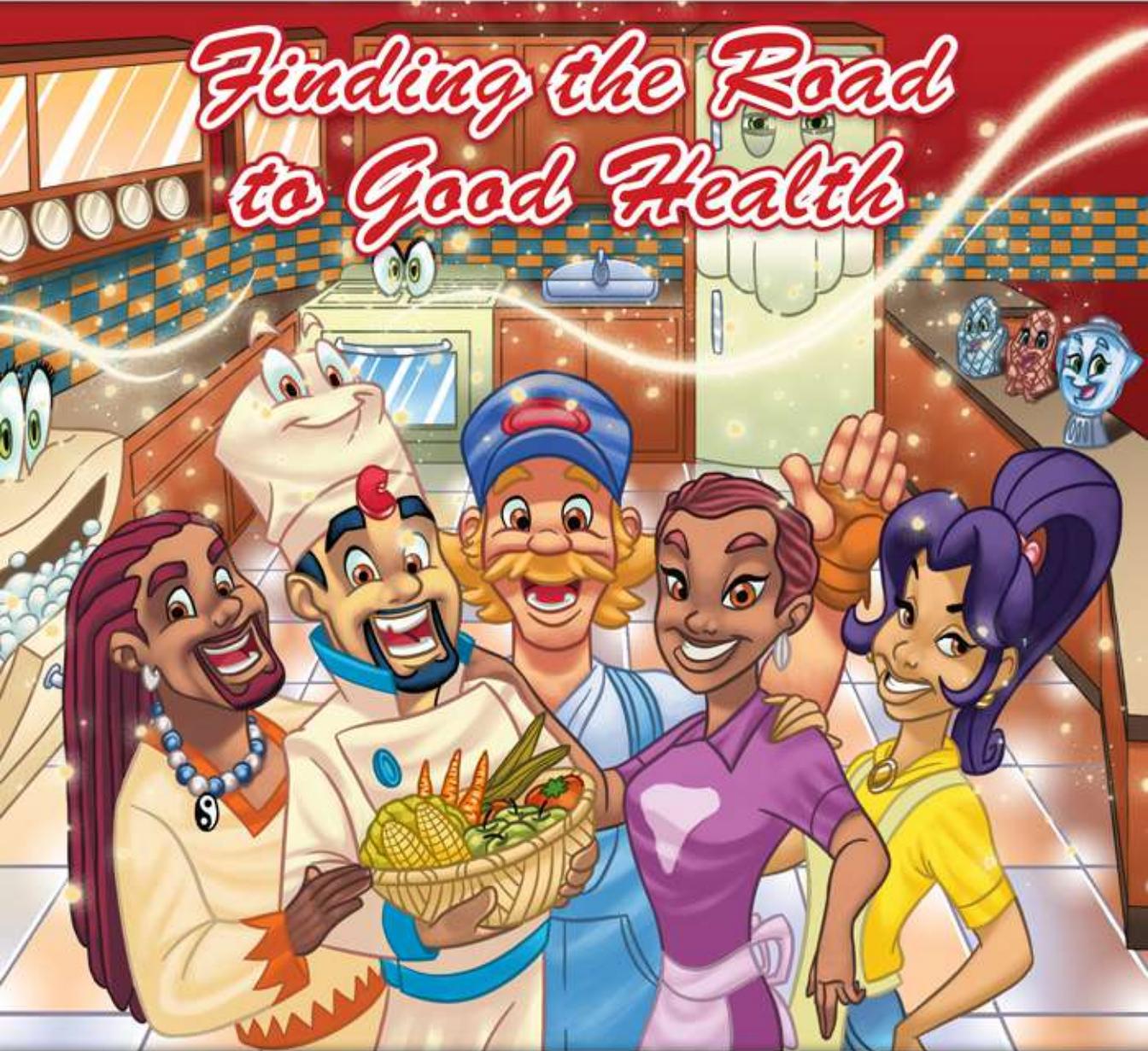


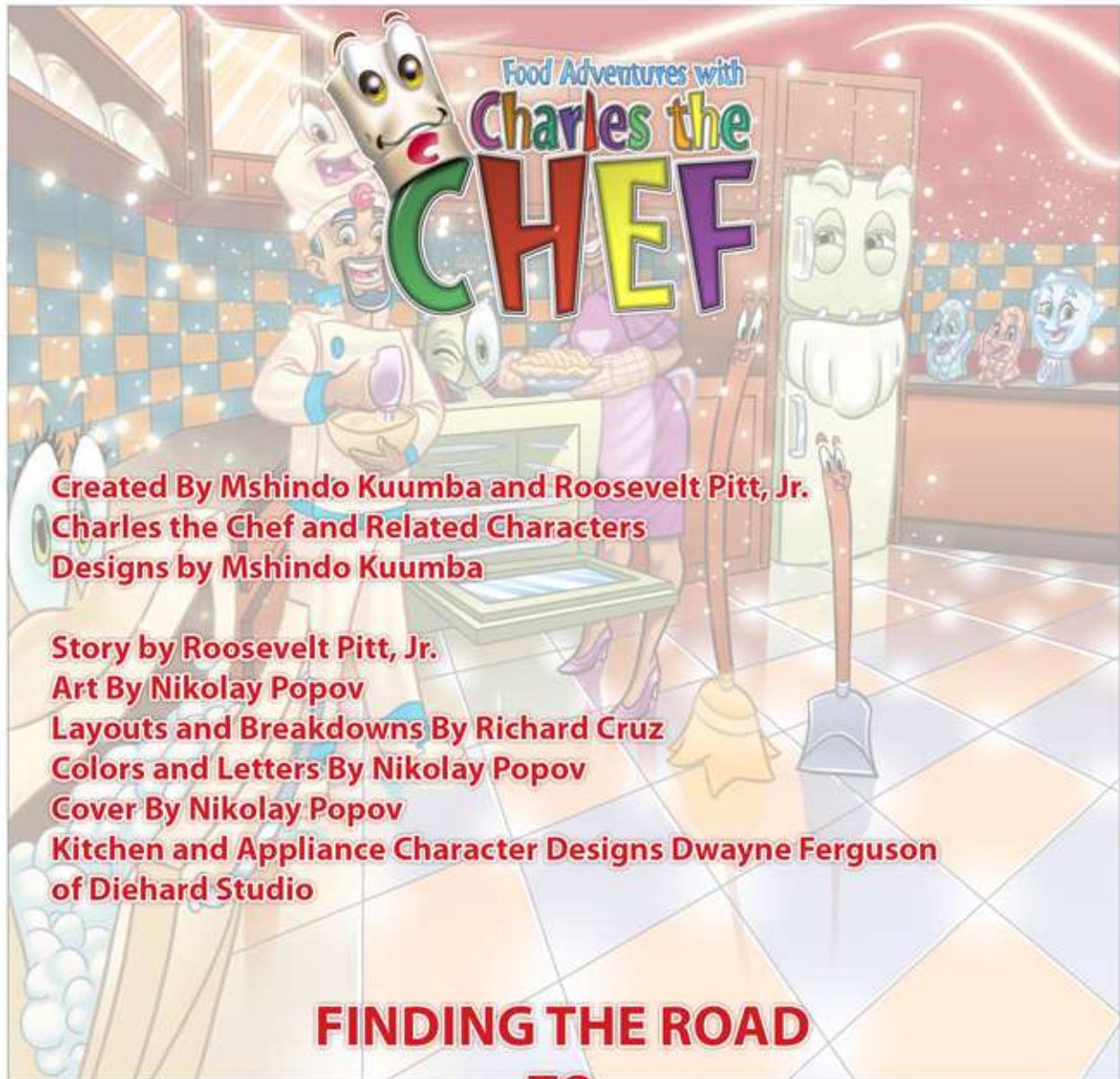


Food Adventures with
**Charles the
CHEF**

\$2.50

***Finding the Road
to Good Health***





Food Adventures with

Charles the

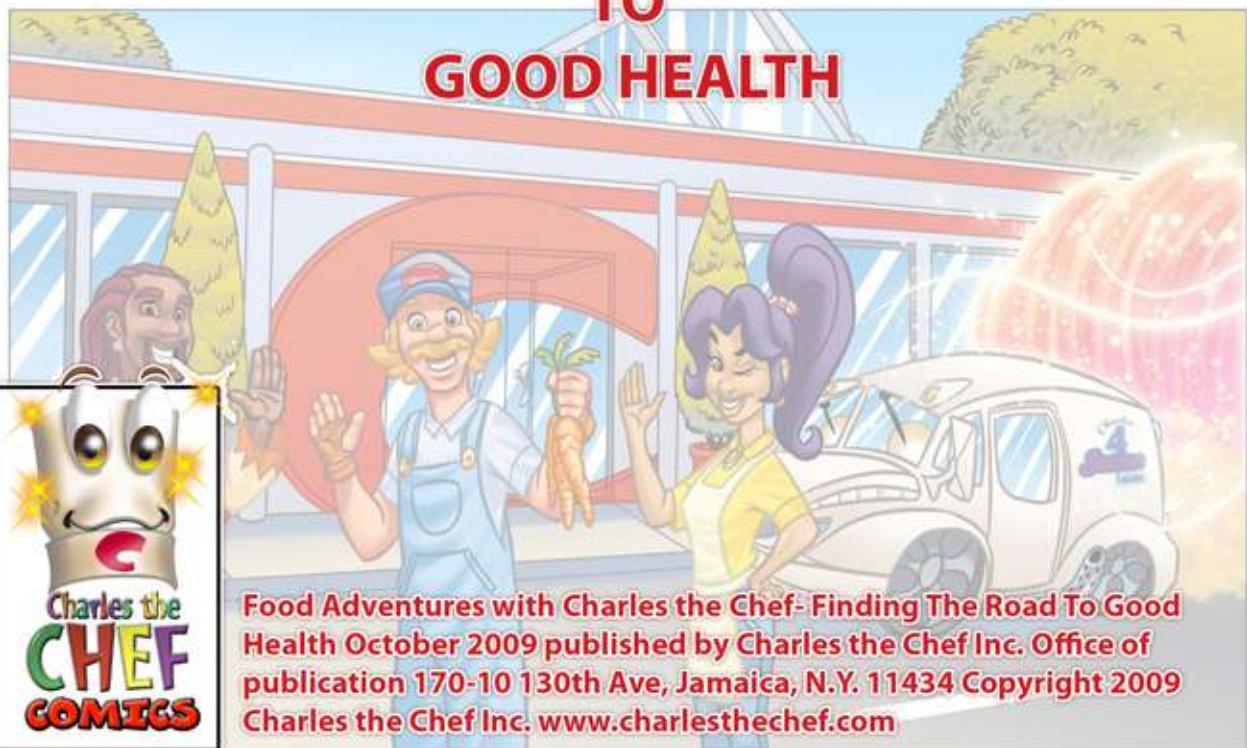
CHEF

**Created By Mshindo Kuumba and Roosevelt Pitt, Jr.
Charles the Chef and Related Characters
Designs by Mshindo Kuumba**

**Story by Roosevelt Pitt, Jr.
Art By Nikolay Popov
Layouts and Breakdowns By Richard Cruz
Colors and Letters By Nikolay Popov
Cover By Nikolay Popov
Kitchen and Appliance Character Designs Dwayne Ferguson
of Diehard Studio**

FINDING THE ROAD TO

GOOD HEALTH



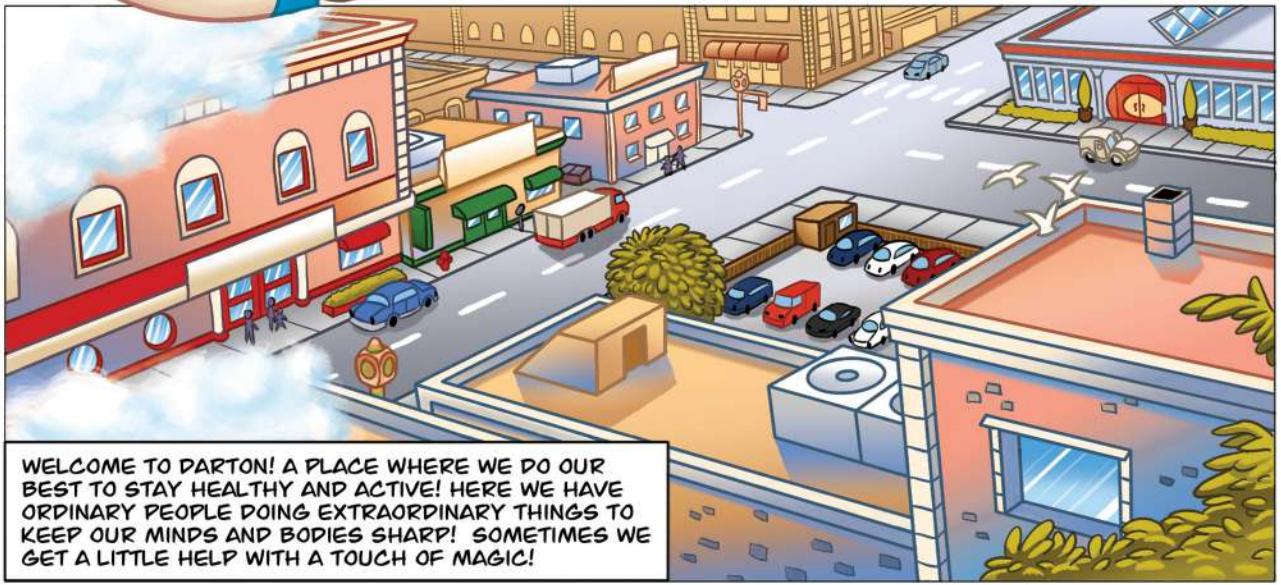
Food Adventures with Charles the Chef- Finding The Road To Good Health October 2009 published by Charles the Chef Inc. Office of publication 170-10 130th Ave, Jamaica, N.Y. 11434 Copyright 2009 Charles the Chef Inc. www.charlesthechef.com



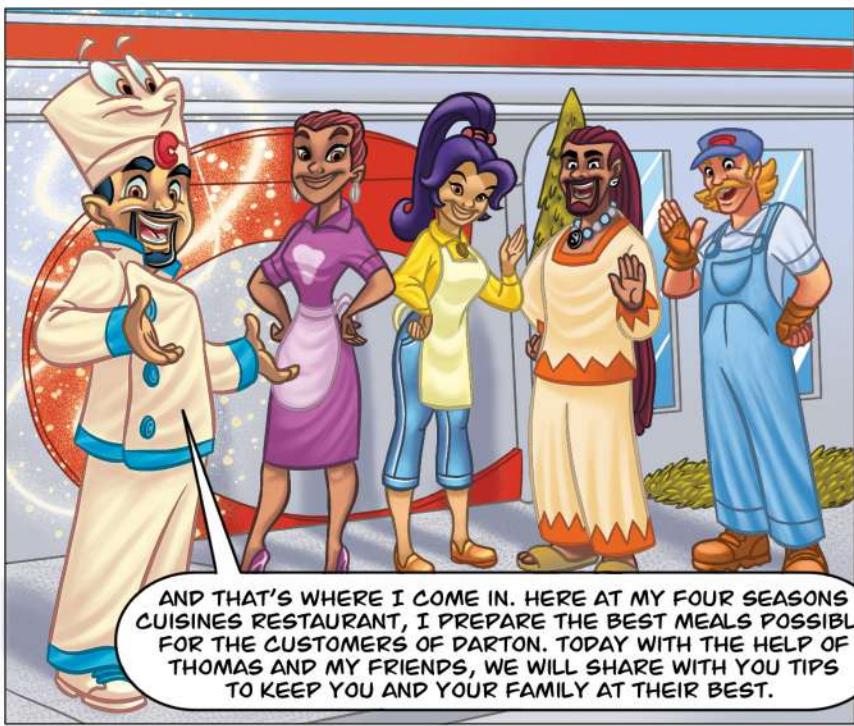
HI! I'M THOMAS THE MAGICAL CHEF HAT!

HELLO THERE! I'M CHARLES THE CHEF!

TOGETHER THOMAS AND I ARE GOING TO TAKE YOU ON A JOURNEY OF DISCOVERY, MAGIC AND WONDER! WE ARE GOING TO SHOW YOU HOW TO FIND THE ROAD TO GOOD HEALTH! ARE YOU READY? THEN SIT TIGHT! THE RIDE IS ABOUT TO BEGIN!!



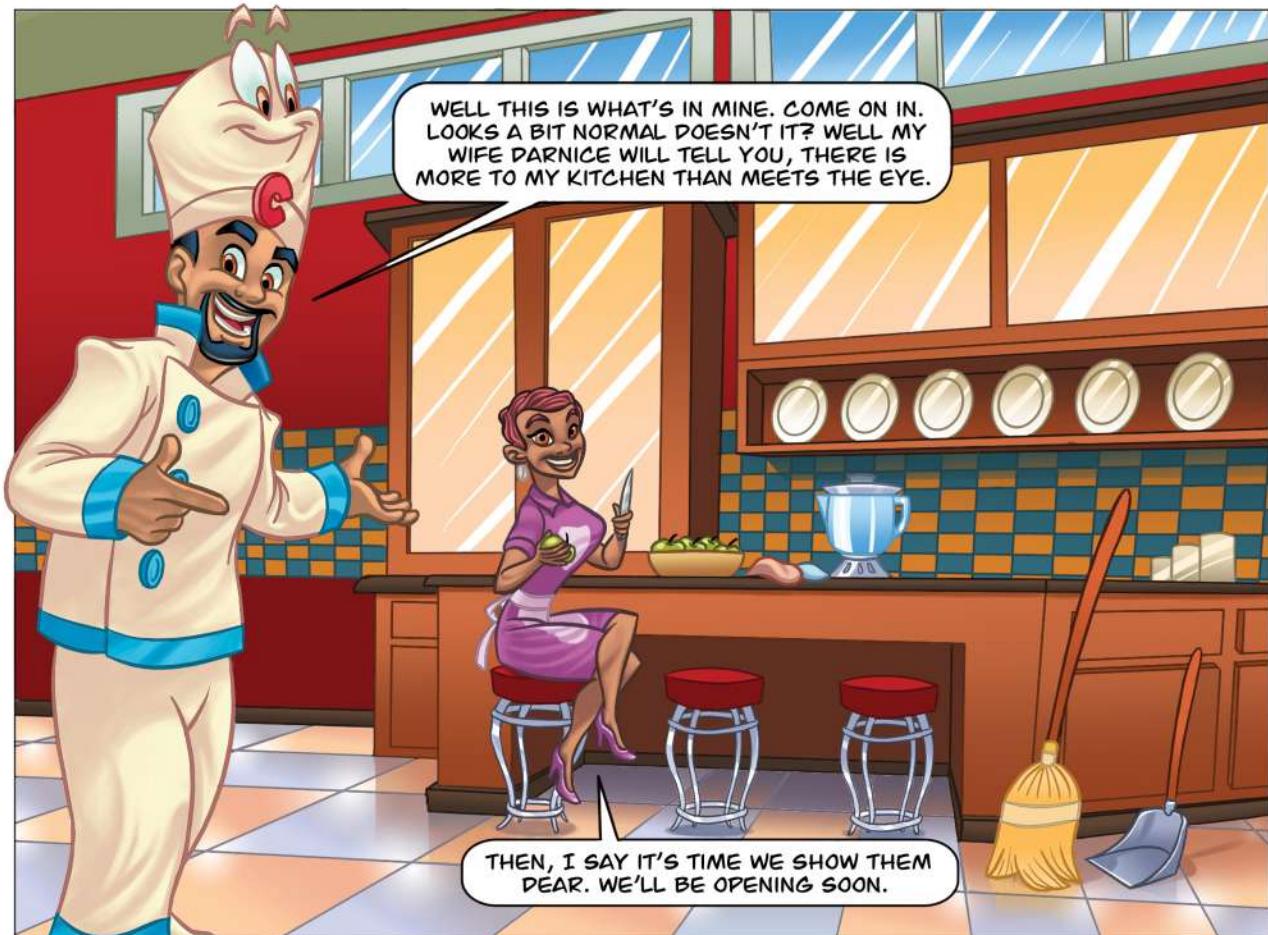
WELCOME TO DARTON! A PLACE WHERE WE DO OUR BEST TO STAY HEALTHY AND ACTIVE! HERE WE HAVE ORDINARY PEOPLE DOING EXTRAORDINARY THINGS TO KEEP OUR MINDS AND BODIES SHARP! SOMETIMES WE GET A LITTLE HELP WITH A TOUCH OF MAGIC!

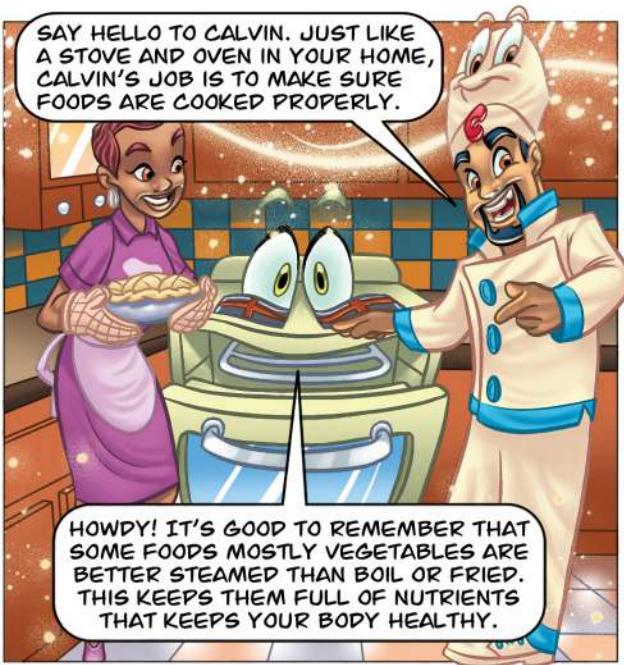


AND THAT'S WHERE I COME IN. HERE AT MY FOUR SEASONS CUISINES RESTAURANT, I PREPARE THE BEST MEALS POSSIBLE FOR THE CUSTOMERS OF DARTON. TODAY WITH THE HELP OF THOMAS AND MY FRIENDS, WE WILL SHARE WITH YOU TIPS TO KEEP YOU AND YOUR FAMILY AT THEIR BEST.



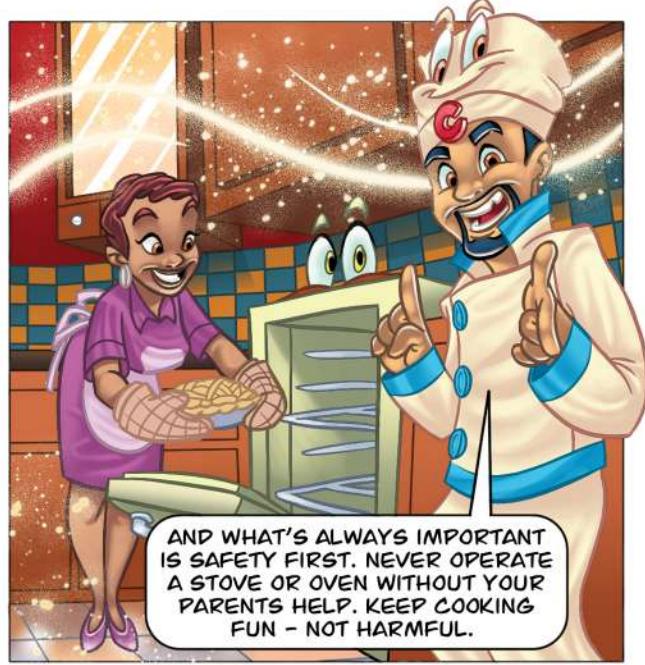
SO FIRST THING'S FIRST. DO YOU KNOW WHAT'S IN YOUR KITCHEN?





SAY HELLO TO CALVIN. JUST LIKE A STOVE AND OVEN IN YOUR HOME, CALVIN'S JOB IS TO MAKE SURE FOODS ARE COOKED PROPERLY.

HOWDY! IT'S GOOD TO REMEMBER THAT SOME FOODS MOSTLY VEGETABLES ARE BETTER STEAMED THAN BOIL OR FRIED. THIS KEEPS THEM FULL OF NUTRIENTS THAT KEEPS YOUR BODY HEALTHY.



AND WHAT'S ALWAYS IMPORTANT IS SAFETY FIRST. NEVER OPERATE A STOVE OR OVEN WITHOUT YOUR PARENTS HELP. KEEP COOKING FUN - NOT HARMFUL.



AND THIS IS...

A-HEM. THE NAME'S SNAPPY. I'M THE OLDEST APPLIANCE IN THE KITCHEN. I KEEP FOODS FRESH AND COLD SUCH AS YOGURT, APPLES AND OTHER FOODS THAT WE NEVER WANT TO SPOIL.

WHICH MEANS READ THE LABELS OF THE FOODS YOU BUY TO SEE IF THEY NEED TO BE REFRIGERATED. THIS WILL NOT ONLY KEEP THEM FRESH BUT REDUCES CHANCES OF FOOD POISONING.



SCRUBS HERE KEEPS OUR PLATES AND COOKING SUPPLIES CLEAN. SHE IS THE BEST AT MAKING SURE THAT OUR CUSTOMERS ALWAYS EAT FROM CLEAN FORKS AND SPOONS.

BLOOP! BLOOP! EVEN IF YOU DON'T BLOOP-HAVE A DISHWASHER AT HOME, BLOOP- YOU CAN STILL MAKE SURE YOUR DISHES ARE CLEAN BY WASHING THEM CAREFULLY BY HAND WITH WARM SOAP AND WATER



MAKING NUTRITIOUS SMOOTHIES IS MY SPECIALTY.

A-HEM!

WHEN IT'S TIME TO MIX AND BLEND, NO ONE DOES IT BETTER THAN LOUISE.

OH HH, HOW CAN I FORGET DAVID AND DAPHNE? WHEN COOKING AND HANDLING HOT FOODS, OVEN MITTENS ARE A MUST TO KEEP YOUR HANDS SAFE. ASK YOUR PARENTS WHERE YOUR OVEN MITTENS ARE KEPT.



AND DON'T FORGET TO CLEAN UP AFTER YOU'RE DONE.

AND THAT'S WHERE DUSTY AND I COME IN MY GOOD SIR.

KEEPING THE RESTAURANT CLEAN AND TIDY IS WHAT WE DO BEST JEREMY!

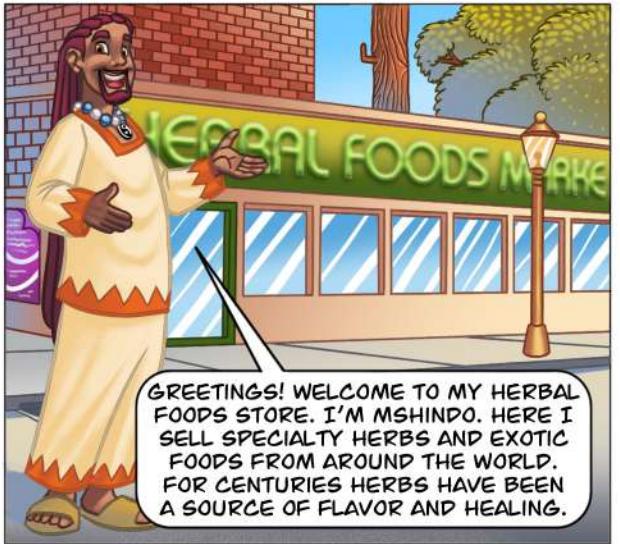


WELL NOW WE ARE ON OUR WAY! TAKE A TOUR OF YOUR KITCHEN AT HOME. AND ALWAYS ASK YOUR PARENTS FOR HELP. KNOWING YOUR KITCHEN MAKES YOU A SMART CHEF, NO MATTER HOW BIG OR SMALL! LET'S GO SMOKEY!

VBRROOM! NEXT STOP CHARLES, THE HERBAL FOODS MARKET!



AT THE MARKET YOU'LL LEARN ABOUT SPECIAL HERBS AND SPICES. SOME YOU WILL FIND HAVE SPECIAL NUTRITIOUS QUALITIES!

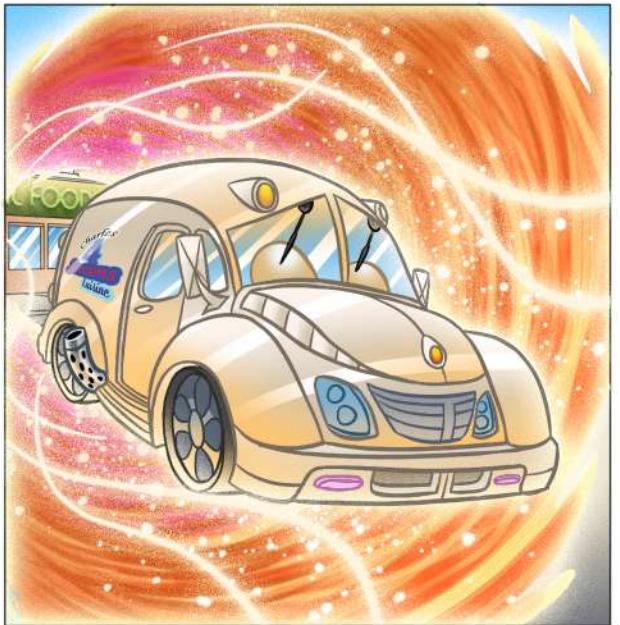


GREETINGS! WELCOME TO MY HERBAL FOODS STORE. I'M MSHINDO. HERE I SELL SPECIALTY HERBS AND EXOTIC FOODS FROM AROUND THE WORLD. FOR CENTURIES HERBS HAVE BEEN A SOURCE OF FLAVOR AND HEALING.



KNOWING HERBS WILL HELP FOODS TASTE BETTER AND YOUR BODY WILL BE THE BETTER FOR IT.

TWO OF MY FAVORITES ARE CAYENNE PEPPERS AND PARSLEY. CAYENNE PEPPER HAS A SPICY TASTE. DID YOU KNOW THAT IT HELPS BLOOD CIRCULATION? PARSLEY BRIGHTENS THE TASTE OF MOST FOODS AND PROVIDES PROTECTION AGAINST DISEASE.



HERBS ARE JUST ONE TYPE OF FOOD THAT CAN BE GOOD FOR THE BODY. BUT WHAT ABOUT OTHERS? HOW DO WE TELL WHAT FOODS ARE GOOD FOR US? MY NEXT FRIEND WILL ANSWER THOSE QUESTIONS.



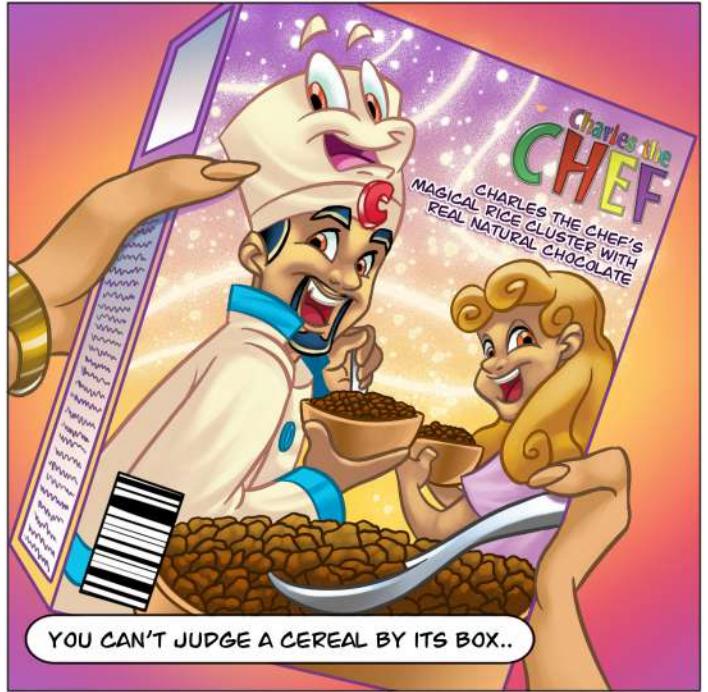
HOLA! MY FRIEND! I'M INEZ LOPEZ. I OWN THE LOPEZ SUPER MARKET. ALL OF MY CUSTOMERS DEPEND ON ME TO KNOW WHAT FOODS ARE BEST TO KEEP THEM HEALTHY.



SO, I ALWAYS SAY KNOW THE FOODS YOU EAT. THERE IS SO MUCH TO CHOOSE FROM WHEN SHOPPING. TAKE BREAKFAST CEREALS FOR EXAMPLE.



IT'S IMPORTANT TO CHOOSE CAREFULLY.



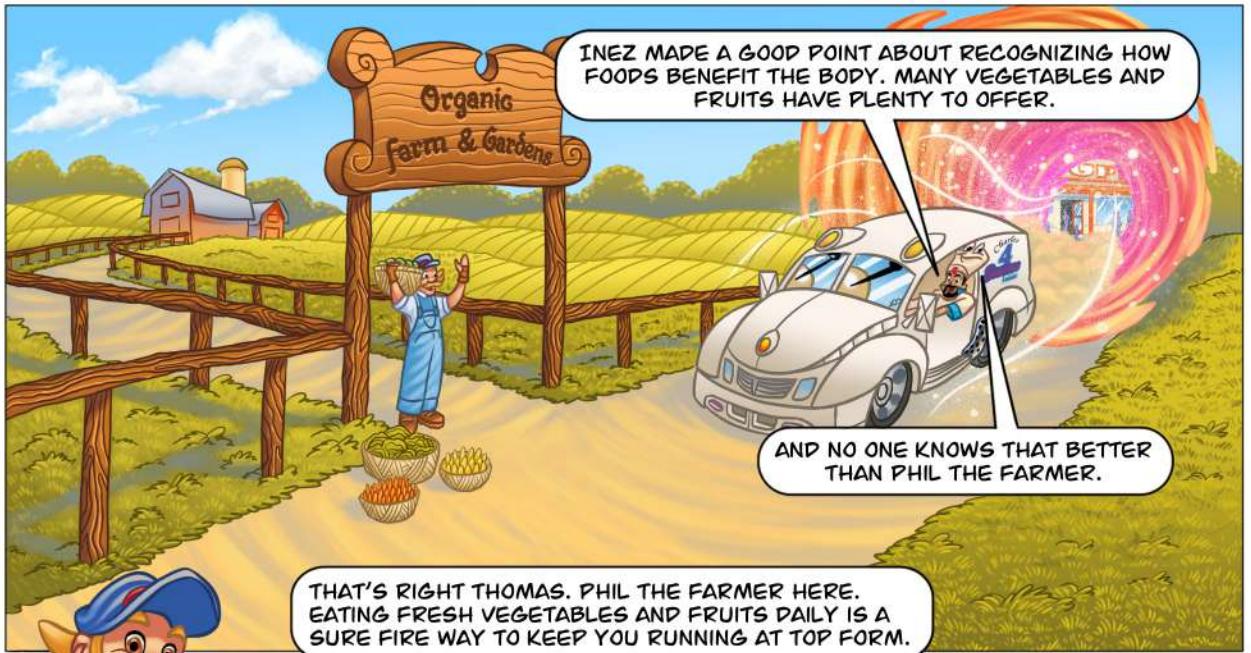
YOU CAN'T JUDGE A CEREAL BY ITS BOX..



ALWAYS READ THE INGREDIENTS. IF YOU DONT KNOW WHAT IT IS, YOU SHOULDN'T EAT IT!



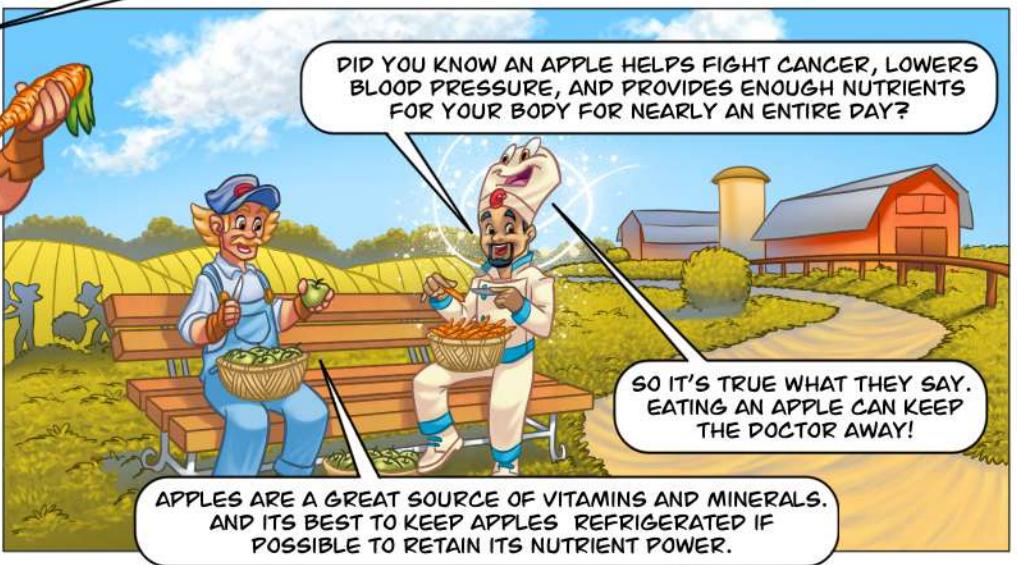
ADIOS MY FRIEND! REMEMBER YOUR BODY IS WORTH IT TO LEARN MORE ABOUT THE FOODS YOU EAT.



INEZ MADE A GOOD POINT ABOUT RECOGNIZING HOW FOODS BENEFIT THE BODY. MANY VEGETABLES AND FRUITS HAVE PLENTY TO OFFER.

AND NO ONE KNOWS THAT BETTER THAN PHIL THE FARMER.

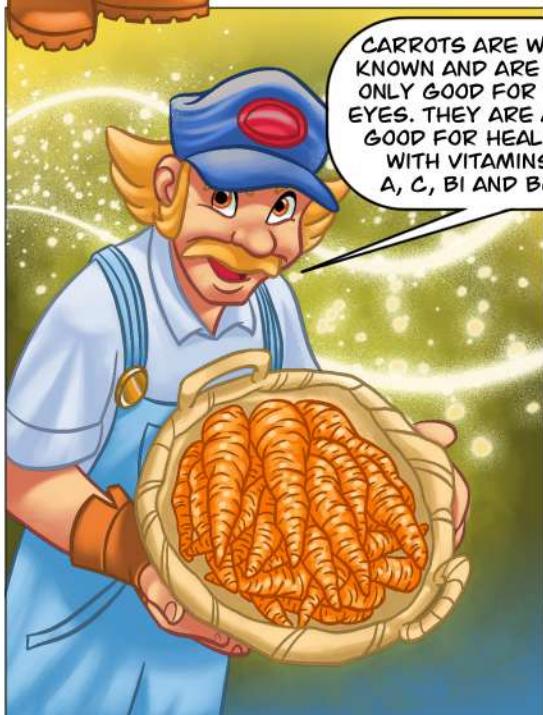
THAT'S RIGHT THOMAS. PHIL THE FARMER HERE. EATING FRESH VEGETABLES AND FRUITS DAILY IS A SURE FIRE WAY TO KEEP YOU RUNNING AT TOP FORM.



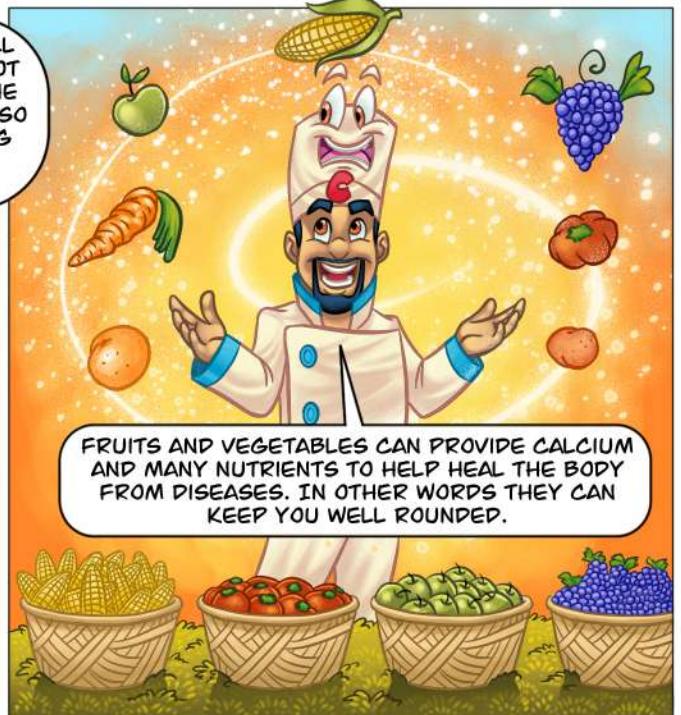
DID YOU KNOW AN APPLE HELPS FIGHT CANCER, LOWERS BLOOD PRESSURE, AND PROVIDES ENOUGH NUTRIENTS FOR YOUR BODY FOR NEARLY AN ENTIRE DAY?

SO IT'S TRUE WHAT THEY SAY. EATING AN APPLE CAN KEEP THE DOCTOR AWAY!

APPLES ARE A GREAT SOURCE OF VITAMINS AND MINERALS. AND ITS BEST TO KEEP APPLES REFRIGERATED IF POSSIBLE TO RETAIN ITS NUTRIENT POWER.



CARROTS ARE WELL KNOWN AND ARE NOT ONLY GOOD FOR THE EYES. THEY ARE ALSO GOOD FOR HEALING WITH VITAMINS A, C, B1 AND B6.



FRUITS AND VEGETABLES CAN PROVIDE CALCIUM AND MANY NUTRIENTS TO HELP HEAL THE BODY FROM DISEASES. IN OTHER WORDS THEY CAN KEEP YOU WELL ROUNDED.

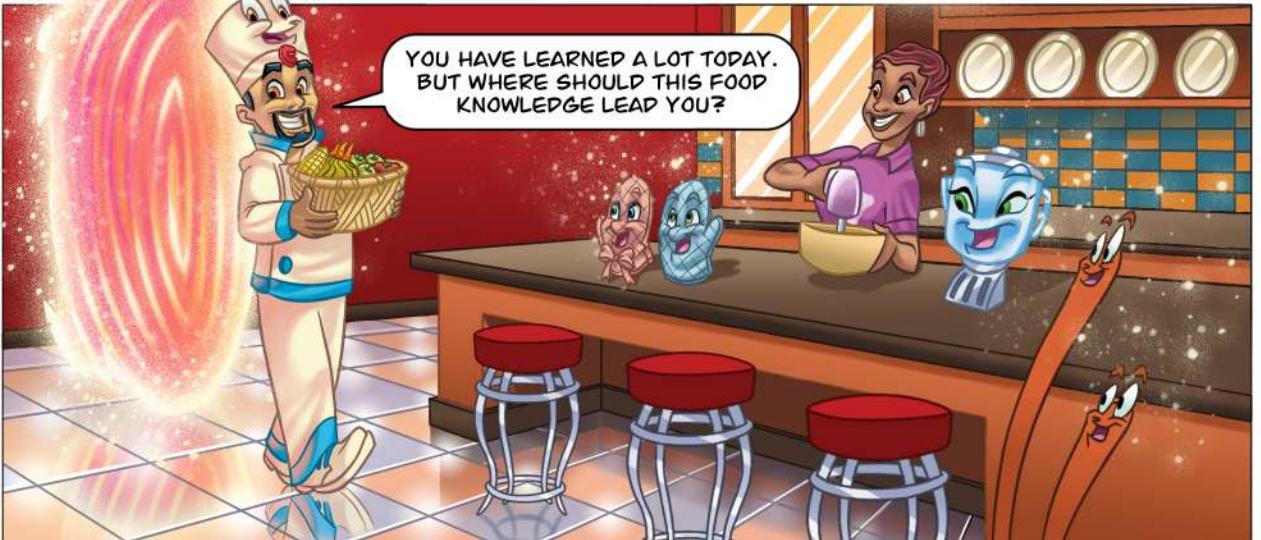
GETTING ON THE RIGHT ROAD TO HEALTH IS AS EASY AS VISITING YOUR GROCERY STORE OR EVEN BETTER A NEARBY FARMERS MARKET!



THE FRESHER YOUR FRUITS AND VEGETABLES ARE THE BETTER.



YOU HAVE LEARNED A LOT TODAY. BUT WHERE SHOULD THIS FOOD KNOWLEDGE LEAD YOU?





WELL NOW WE ARE ON OUR WAY! TAKE A TOUR OF YOUR KITCHEN AT HOME. AND ALWAYS ASK YOUR PARENTS FOR HELP. KNOWING YOUR KITCHEN IS THE FIRST STEP TO BEING A CHEF, NO MATTER HOW SMALL! LET'S GO! SMOKEY!

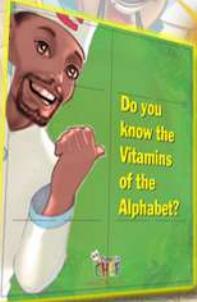
Indulge in the world of magic, fun and good health with

Food Adventures with
Charles the CHEF



VBRROO THE HE... P CHARLES, MARKET!

AT THE HE...



Do you know the Vitamins of the Alphabet?



WELCOME TO MY HERBAL I'M MSHINDO. HERE I MY HERBS AND EXOTIC AROUND THE WORLD. S HERBS HAVE BEEN FLAVOR AND HEALING.

KNOWING HERBS WILL BETTER FOR YOU THE BETTER

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