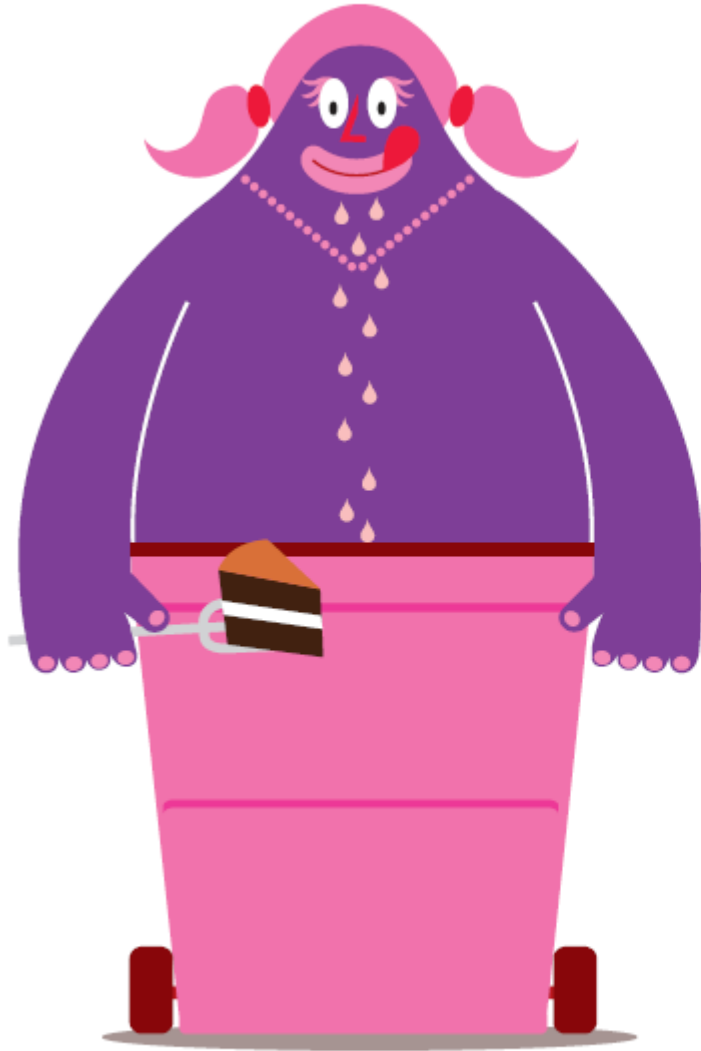


Big Glob

& the Greaseball Gang



Big Glob may look small but he gets everywhere and hides in the most unlikely places. Once he gets into your system he is hard to shift and more often than not he will bring more and more of his mates to stay. They have the ability to merge together in big lumps and as well as causing havoc to your health – they will eventually turn you into one of them.



Wheelia Binn

Wheelia, as her name suggests, is a human dustbin and will happily eat anything you put in front of her, including your dinner (so don't turn your back on her). Over the years she has morphed into a half-human, half-wheelie bin and spends her time scavenging for the next big treat. She can actually be a lot of fun but deep down she lacks a bit of confidence.



Old Salty

Old Salty grew up in a river in Western Australia and spent his time eating anything that moved. Because of his ferocious appetite and irresponsible diet he has lost all his taste buds and now has to continually add too much salt to his food. As a result his blood pressure has gone through the roof and he is nearly always in a bad mood. Approach with caution.



Rocky Readymade

Rocky has spent most of his life following his own advice. He thinks buying ready-meals makes his life easier and is less hassle. Unfortunately he has not noticed that he looks nothing like his old self and that his health has progressively declined to the point that his teeth have rotted, he has high blood pressure, poor skin, bad breath and worst of all, he has a few wind problems.

Sugar Babe



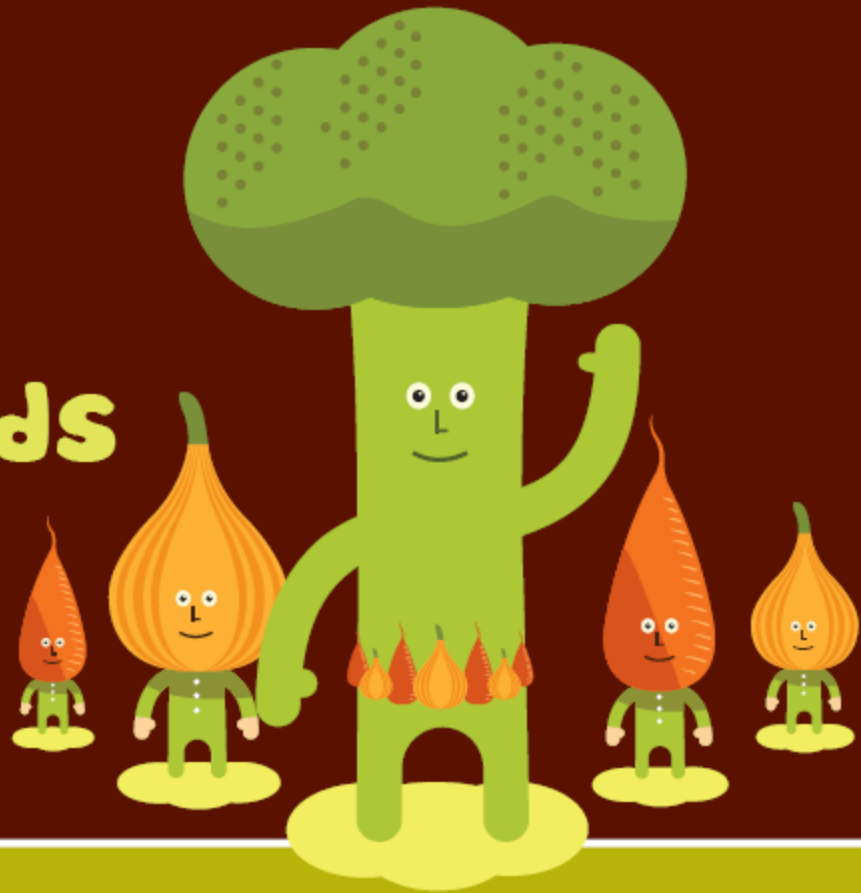
Sugar Babe is one to be wary of. All sweetness and light on the outside and instantly appealing. Don't be fooled by the cute and cuddly appearance. We all love a treat but when you get to know her better you will discover that she is very moody and can turn from a high to a low in seconds. Fine in small doses, but too much will see you making more visits to the dentist.



Sloth Boy

Sloth Boy is easy to spot because he moves so slowly. His entire life is planned around snacks, PlayStation and the telly. His only form of exercise is reaching for the remote and going to the kitchen when the adverts are on. The sad thing is, he's quite a nice person but seems to be caught in a downward spiral of lethargy and junk food.

B Broc & the Vegheads



B Broc and his crew have been trying to convince kids for years how good they are and thankfully they're making some progress. They may not be the toughest, or the funniest, but they are definitely the healthiest and the benefits of fresh vegetables can't be ignored any longer. Some of his gang are a bit shy but if you show interest, they'll put a smile on your face.



Iron Byron

As you might expect he is a big fan of listening to 'metal' but also knows all about the need to maintain those vital inorganic elements in our bodies, and can tell you which foods to find them in. Iron is his favourite and you can tell when his body is deficient because he starts to turn blue. That's why he always carries a spare banana, just in case.



Five-a-Day

Our little friend **Five-a-Day** is actually from a distant planet and is amazed at all the wonderful fruit and vegetables we have here on Planet Earth. He learnt from watching TV that we all need five portions a day to keep healthy and he follows this advice to the letter. He's really a bit obsessed with the number five and will constantly ask you how many you've had today.

Nana Nana



Nana Nana is the world's biggest practical joker. He looks tougher than he really is and will do anything for a banana. He is actually a vegetarian and loves all sorts of fresh greens and fruit which give him natural energy and help him to keep his coat in good shape. You need to be slightly wary because he loves to hug people but is unaware of his own strength.

Slim Trim

Slim Trim thinks he is perfect in every way and is obsessed with the tone of his physique. You will often find him in front of the mirror admiring himself. He is actually very fit and although you may not achieve the same high standards, he has some great techniques for helping people to be active.



Flash-n-Dash



Little **Flash-n-Dash** is a bit of a brainbox when it comes to vitamins and minerals. She can tell you all about the way vitamins are essential for converting our food into energy and about how minerals help to build strong bones and keep the heart beating normally. She says her secret is eating well-balanced meals and that her daily diet of varied foods gives her all the vitamins and minerals she needs to have a healthy body and enough energy for her active lifestyle.