

# Berry powerful

Spring

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



**OJ Orange**

I give you energy fast and slow,  
when you want to go, go, go!



**Barry Banana**

All day long I will keep you strong.



**Suzy Spinach**

I'm a disease fighting berry,  
who can make you feel merry.



**Rosie Raspberry**

I take cuts & bruises away, and  
give you energy to go and play.



**Star Strawberry**

## What ingredients we are going to need

Orange juice, Spinach, Banana and mixed frozen berries.

## It is so easy to do

Blend 1 litre freshly squeezed Orange Juice, 2 cups berries, 1 banana and 2 cups spinach leaves per 10 children.

## Why it is good for us

Not only do berries taste great, they are also super healthy for you. Berries contain nutrients called phytochemicals which help protect your bodies cells from damage. Berries are super heroes who help your body fight against disease, they are good for your brain and your heart.

Spinach can help to protect your body against disease, protect your eyes, is good for your blood, your skin and your hair. Bananas give you instant and constant energy and are a great snack before or after sport. They can help control your body temperature and help your body deal with diarrhea and constipation.

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 is a Powerful team who help your body absorb the best nutrients from the superstars.