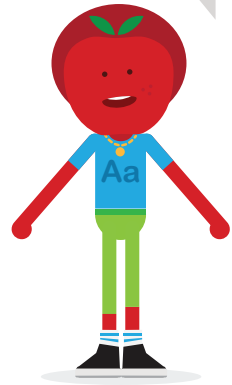


An apple a day,
takes the toxins away.



Adam Apple

I can help your eyes,
see in dark night skies.



Chris Carrot

What ingredients we are going to need

Apples and Carrots.

It is so easy to do

Juice 1 apple and 1 small carrot per child.

Why it is good for us

Apples can help to protect your teeth, keep your brain sharp, fight disease, help control your bowels, help remove toxins and help you maintain a healthy weight. Carrots promote eye health and can boost the immune system to help to protect you against free radical damage, harmful bacteria and disease. Carrots juice can help you to super skin by promoting skin healing after infection or irritation. They can help to protect your heart, cleanse your body and help keep teeth and gums healthy. Together they make a sweet and tasty juice which is usually a favourite.