

# The BLAHs!

The BLAHs are the most dangerous super-villains in the whole galaxy! They travel around trying to make people unhealthy and they especially like to attack kids. The BLAHs will attack, if you are not on your guard and not making healthy choices. The only way to defeat them is to do healthy things and be a SuperKid every day.



**Name: SKIPPING BREAKFAST**

**How to identify:** He's got an alarm clock for a head, made up of all the clocks he's stolen to make kids sleep in and miss their breakfast.

**Signs of Attack:** An attack by it will make you skip breakfast, the most important meal of the day.

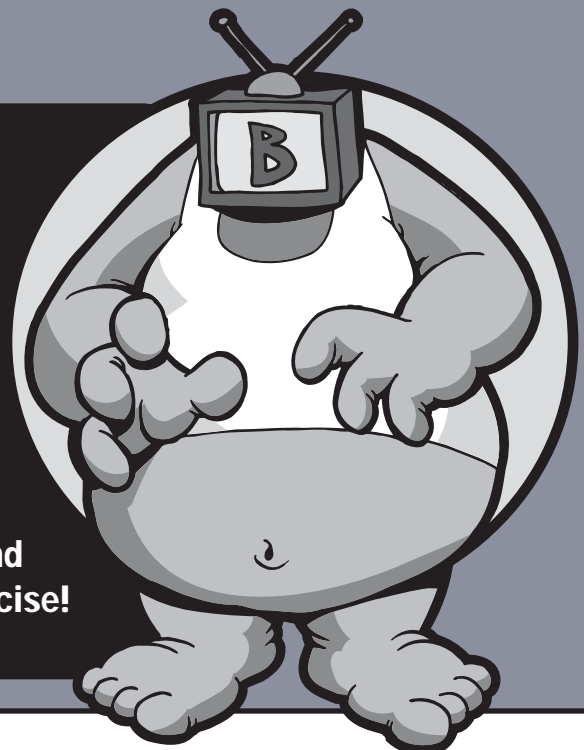
**How to Defeat:** Simple, "Eat Breakfast Everyday!" and that BLAH will be toast, literally.

**Name: NOT EXERCISING**

**How to identify:** He's big, green and has a TV for a head!

**Signs of Attack:** This BLAH wants you to sit around, not being active and watch TV or play video games all day.

**How to Defeat:** Stand up, turn off your TV, and head outside to exercise!

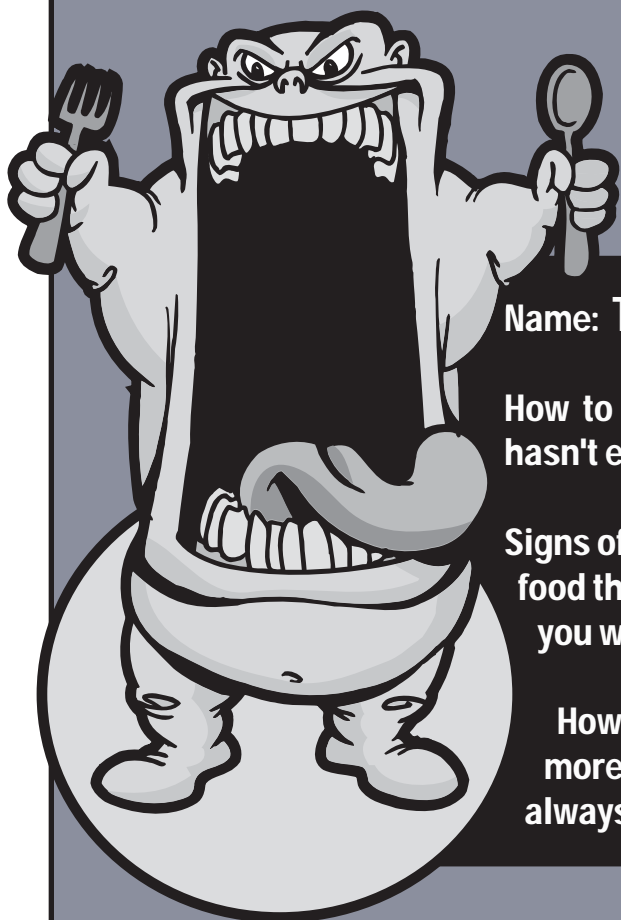


**Name: JUNK FOOD**

**How to identify:** He's eaten so much junk food, that this BLAH has ice cream for a head!

**Signs of Attack:** Eating too much unhealthy food! It'll tempt you with all kinds of unhealthy snacks like candy, chips, soda pop, and fast food.

**How to Defeat:** Eat healthy food, especially foods packed with loads of vitamins and minerals like fruits and vegetables.

**Name: TOO MUCH FOOD**

**How to identify:** He's got the biggest mouth of all, and hasn't eaten anything healthy for hundreds of years!

**Signs of Attack:** This one will try to get you to eat more food than you need, causing you to fill your plate so high you won't even be able to see the plate anymore!

**How to Defeat:** Watch your 'Portion Size' and don't eat more than your body really needs. Remember, it's always important to "See the Plate!"