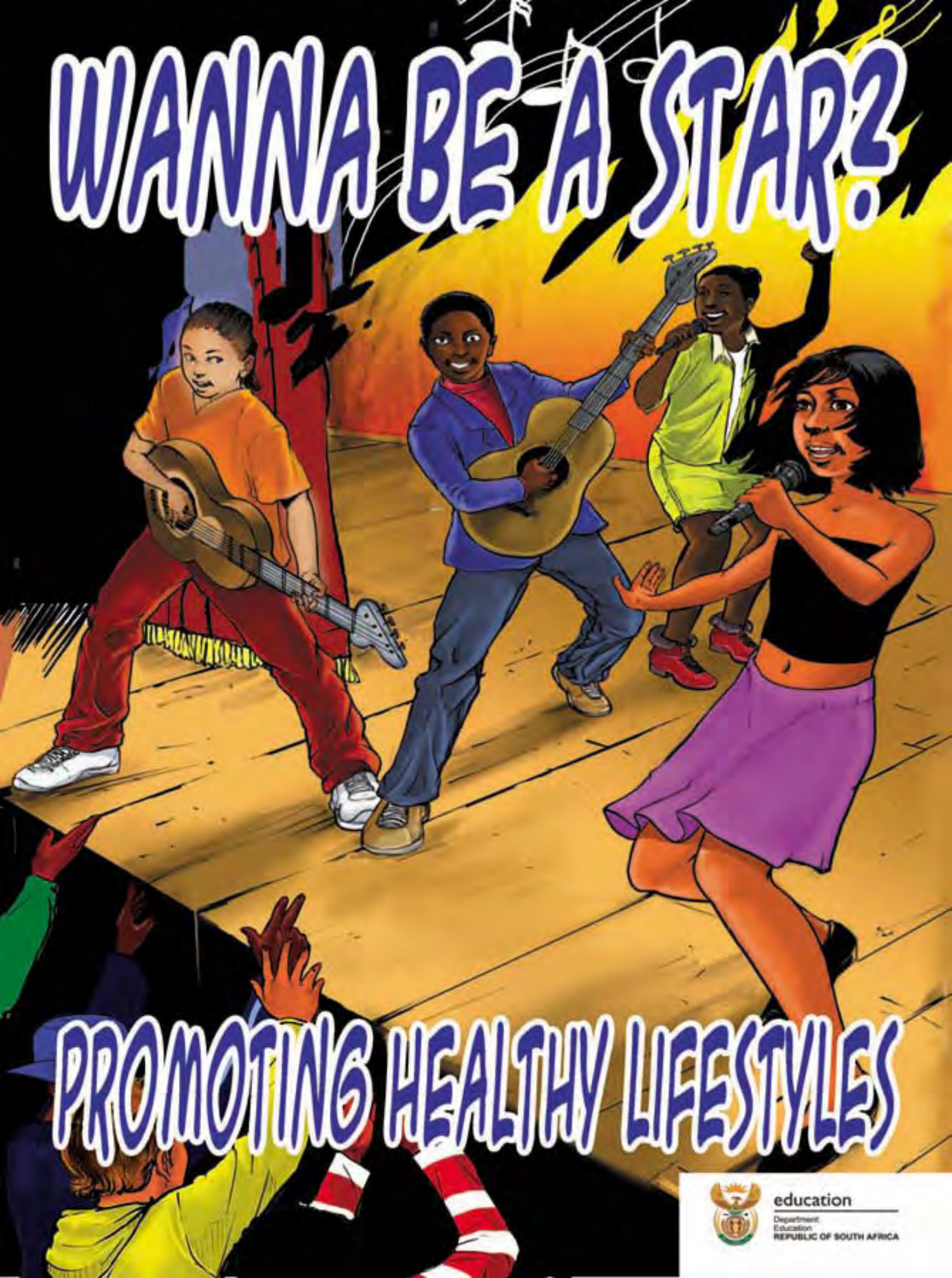
WANNA BE A STAR?



PROMOTING HEALTHY LIFESTYLES

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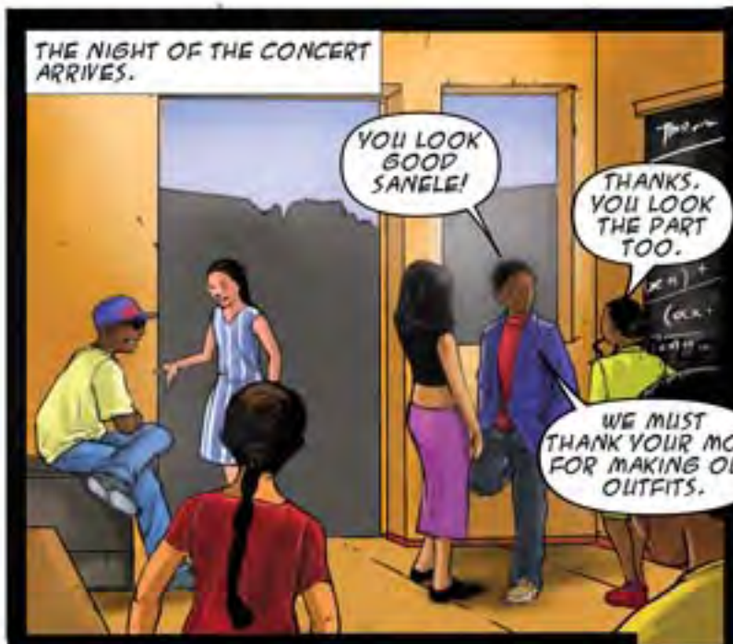
MEET THE CREW FROM SUN VALLEY SCHOOL...

...AND KEEP READING TO SEE WHO WILL BE THE STAR?

BACKSTAGE JULIUS INVITED MIKE TO PERFORM WITH HIM AND HIS FRIENDS.
NEXT UP IS JULIUS, SANELE AND THABI WITH A SONG ABOUT HEALTHY LIVING!
THEY ARE INCLUDING THE TALENTED MIKE AS A SPECIAL GUEST!
THANKS JULIUS. YOU ROCK MAN!
NO PROBLEM BRO! NEXT TIME YOU MIGHT HELP ME.
WE CAN LIVE THE GOOD LIFE... HEALTH, LOVE AND ENERGY GO TOGETHER! YEY, YEY... HEALTH LOVE AND ENERGY!
OK HIT IT!
WOW! THESE KIDS REALLY KNOW THEIR STUFF!
THERE'S NO DOUBT! THEY ARE THE WINNERS! KABELO WILL LOVE THEM.
IT'S A LOT EASIER TO BE GOOD AT SOMETHING WHEN YOU HAVE ALL THE ENERGY YOU NEED...
WHAT DO YOU THINK?


THE NIGHT OF THE CONCERT ARRIVES.
YOU LOOK GOOD SANELE!
THANKS. YOU LOOK THE PART TOO.
WE MUST THANK YOUR MOM FOR MAKING OUR OUTFITS.

JUST REMEMBER WE MUST HAVE FUN TONIGHT. IF THINGS GO WRONG WE MUST JUST GO WITH THE FLOW!

BACKSTAGE MIKE IS WAITING HIS TURN TO PERFORM. HE IS NOT HAVING FUN AT ALL.
THERE'S A LOT OF PEOPLE OUT THERE...

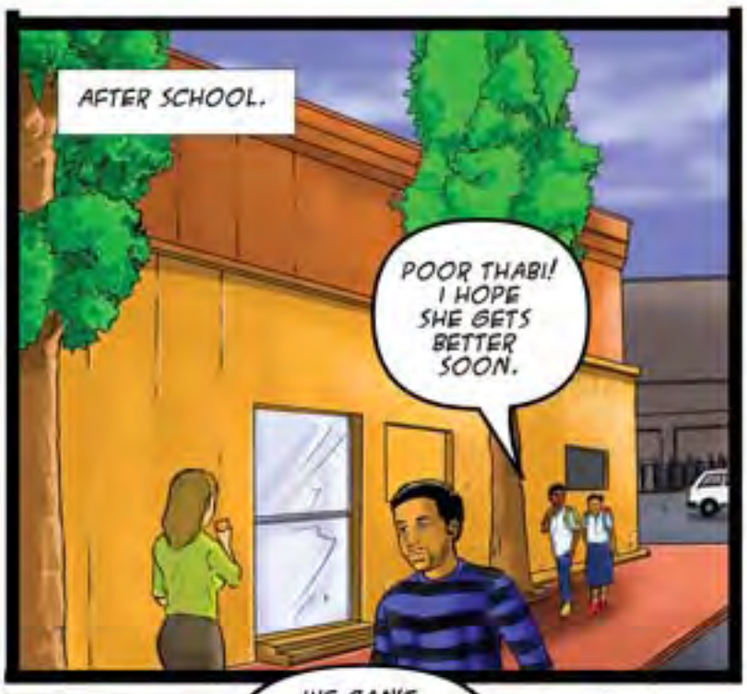
OHH IT'S SCARY! WHAT IF I DISAPPOINT DAD?
JUST AS MIKE STARTS HIS SONG DISASTER STRIKES...

BOOF!
UHH! THE AMP.. IT BLEW!

NO WORRIES! THE NEXT ACT WILL BE READY AFTER A SHORT BREAK.
THAT'S IT FOR ME! NO-ONE WILL EVER TALK TO ME AGAIN!

I HAVE AN IDEA! LET'S HELP MIKE OUT. HE CAN BORROW AN ACOUSTIC GUITAR...
YES, HE LOOKS VERY UPSET.

A FEW DAYS LATER BEFORE SCHOOL, THE FRIENDS HELP OUT IN THE SCHOOL'S VEGGIE GARDEN.
I AM GLAD TO SEE YOU ARE BETTER THABI!
I ALMOST CAN'T BELIEVE YOU MANAGED TO GIVE UP ALL THAT JUNK FOOD! BUT VEG ARE GOOD!
I AM SURE THE HEALTHY FOOD I ATE HELPED ME GET BETTER QUICKER.
AT LINE-UP THE HEADMASTER SPEAKS TO THEM.
RRiING
IT IS ALMOST TIME FOR THE VARIETY CONCERT, AND I KNOW YOU HAVE WORKED HARD...
BUT I ALSO NEED YOU TO CLEAN UP THE GROUNDS DURING BREAK. WE ARE PROUD OF OUR SCHOOL AND MUST KEEP IT TIDY.
I'VE HEARD SOME CHEATS ARE STEALING DANCE MOVES!
NO WAY! LUCKY FOR US WE PRACTICE AT HOME.
I WISH I HAD REAL FRIENDS. THEY ALWAYS HELP EACH OTHER.
AFTER SCHOOL.
SEE YOU AFTER SOCCER PRACTICE.
SURE THING. WE HAVE NETBALL AND WE ARE GETTING FIT.
NOBODY PLAYS WITH ME UNLESS I BUY THEM STUFF AT THE TUCK SHOP.
HOW YA MY BOY?
I'M OK.
I DON'T THINK I CAN PULL OFF THAT SONG DAD CHOSE FOR ME, AND I FEEL TIRED AND LONELY. JULIIS AND HIS FRIENDS LOOK SO HAPPY.

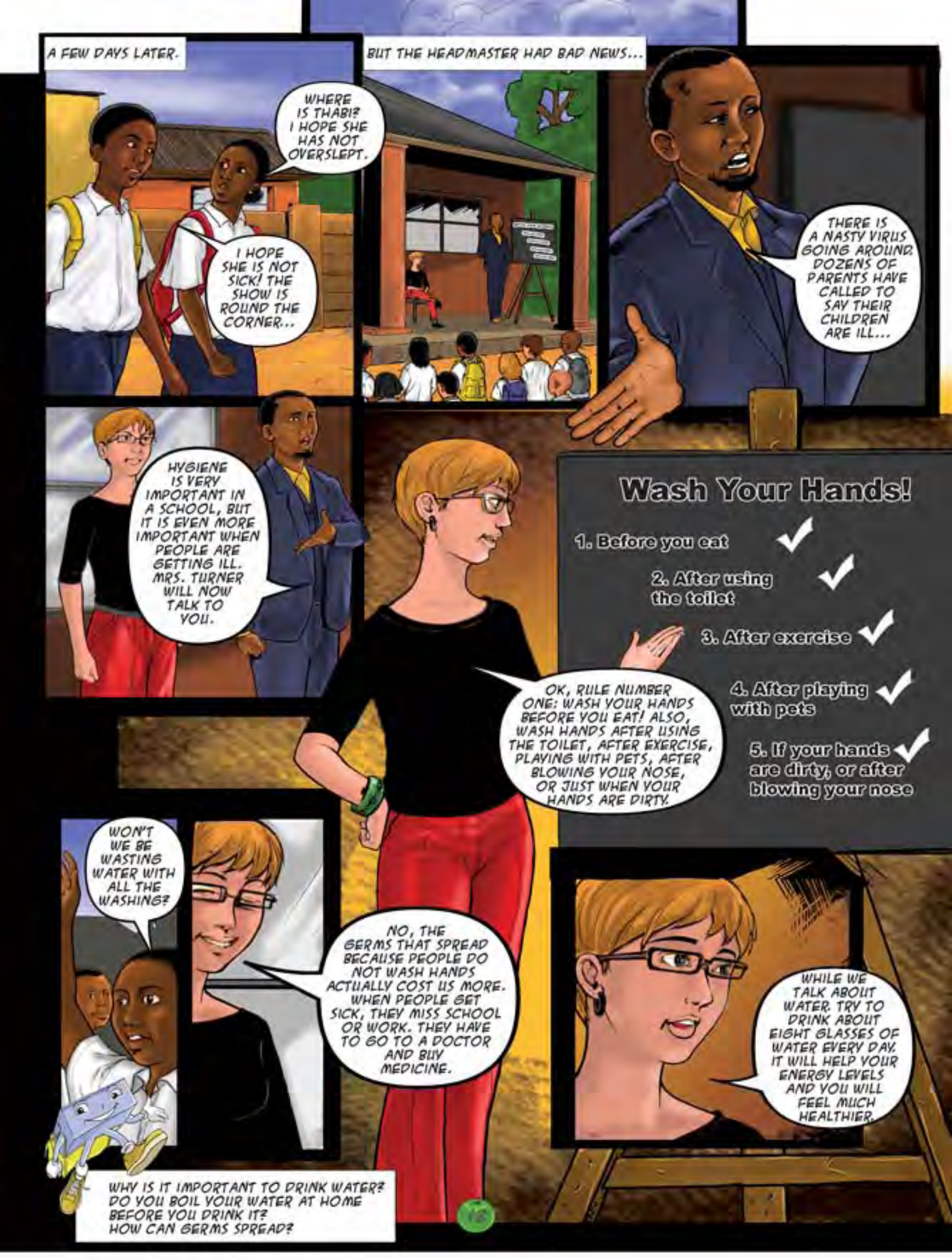

AFTER SCHOOL.
POOR THABI! I HOPE SHE GETS BETTER SOON.

AT LEAST SHE EATS A HEALTHY DIET. NO MORE SUGARY CEREALS, SWEETS AND FIZZY DRINKS ALL THE TIME. SHE WILL BE BETTER SOON.

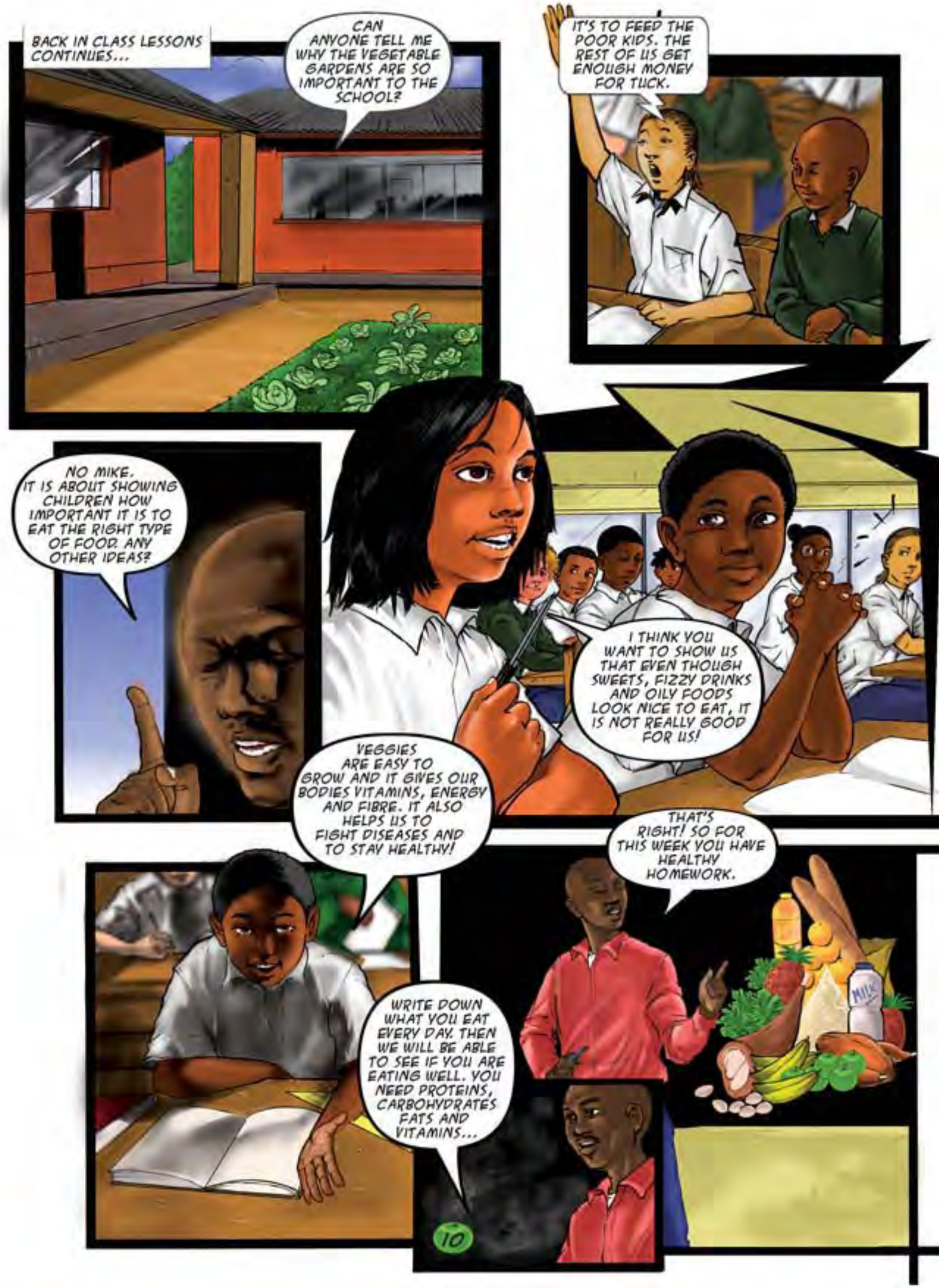
WE CAN'T REHEARSE TODAY. I AM GOING TO DO SOME RESEARCH AT THE LIBRARY.
I WONDER HOW REAL ROCK STARS STAY HEALTHY? WHAT DO THEY EAT?

AHH! HE EATS CHICKEN, FISH, LOTS OF FRUIT AND VEGGIES! THAT'S WHAT I EAT!

WE HAVE TO FOLLOW A SUPERSTAR DIET IF WE WANT TO BE SUPERSTARS!


A FEW DAYS LATER.
WHERE IS THABI? I HOPE SHE HAS NOT OVERSLEPT.
I HOPE SHE IS NOT SICK! THE SHOW IS ROUND THE CORNER...
BUT THE HEADMASTER HAD BAD NEWS...
THERE IS A NASTY VIRUS GOING AROUND. DOZENS OF PARENTS HAVE CALLED TO SAY THEIR CHILDREN ARE ILL...
HYGIENE IS VERY IMPORTANT IN A SCHOOL, BUT IT IS EVEN MORE IMPORTANT WHEN PEOPLE ARE GETTING ILL. MRS. TURNER WILL NOW TALK TO YOU.
Wash Your Hands!
1. Before you eat
2. After using the toilet
3. After exercise
4. After playing with pets
5. If your hands are dirty, or after blowing your nose
OK, RULE NUMBER ONE: WASH YOUR HANDS BEFORE YOU EAT! ALSO, WASH HANDS AFTER USING THE TOILET, AFTER EXERCISE, PLAYING WITH PETS, AFTER BLOWING YOUR NOSE, OR JUST WHEN YOUR HANDS ARE DIRTY.
WON'T WE BE WASTING WATER WITH ALL THE WASHING?
NO, THE GERMS THAT SPREAD BECAUSE PEOPLE DO NOT WASH HANDS ACTUALLY COST US MORE. WHEN PEOPLE GET SICK, THEY MISS SCHOOL OR WORK. THEY HAVE TO GO TO A DOCTOR AND BUY MEDICINE.
WHILE WE TALK ABOUT WATER. TRY TO DRINK ABOUT EIGHT GLASSES OF WATER EVERY DAY. IT WILL HELP YOUR ENERGY LEVELS AND YOU WILL FEEL MUCH HEALTHIER.
WHY IS IT IMPORTANT TO DRINK WATER? DO YOU BOIL YOUR WATER AT HOME BEFORE YOU DRINK IT? HOW CAN GERMS SPREAD?

AS THE VARIETY CONCERT COMES CLOSER CONCERT FEVER GRIPS THE CHILDREN. EVERYONE IS EAGER TO SHOW OFF THEIR TALENTS ON STAGE.
LET'S GO AND PRACTICE! WE ONLY HAVE A FEW DAYS LEFT.
BACK AT JULIUS' HOUSE THE FRIENDS EAT A HEALTY LUNCH.
MMM THIS LOOKS DELICIOUS!
YES, BUT JULIUS I FEEL A BIT BAD ABOUT ALL THE FOOD YOU GIVE ME.
DON'T WORRY. WE GROW ALMOST ALL OUR OWN VEGGIES. IT DOES NOT COST MUCH TO BE HEALTHY.
EAT UP EVERYONE I HAVE RE-WRITTEN PART OF OUR SONG AND WE NEED TO PRACTICE.
AFTER WASHING THE DISHES THEY ARE READY TO REHEARSE.
AND ONE, TWO, THREE. HIT IT!
WE CAN LIVE THE GOOD LIFE... YEY YEY HEALTH, LOVE AND ENERGY!
HEALTH, LOVE AND ENERGY!


BACK IN CLASS LESSONS CONTINUES...
CAN ANYONE TELL ME WHY THE VEGETABLE GARDENS ARE SO IMPORTANT TO THE SCHOOL?
IT'S TO FEED THE POOR KIDS. THE REST OF US GET ENOUGH MONEY FOR TUCK.
NO MIKE. IT IS ABOUT SHOWING CHILDREN HOW IMPORTANT IT IS TO EAT THE RIGHT TYPE OF FOOD. ANY OTHER IDEAS?
I THINK YOU WANT TO SHOW US THAT EVEN THOUGH SWEETS, FIZZY DRINKS AND OILY FOODS LOOK NICE TO EAT, IT IS NOT REALLY GOOD FOR US!
VEGGIES ARE EASY TO GROW AND IT GIVES OUR BODIES VITAMINS, ENERGY AND FIBRE. IT ALSO HELPS US TO FIGHT DISEASES AND TO STAY HEALTHY!
THAT'S RIGHT! SO FOR THIS WEEK YOU HAVE HEALTHY HOMEWORK.
WRITE DOWN WHAT YOU EAT EVERY DAY. THEN WE WILL BE ABLE TO SEE IF YOU ARE EATING WELL. YOU NEED PROTEINS, CARBOHYDRATES FATS AND VITAMINS...
MILK

SO WHAT ARE THE BIG PLANS FOR OUR ACT?
WE WILL START LIKE THIS...
AND THEN WE MOVE INTO THE GROOVE!
AND I WILL DO MY MOON WALK HERE!
YES!
!!!
YOU THINK YOU'VE GOT THE MOVES! DJ D IS WRITING A SONG FOR ME.
WELL GOOD LUCK MIKE! CAN'T WAIT TO SEE YOUR PERFORMANCE.

I AM ALSO STARTING TO EAT HEALTHY FOOD. I WANT TO MAKE SURE I CAN MANAGE ALL THOSE DANCE MOVES TOO!
NICE! I'VE GOT SOME MORE IDEAS FOR OUR ROUTINE. SEE YOU ALL LATER.

IN CLASS THEIR TEACHER'S LESSON IS ABOUT BEING HEALTHY.
SO CLASS WHO CAN TELL ME WHY IT IS IMPORTANT TO DRINK WATER?
WE NEED WATER TO DIGEST AND ABSORB VITAMINS AND NUTRIENTS.
YES THABI! AND IT WILL IMPROVE YOUR ENERGY LEVELS!

DURING BREAK MIKE SHOWS OFF HIS SINGING TALENT.
I THINK HE IS THE BEST EVER!!
WE WILL SEE ABOUT THAT! I CAN ALSO GROOVE.

WE WILL HAVE TO GIVE OUR ALL TO BEAT MIKE!
THAT IS TRUE, BUT WE HAVE GOT DETERMINATION!

TIME TO EAT THE APPLE AND I WILL EAT AN ORANGE!
MMM! THIS IS GOOD! IT IS SWEET AND HEALTHY.
HOW MUCH WATER DO YOU DRINK A DAY? DO YOU THINK IT IS ENOUGH?
COULD YOU HELP YOUR FRIENDS TO BE HEALTHIER?

SANELE, PLEASE WASH YOUR HANDS AND HELP ME WITH THE COOKING.
CAN'T I JUST LICK MY FINGERS? THEY'RE NOT DIRTY...
NO! THAT DOES NOT KILL THE GERMS. THEY CAN SPREAD DISEASES EVEN IF YOU CANNOT SEE THEM.
MEANWHILE, AN EXHAUSTED THABI IS READY FOR BED.
I DON'T LIKE HEALTHY FOOD. IT IS SO BORING.
BUT JULIUS DARED ME... AND MAYBE I WILL HAVE MORE ENERGY... MORE PETROL TO PLAY, DANCE AND DO HOMEWORK...
I SET MY ALARM CLOCK SO THAT I WILL HAVE TIME TO EAT BREAKFAST...
THE NEXT MORNING THE FRIENDS SHARE A TAXI TO SCHOOL.
!?
WE MADE A DEAL. THIS IS WHAT YOU START WITH MY FRIEND.
WELL THIS IS NOT MY FIRST CHOICE, BUT I WILL STICK TO THE PLAN!
IT WILL BE AWESOME TO SHARE A STAGE WITH KABELO!
JUST REMEMBER THAT EATING HEALTHY FOOD MIGHT JUST HELP US TO WIN!
DO YOU THINK THABI'S LUNCHBOX IS HEALTHY? MAKE A LIST OF CHEAP HEALTHY FOOD FOR A LUNCHBOX.
MAKE A LIST OF FOOD ON SALE AT THE TUCK SHOP. WHAT IS HEALTHY AND WHAT IS NOT?

THABI I DARE YOU TO EAT HEALTHY FOOD FOR A WEEK. I AM SURE YOU WILL THEN HAVE ENOUGH ENERGY TO DANCE AND PLAY!
YOU'RE ON JULIUS. I WILL TAKE ON YOUR DARE.
THABI ACCEPTED A DARE TO EAT HEALTHY FOOD FOR A WEEK, BUT SANELE IS UPSET.
I AM ALSO TIRED A LOT OF THE TIME...
WHAT IS WRONG SANELE? YOU LOOK AS IF THE DOG GOT YOUR FOOD...
I AM WORRIED ABOUT MY WEIGHT MOM... I THINK I EAT TOO MUCH OF THE WRONG STUFF... I WANT TO DANCE, BUT I CAN'T...
WELL THEN THERE IS ONLY ONE THING TO DO! WE WILL START A HEALTHY LIVING PROGRAMME.
SANELE AND HER MOM TOOK ACTION. THEY MADE SURE THEY HAD ENOUGH FRUIT AND VEGETABLES IN THE HOUSE.
WE NEED TO AVOID FATTY AND PROCESSED FOODS! WE ALSO NEED SOME EXERCISE...
I FEEL HEALTHIER ALREADY! FRUIT AND VEGGIES ARE FULL OF GOOD NUTRIENTS. IT IS NOT GOOD TO EAT WHITE BREAD ALL THE TIME.
WHAT DOES IT MEAN TO BE HEALTHY?
WHAT CAN YOU DO TO BE MORE HEALTHY?

AFTER SCHOOL THE FRIENDS MEET AT JULIUS' HOUSE.
I HAVE AN IDEA FOR A COMBO LIKE YOU SAID... SINGING, DANCING AND THE GUITAR...
LET'S BRING IN SOME HIP HOP AND THEN WE CAN REALLY GROOVE?
OK BUDDY, BUT I WARN YOU I AM SOOOO TIRED!
JULIUS IS FULL OF ENERGY AND STARTS SHOWING THEM SOME MOVES.
AND ONE AND LEFT AND LEFT AND..
AND RIGHT TURN!
NO WAY! I AM TOOO TIRED FOR ALL OF THAT!
PLEASE LET ME GO HOME TO MY SOFT BED...
THABI, IT IS BECAUSE YOU ARE ALWAYS EATING JUNK FOOD. SWEETS BURN OFF TOO QUICKLY! YOU HAVE NO PETROL IN YOUR ENGINE!
YOU ALSO DRINK TOO MUCH COOLDRINK! YOUR BODY NEEDS WATER TO CARRY NUTRIENTS THROUGH YOUR BODY!
NE' THAT WAS A MOUTHFUL BROTHER! BUT MAYBE YOU ARE RIGHT. I DO FEEL LIKE AN ENGINE WITH NO PETROL.
WHAT TYPES OF FOOD WILL GIVE YOUR "ENGINE" MORE "PETROL"? WHAT IS JUNKFOOD?

LATER IN THE CLASSROOM.
RIINGGG!!
THANK GOODNESS! I AM HUNGRY AND TIRED. TUCK HERE I COME!
A CHOC BAR, CHIPS AND AN ORANGE SODA PLEASE.
THEY ARE EXCITED ABOUT THE VARIETY CONCERT.
JULIUS, YOU CAN PLAY GUITAR. I'M A GOOD BACK UP SINGER AND DANCER...
WELL, I CAN TELL YOU, I AM NOT THE BEST DANCER, BUT I CAN SING!
YOU ARE RIGHT! WE CAN BEAT THAT SHOW-OFF MIKE!
LET'S MEET AFTER SCHOOL FOR A PLANNING SESSION!
BUT I NEED TO HAVE A REST AFTER SCHOOL...
DON'T BE SO LAZY THABI! WE MUST WORK HARD IF WE WANT TO WIN!
EXACTLY, AND THAT WILL HAVE TO START WITH GETTING OUR ENERGY LEVELS TO THEIR MAXIMUM.

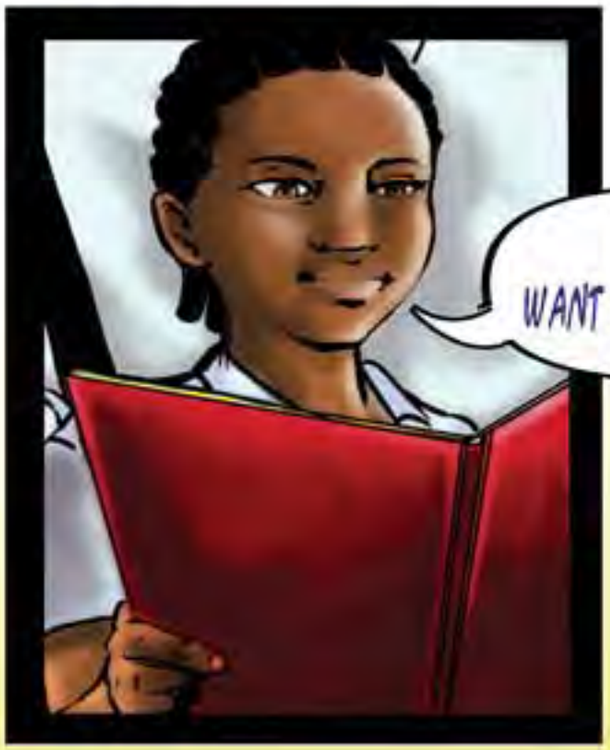
I CAN'T WAIT TO HEAR ABOUT THE SURPRISE...
SHHH! THERE HE IS.
QUIET IN THE LINES JULIUS. YOU KNOW THE RULES.
SORRY SIR.
WELL IT IS TIME FOR THE BIG REVEAL!
WE HAVE TO RAISE FUNDS FOR OUR SCHOOL'S VEGETABLE GARDENS! AND LEARN TO BE HEALTHY!
HOW BORING!
SO, WE HAVE DECIDED TO HOLD A VARIETY CONCERT. THE WINNERS WILL PERFORM LIVE WITH THE STAR KABELO!
YOU'RE TELLING ME? WE GOT TO WIN THIS THING. KABELO IS MY HERO!
SO! GET GOING! SINGING, DANCING, PLAYING INSTRUMENTS! SHOW US THE BEST YOU CAN DO!
IN WHAT WAY ARE YOU HEALTHY?
WHAT CAN YOU DO TO BECOME HEALTHIER?

THE THREE FRIENDS ARRIVED AT SCHOOL JUST AS MIKE, WHOSE DAD IS A BIG MUSIC PRODUCER, ARRIVED AT THE SCHOOL.
SUN VALLEY
HERE IS FIFTY BUCKS FOR TUCK AND TAKEAWAYS. I'LL BE HOME LATE!
THANKS DAD. SAY HI TO MANDOZA FOR ME!
CHECK OUT MIKE'S DAD HAS NEW WHEELS!
EITA BRA! WHAT'S UP ?
AHH I GOT A NEW ELECTRIC GUITAR! LOOK I HAVE A PHOTO...
YHO! MIKE IS THE COOLEST GUY IN THE SCHOOL.
CHECK IT OUT! IT'S GOT AMAZING SOUND.
WAY OUT MAN!
HE IS A SHOW-OFF. MONEY IS NOT EVERYTHING.
BUT MONEY CAN BUY FOOD AT THE TUCK!
I SKIPPED BREAKFAST AND I AM SO HUNGRY!
2

A TOWNSHIP IN SOUTH AFRICA, IT'S MONDAY MORNING AND EVERYONE IS GETTING READY FOR SCHOOL, INCLUDING THREE FRIENDS.
JULIUS, BREAKFAST IS READY! IT IS THE MOST IMPORTANT MEAL OF THE DAY!
HOW ARE THINGS GOING AT SCHOOL?
THE HEADMASTER SAYS HE HAS A SURPRISE FOR US. HE IS TELLING US TODAY!
JULIUS' MOM PACKS A SNACKBOX FILLED WITH HEALTHY FOOD FOR HIM TO TAKE TO SCHOOL.
FURTHER DOWN THE ROAD, THABI HAS OVERSLEPT. IT'S GOING TO BE A RUSH TO BE IN TIME FOR THE TAXI.
I'VE GOT TO GO TO WORK, BUT HERE IS MONEY FOR TUCK. YOU BETTER HURRY UP!
SANELE! YOU LEFT YOUR LUNCHBOX!
SANELE WHO LIVES AROUND THE CORNER WAS ALSO IN A RUSH...
JULIUS, SANELE AND THABI MADE IT TO THE TAXI ON TIME...
UGGH! I DON'T LIKE MONDAYS!
YES, BUT TODAY THERE IS A SURPRISE FOR US... REMEMBER?

WE HOPE THIS WAS FUN AND THAT YOU LEARNT A LOT! LOOK BELOW FOR TIPS TO FOLLOW...

PROMOTING HEALTHY LIFESTYLES



- CHANGE ANY UNHEALTHY EATING HABITS
- MAKE SURE YOU EXERCISE REGULARLY
- EAT THE RIGHT QUANTITIES OF THE DIFFERENT FOOD GROUPS
- HELP YOUR FAMILY MEMBERS TO BUY NUTRITIOUS FOOD BY GIVING THEM ADVICE
- USE A FEW MINUTES DURING BREAK TO PLAY
- INFLUENCE YOUR SCHOOL'S TUCK SHOP TO BUY HEALTHY FOOD AND SNACKS

REMEMBER THAT A MOMENT'S PLEASURE IN THE MOUTH CAN LEAD TO A LIFE TIME OF MISERY WITH OBESITY AND DISEASES LIKE DIABETES, HYPERTENSION AND HEART DISEASE, AMONGST OTHERS.

MAKE A HEALTHY CHOICE AND LIVE LONGER! A HEALTHY BODY GIVES BIRTH TO A HEALTHY MIND WHICH IN TURN IMPROVES PERFORMANCE IN ALL LEARNING AREAS.

A HEALTHY CHILD GROWS INTO A HEALTHY ADULT.
A HEALTHY ADULT IS A HAPPY ONE.

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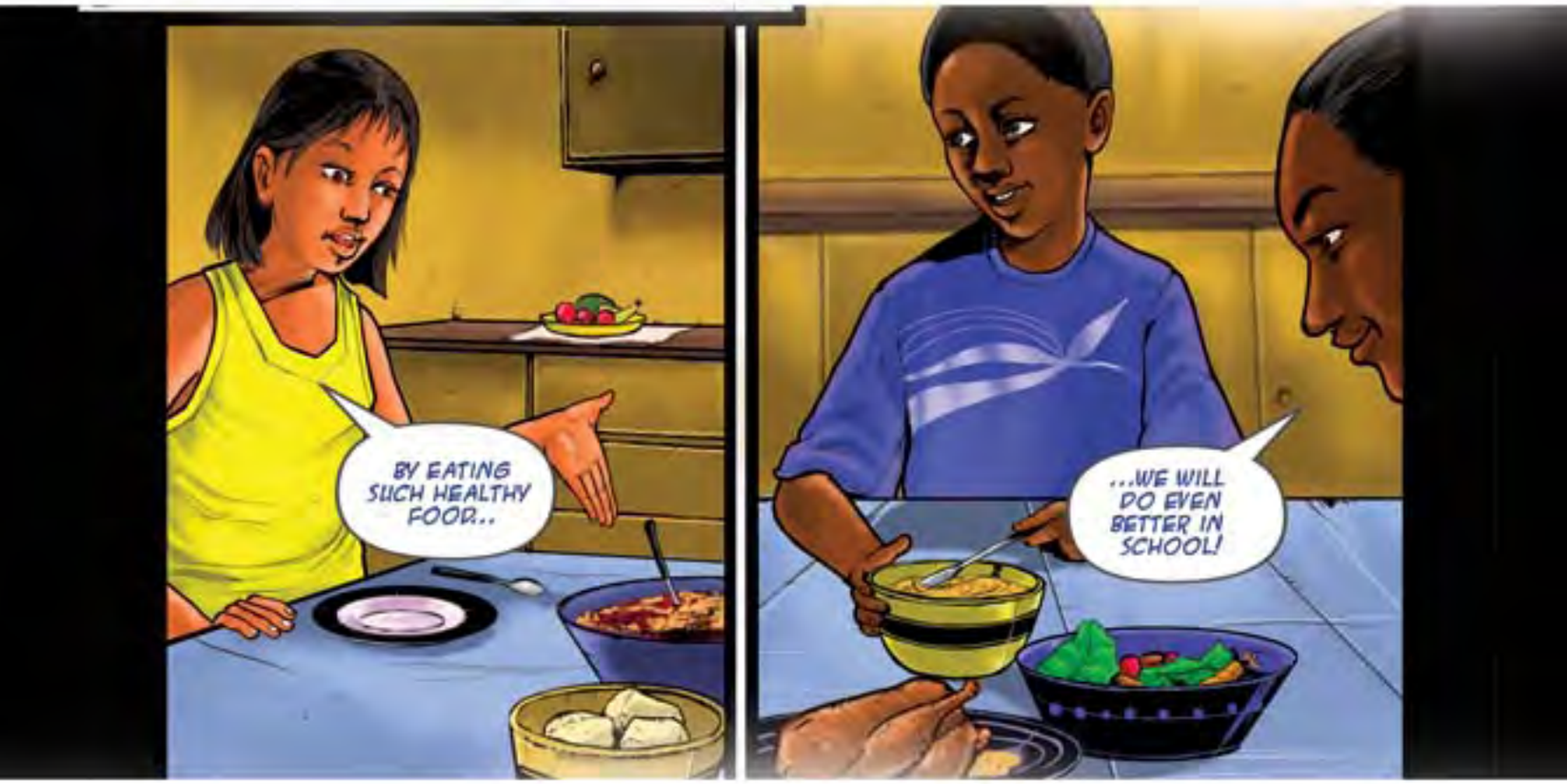

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