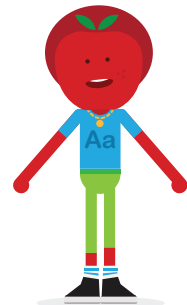


I can make you stronger,  
so you can run for longer.



**Benny Beetroot**

An apple a day,  
takes the toxins away.



**Adam Apple**

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



**Chris Carrot**

## What ingredients we are going to need

Beetroot, carrot, apple.

## It is so easy to do

Juice 1 apple & 1 carrot per child.

Add 1 raw beetroot per 10 children.

Tip: Teachers handle the beetroot as it will stain clothing.

## Why it is good for us

Athletes use beetroot juice to help boost their stamina so they can perform better.

Beetroot can boost blood flow to your brain, making it work better and increase serotonin, which makes you feel happy.

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, this drink packs a powerful punch and can inspire you to a better sporting performance.