



# Raspberry Punch

**Home Learning: Children know how to stay healthily hydrated.**

## Ingredients (serves 4)

- 4 oranges
- 1 small punnet of raspberries
- 330ml still/sparkling water

## Method

1. Cut the oranges in half and juice them.
2. Pour the juice into 4 glasses/cups.
3. Wash the raspberries in a sieve/colander and put them in a mixing bowl.
4. Mash the raspberries until they become pulp.
5. Spoon the pulp into the 4 glasses/cups.
6. Slowly top up with the water (still/sparkling).
7. Enjoy!

## Nutritional Benefits

Berries contain natural chemicals, which are like 'superheroes' in your body, helping to keep you fit and healthy. They tend to be found in lots of brightly coloured foods and help your digestion and keep your eyes and brain healthy.

