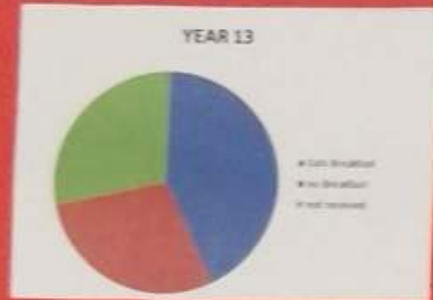
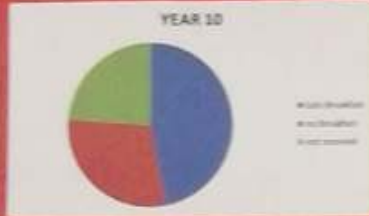


Team Wake & Shake
 J T Eru
 Ngirangi Gibson
 Kaydyma Smith

The health benefits of blueberries:
 Blueberries are high in antioxidants, fiber, and vitamins. They are also low in calories and fat. Blueberries are a great source of antioxidants, which help to reduce inflammation and protect against chronic diseases. They are also a good source of fiber, which helps to regulate blood sugar and cholesterol levels. Blueberries are also a good source of vitamins C and E, which are important for overall health.



The need: - In 2013 a survey completed by last year's Foodys students showed that students replace their breakfast with sports and energy drinks. We want to look at offering a healthier alternative.



The opportunity: - Hansells Food Group Limited has offered us their Technical Manager, Malcolm Mac Donald as a mentor for our school. This has given us the opportunity to develop a product that could help address this Teenage issue.

WAKE & SHAKE

Where the idea came from:
 Based on the results from surveys that were taken last year and this year our team decided to make a breakfast drink. The pie chart shows 23% of the students at Wainuiomata High School don't eat breakfast every morning. The results show that out of all of the students that don't eat breakfast in the morning 9% of them don't eat because they don't have enough time every day to make it. So we came up with the idea to make something that was good for you and had great nutrition value. We researched on the internet for new breakfast ideas, breakfast smoothies seemed like the easier option. This is because it is can be quicker and easier to consume than any of the other foods, like those looked for ideas on healthy and easy breakfast ideas.

Aim: - We would like to address the issue of teenagers who skip breakfast and then use energy and sports drinks to give them the energy they have missed out at breakfast. These students often do not concentrate well in class and this can affect academic performance. We will produce a ready made drink to give them the boost they need to start the day.

Thankyou Sally Hasell (consultant microbiologist) for being our sponsor

