

# THE BERRY BEST

Raise a toast to the nation with this delicious red-and-white drink full of natural goodness.




Strawberries  
and milk

SERVES


4




## Follow these steps

1. Place three-quarters of the strawberries in a mixing bowl. Use a fork or masher to crush them into a puree. 
2. Chop the remaining strawberries into small pieces with a knife. Add them to the bowl. 
3. Add sugar and mix well. Cover the bowl and chill in refrigerator for 1 to 2 hours. 

**TIP!** For a more vivid colour, transfer the strawberry syrup to an airtight container and chill it overnight in the fridge.

4. Divide the cooled strawberry syrup evenly into four glasses, and pour milk on top. Serve immediately. 

5. Before drinking, swirl gently with a spoon to mix the syrup and milk. Top off the drink with a Singapore flag on a skewer for National Day vibes! 

### A Lesson In Contrast

This recipe uses different techniques to prepare strawberries, allowing children to learn about **different textures** as they compare the smooth puree and the chunky pieces. They also get an introduction to **scientific principles** like the density of different liquids and how the separate colours combine when they mix the ingredients.

## → WHAT YOU'LL NEED

- 280g fresh strawberries, rinsed and stems removed
- 35g sugar
- 4 cups milk



Strawberries



Milk



Sugar

## Skimming It

➤ **Regular consumption of milk** is beneficial for children. It contains essential nutrients such as calcium, protein, vitamin D and riboflavin, which help promote growth and build strong bones and teeth. For children aged two years and above, plain low-fat milk is recommended over whole milk.

Find out more at [www.healthhub.sg/live-healthy/1719/catch-up-on-calcium](http://www.healthhub.sg/live-healthy/1719/catch-up-on-calcium).