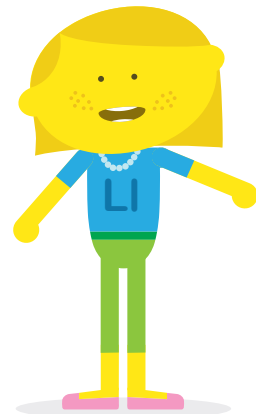


Juice me for Vitamin C,  
I will boost up your immunity.



**OJ Orange**

When you have a cold in your chest,  
my zest will get you back to your best.



**Lizzie Lemon**

## What ingredients we are going to need

Oranges, Lemons.

## It is so easy to do

It's so easy to do. Juice 1 orange and 1/8 lemon per child.  
tip: Add sparkling water for bubbles if desired.

## Why it is good for us

Lemons can help brighten your mood, clear your mind and help you feel energized and refreshed. Lemons can help sore throats, boost immunity and balance PH levels. They can also help to reduce fever.

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 good boost of vitamin C and is a great alternative to soda if you add the sparkling water.