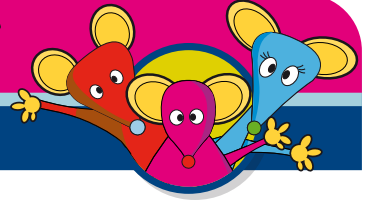


Inspiring young minds...

KIDS



How to make Caribbean Sunshine

Ingredients

- 3 oranges
- 2 apples
- 2 carrots

You will need

- Juicer or blender



1. Peel the fruit and carrots (unless you like texture in your juice).
2. Place the fruit and carrots one at a time into the juicer.
3. Carefully hold a glass under the spout to catch the juice as it comes out.
4. Repeat with each piece of fruit/carrot.

Wait until they have all turned into delicious juice.

Results

Voila you have a lovely, healthy, cool, refreshing fruit juice!

TIP: Experiment by using different fruit.

Note: These are activities for you and your child to enjoy together. The safety of your child is obviously very important. Please use caution when using scissors and other materials in your child's presence.