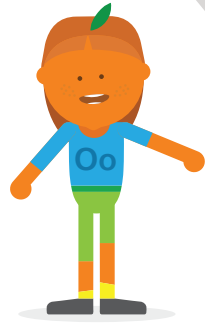


Let it be known, I'm the best for strong skin and bone.



Kurly Kale

Juice me for Vitamin C, I will boost up your immunity.



OJ Orange

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



Chris Carrot

What ingredients we are going to need

Kale, carrot and orange.

It is so easy to do

Juice 1 orange, 1/2 carrot and a small handful of kale per child.

Why it is good for us

Kale is packed with lots of health giving nutrients. It promotes good bone health and is great for your skin and eyes. Kale can protect your heart and lungs, reduce your risk of disease and can be beneficial to those who suffer from diabetes, arthritis and asthma.

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.

Oranges can help to protect against disease and sickness. They can have beneficial effects on blood pressure, lungs and kidneys. They also help to keep bones and teeth strong. Together this drink is a real tonic for your eyes, skin and bone. Looking good dude!