

• FIZZ FREE FEBRUARY •

FRUITY WATER GAME



PINEAPPLE

WATERMELON

The Fruity Water Game is a great fun way to encourage children and young people to drink more water.

The game is simple, take a glass, put two different slices of fruit in to the glass and add some water. Leave it for five minutes or so for the flavour from the fruits to spread into the water. While you're waiting come up with a name for your new drink, is it a raspineapple? is it a delicious glass of cucumbemon? When you've got a name for your drink it's time to taste it and give it a score out of 10, where 10 is your favourite drink in the world!



LEMON

APPLE

Go Fizz Free in February

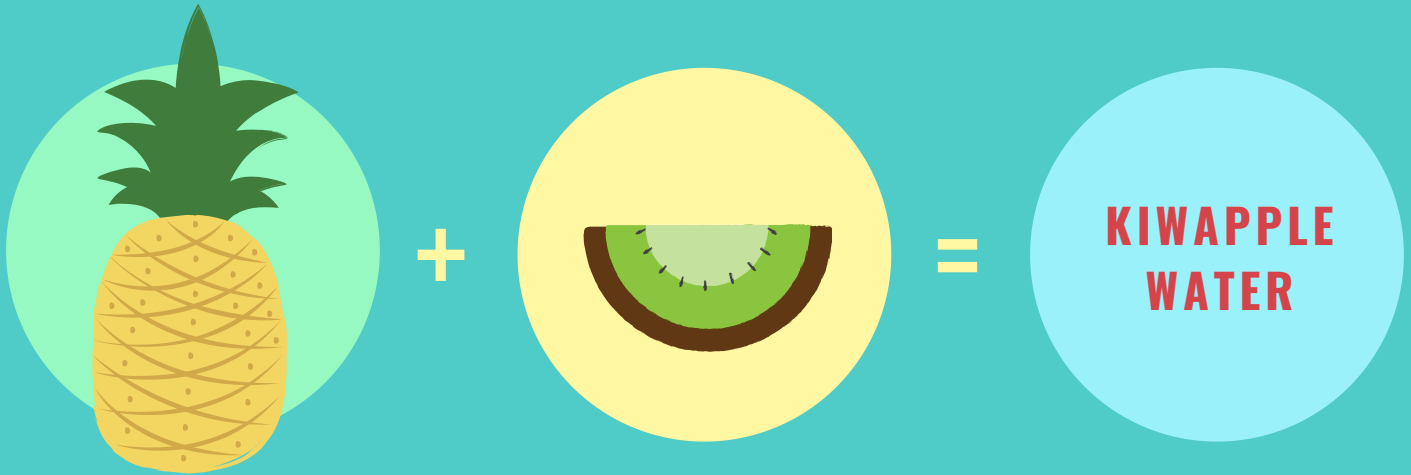
Find out more at

www.birmingham.gov.uk/fizzfreefebruary



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KIWI

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ORANGE

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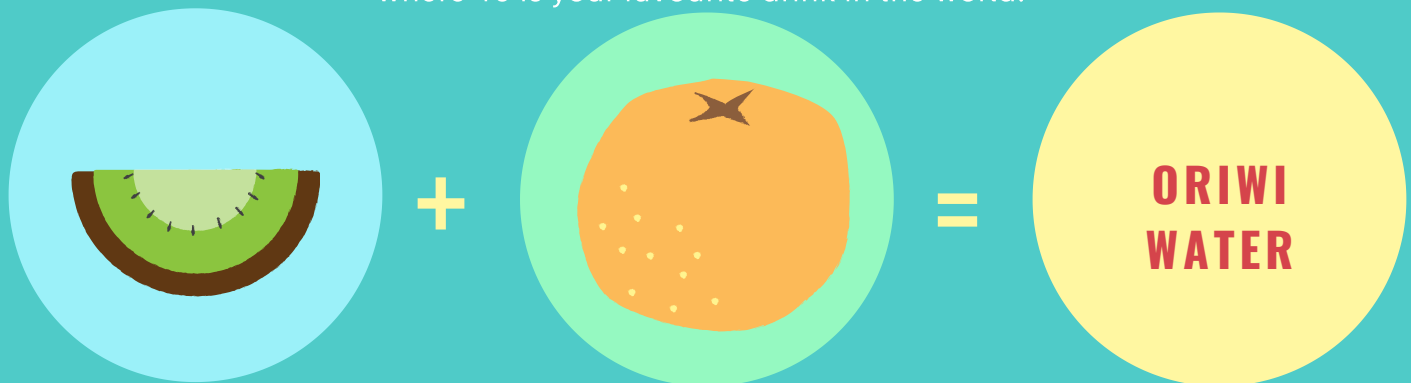


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