

# Nutrition Snippet

## THIRSTY?



### Water or plain milk is the best.

#### Try these ideas to zing up your drink:

- Water flavoured with slices of strawberries, orange or lemon makes a refreshing change
- For the lunch box, add some berries or cucumber slices to a bottle of water and pop it into the freezer
- Check out our [blog](#) for more healthy thirst-quenching ideas

