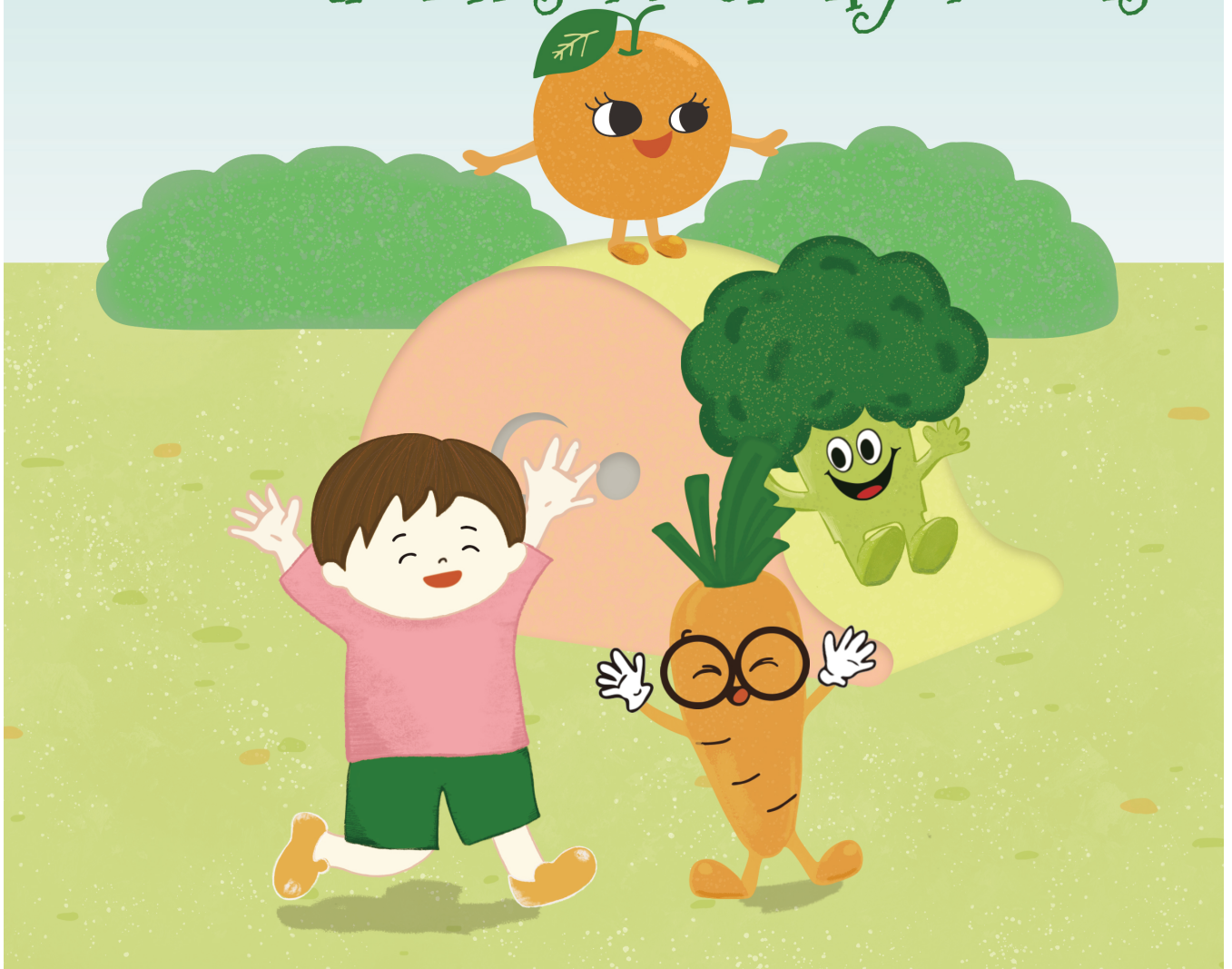


# The Adventure of Jack and his Friendly Foods



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Written by Strive Student Health Initiative

Illustrations by Tsuzumi Narukawa



Strive Student Health Initiative  
<https://strivehealth.org.au>

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LEMON

TOMATO

BROCCOLI

GRAPES

ORANGE

TREASURE  
MAP

CARROT

STRAWBERRIES

APPLE



It was a nice, sunny day for Jack and all of his friends including Broccoli, Carrot and Orange, to go play on the playground.



**Bubbly Broccoli** was playing  
**basketball**, **cheeky Carrot** was  
**colouring** the pavement, and  
**overjoyed Orange** was doing an  
**outdoor treasure hunt**.

Meanwhile, Jack was swinging on  
the monkey bars.

"SWOOSH, SWISH, SWOOSH..."






OW!

Uh oh, Jack's hands slipped off  
the monkey bars.

**OWWW**,<sup>!!!!</sup> cried Jack when he  
fell on the ground.

“Oh no... what should I do?  
**IT HURTS,**” Jack thought, as he saw  
 the cut on his hands.



He looked up and saw his friends  
looking worried.









**“Broccoli, can you help me?”**

**Jack asked.**



“Hmm... I can use my powers to help slow the bleeding and heal a bit of your skin!” said Broccoli.

“Thank you, it does feel a bit better now.”

"But I still have a cut on my hands.

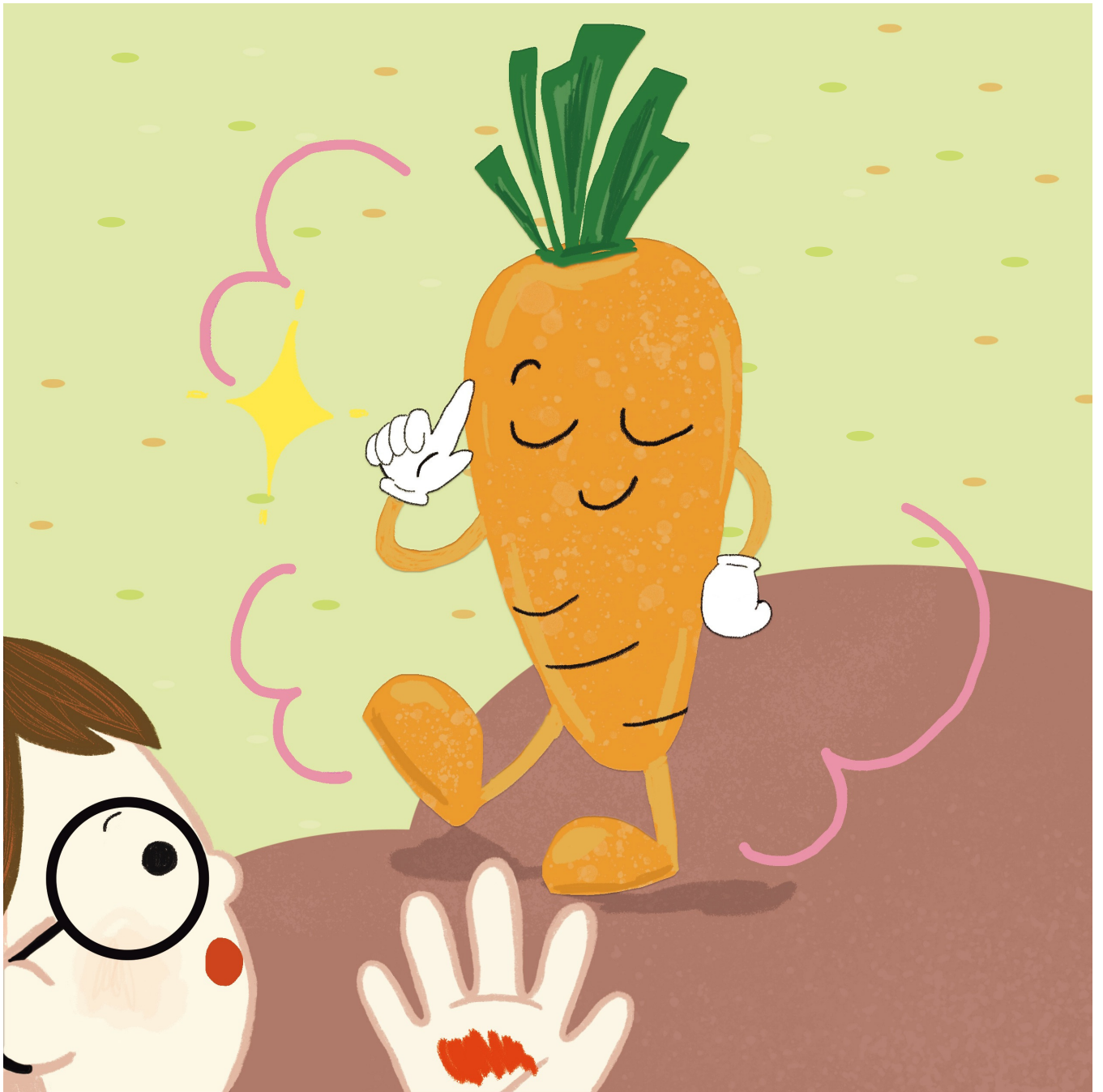
**Carrot**, can you help me?"



asked Jack.

"Sorry Jack. I can't heal  
the cut..."





“... but I can give you my special glasses so you can see clearly!”  
replied **Carrot**. “Now you won’t miss the bars and they’ll stop you from tripping over.”

“Wow, <sup>\*</sup>I can see super well now!” said Jack. <sup>\*</sup>“Thank you.”



“But I *still* have a cut on my hands.

Orange, can you help me?”

Jack asked.



“Don't fear Jack, my powers can heal your cut!” Orange replied.

“Now it will be less red. Let me also patch it up to protect it from dirt and germs.”

“Thanks, Orange!” Jack said happily.





So, **Orange** helped to heal the cuts  
on Jack's hands, and they all went  
back to playing on the playground  
**together.**



This storybook is available for free via our website:

<https://strivehealth.org.au>

Or you can scan the QR code below to be redirected!



Special mentions:

Britney Trang, Jacqueline Yap & Madeleine Clarke



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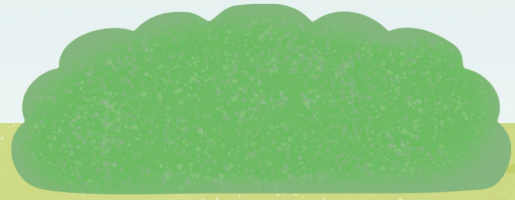


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Healthy eating is an important habit to learn as children.  
This book is designed to take parents and children through Jack's journey  
in discovering the wealth of nutrients in fruits and vegetables.  
Recipes and scientific health advice is also provided!

