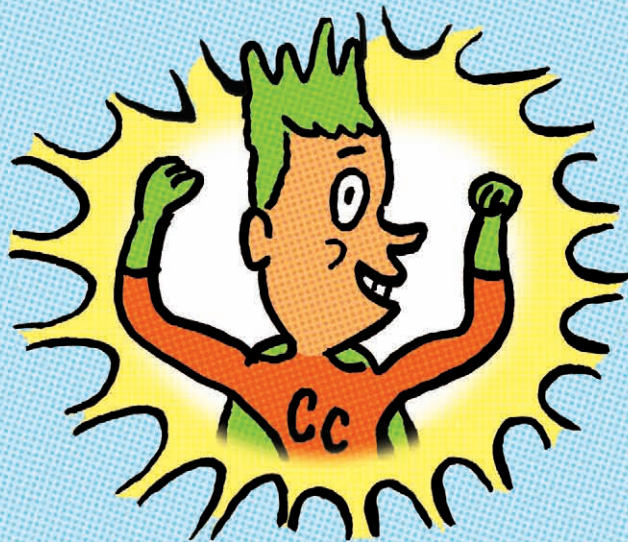


THE  
ADVENTURES  
OF  
**CAPTAIN  
CAROTENE!**





# CAPTAIN CAROTENE!

FRANK WAS A TYPICAL 5-YEAR OLD KID. HE LIKED PLAYING, DRAWING AND WATCHING CARTOONS. BUT, HE DIDN'T LIKE EATING HIS VEGETABLES.

TRY THIS, FRANK.

ONE DAY, HIS MOM MADE HIM A YUMMY CARROT CASSEROLE THINGY.

FIRST HE GLARED AT IT.

AND THEN FINALLY AFTER CAREFUL EXAMINATION HE TOOK A SMALL BITE.

HMM, THIS TASTES PRETTY GOOD.

AFTER HE TOOK A FEW MORE BITES, WEIRD THINGS STARTED HAPPENING. LIKE HE BEGAN TO TURN BRIGHT ORANGE. NEXT WAVES OF GREEN POPPED OUT OF HIS HEAD. AND THEN WITHOUT WARNING OR PROVOCATION HE WAS WEARING A FORM FITTING UNITARD, SPACE BOOTS AND CAPE.

WHAT'S HAPPENING TO ME?

THEN HE STARED AT IT.

LUCKILY, THERE WAS A TALL BOTTLE OF H<sub>2</sub>O AND A LONE BRUSSEL SPROUT CHATTING NEARBY.

HEY, YOU'VE BEEN TRANSFORMED INTO CAPTAIN CAROTENE!

GOLLY, DOES THAT MEAN I'M A SUPER HERO? WHAT ARE MY SUPER POWERS? CAN I FLY? CAN I TURN INVISIBLE? CAN I CHANGE SHAPES? CAN I CROSS DIMENSIONS? CAN I BREAK THROUGH TO THE FOURTH WALL?

YOUR SPECIAL POWER IS THE ABILITY TO SEE INTO THE FUTURE!

WHICH WOULD BE PARTICULARLY USEFUL SINCE HE WOULD NEED IT TO PREVENT THE EVIL DR. FRY AND NURSE BATTER FROM TAKING OVER THE WORLD AND FRYING IT UP!



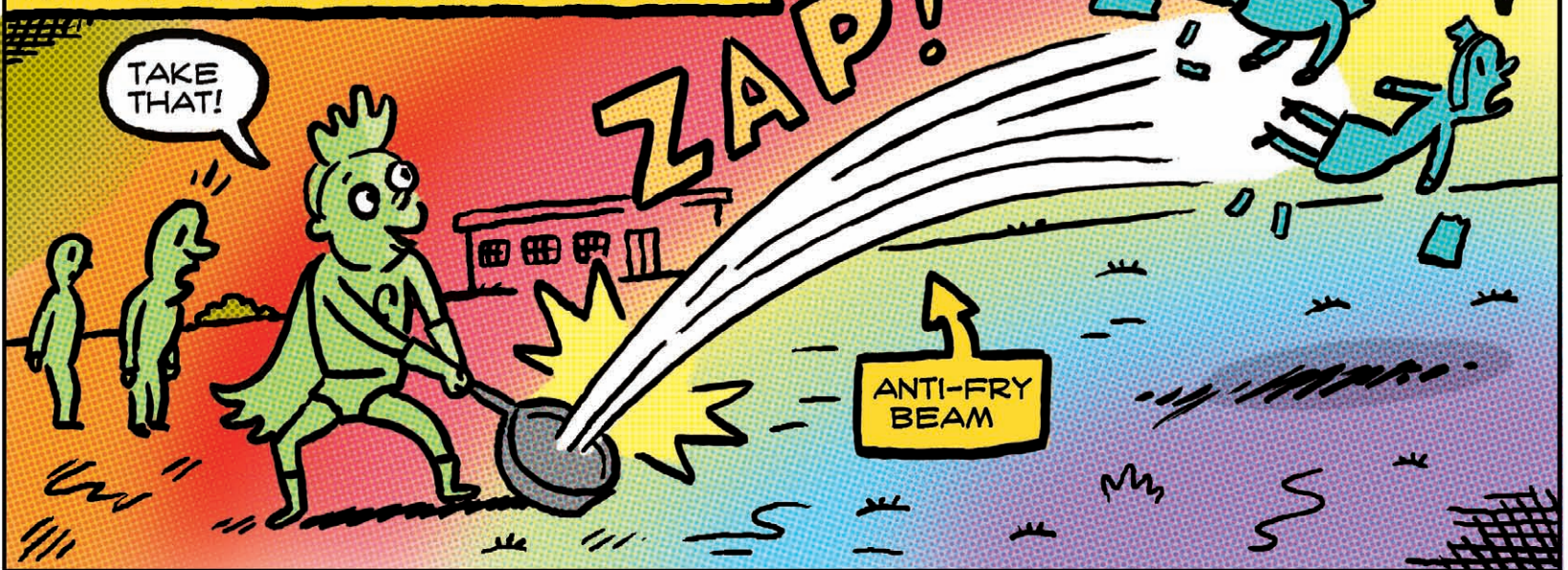
WELL, THE FUTURE ARRIVED EARLY ONE MORNING, WHILE CAPTAIN CAROTENE WAS CLEANING HIS VPS (VEGETABLE POSITIONING SYSTEM), BECAUSE THAT IS THE EXACT MOMENT HE SPOTTED THE EVIL DUO, HEADING TOWARDS A PRESCHOOL WITH BAGS AND BAGS OF SMILEY MEALS.



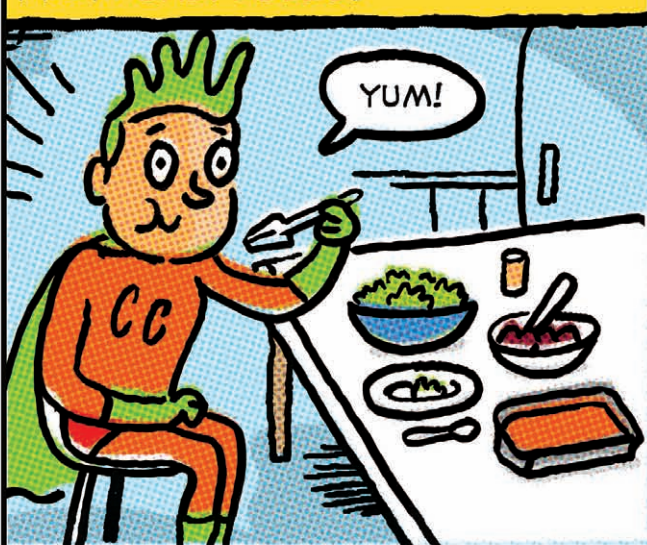
HERE THEY GO AGAIN TRYING TO CONVINCE KIDS THAT EATING FRIED FOODS IS BETTER TASTING AND BETTER FOR THEM THAN EATING WELL COOKED HEALTHY MEALS.



CAPTAIN CAROTENE IMMEDIATELY GRABBED HIS ANTI-FRYING FRYING PAN AND BLASTED THEM OFF COURSE.



ONCE AGAIN, THE WORLD IS NOW SAFE FOR WELL-PREPARED NUTRITIOUS AND DELICIOUS MEALS LIKE THE ONES YOU CAN GET FROM **CHEFABLES**.



AS FOR DR. FRY AND NURSE BATTER THEY WERE LAST SEEN WANDERING AIMLESSLY THROUGH GOLDEN NATIONAL PARK. WE DON'T EXPECT TO HEAR FROM THEM FOR A LONG, LONG TIME. BUT THEN AGAIN, A LONG, LONG TIME IS RELATIVE ISN'T IT?



**MORAL OF THE STORY:**  
KIDS WILL EAT  
VEGETABLES  
AND HEALTHY  
FOODS, IF  
COOKED  
PROPERLY.

AT **CHEFABLES**, WE'RE CONSTANTLY CREATING TASTY NEW RECIPES TO INTRODUCE KIDS TO THE JOY OF VEGETABLES (FRUITS AND WHOLE GRAINS, TOO).