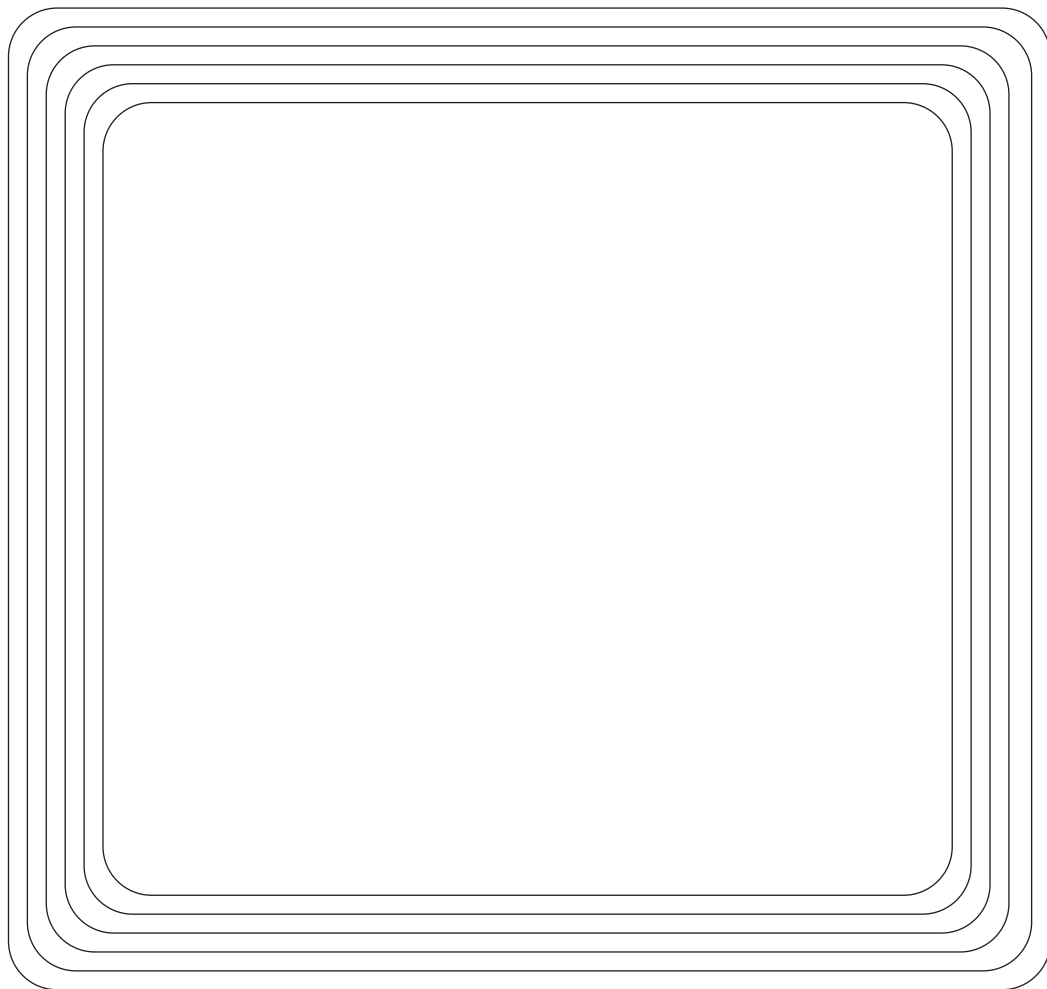


Send us your blackcurrant superhero!

For Kids: Draw your superhero below & colour in the frame below like a rainbow



When you've finished your masterpiece, pop it in an envelope along with the form below, all filled out and signed by your parent or guardian. The closing date for entries is [insert date], so make sure you post it to reach us in plenty of time. Just think, that smoothie maker could soon be all yours!

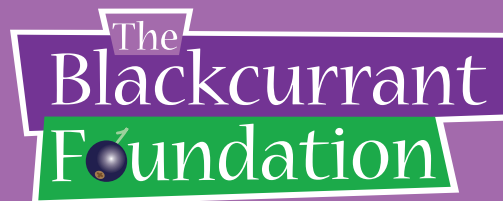
Your name: _____

Your address: _____

Your age: _____

Your parent or guardian's signature: _____

Terms & Conditions: This competition is open to all KS1 primary school pupils in the UK, except for relatives of the National Schools Partnership and The Blackcurrant Foundation. Please get consent from your parent/guardian before entering. No purchase necessary. Entries should be made in accordance with the instructions and must be received by the closing date (xx/xx/xx). The competition will run from xx/xx/xx to xx/xx/xx. There will be no cash alternative to the prizes awarded. The judges' decision is final and no correspondence will be entered into. We regret that we cannot return the entries.



Competition inside...

Get a family-sized boost from blackcurrants

Try our mouth-watering smoothie recipe!



Win a smoothie-making machine!

Hello Mums and Dads

Feeling run down or under the weather?

Wish you had more energy? Want to help keep you and the kids in tip-top health?

Then it's time to get into our great British superfruit – the blackcurrant! It has amazing health benefits and disease-fighting powers. The blackcurrant may be little, but it's massive on goodness!

British blackcurrants are a deep purple colour, which indicates a high level of anthocyanins – the special antioxidants that help protect against ageing, joint inflammation, eye strain, kidney stones, heart disease, cancer and urinary tract infections, to name a few!

What's more, they've got more vitamin C than any other natural food, so they really can help to boost your immune system and fight off cold symptoms.

No matter what form blackcurrants come in – smoothies, juice, yoghurts etc, you can always be sure they're packed full of antioxidants!

To give your whole family a boost, serve up this superjuice!

The Blackcurrant Foundation has created a Superfruit 'wheel' to allow you to select the fruit you are interested in and to view its health benefits versus other fruits listed on the wheel. To request a wheel, please log onto www.superfruits.org and enter your name, school and postal address.

The Blackcurrant Boost

Serves: One 200ml glass

Ingredients:

45g fresh or frozen blackcurrants, defrosted
160ml good-quality cloudy apple juice
10ml elderflower cordial

Method:

- Press the blackcurrants through a sieve, discarding the pulp that's left behind.
- Add the blackcurrant juice you have made to the other ingredients and stir them together.
- If you can't get hold of fruit to make your own juice, substitute 30ml of shop-bought blackcurrant juice.
- Spice the recipe up with a little finely grated mace in winter, warm it up and serve it as a brilliant blackcurrant flu fighter!

For more blackcurrant recipes and to read more about the work of the British farmers who set up the Blackcurrant Foundation, go to www.blackcurrantfoundation.co.uk



Win a smoothie-making machine in our children's art competition!

All over the planet, people aren't feeling so good because they don't eat enough fruit and vegetables.

- Who can possibly help them to improve their health?
- Who can stop the sniffles, cut out the coughs and battle those bugs?
- We need a superhero with amazing blackcurrant powers to zap everyone back to health!

So if you're aged between 5 and 7, grab yourself a piece of paper and draw a 'blackcurrant superhero' for us.

- What would their costume be like? What colours would you use? And what special blackcurrant powers would your superhero have? Don't forget to write them down underneath your drawing!

Next, pop it in the post to us. If your blackcurrant superhero is our judges' favourite, you'll win our top prize of an illustrator professionally working up your design and runners up will win a super smoothie maker!

- You'll find full details of how to enter overleaf. So what are you waiting for? Get your blackcurrant brainpower working!

