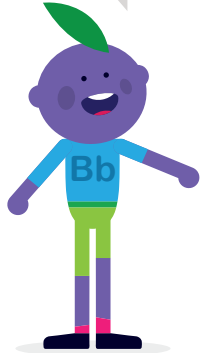


I protect every cell,
and make your brain work



Billie Blueberry

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



Rosie Raspberry

Eat a handful of me,
to keep you germ free.



Bobby Blackberry

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



Star Strawberry

What ingredients we are going to need

Summer Berry Mix, Vanilla yoghurt.

It is so easy to do

Blend 3 cups summer berry mix & 1 litre Vanilla yoghurt 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, your skin and your hair. Together, with the vanilla yoghurt, this drink tastes like ice cream, especially if you use a frozen berry mix.