



Crystal Palace footballers need a balanced diet to help them play at their best - including lots of different fruit and vegetables.

We are challenging the young people of south London (alone or in groups of up to four) to design a recipe for a healthy smoothie for a Crystal Palace player to enjoy after training.

The competition is open to 7-11 year-olds in Croydon, Sutton, Bromley, Lambeth, Lewisham and Southwark and we welcome entries from youth groups and other organisations in addition to schools.

Closing date for entries is Thursday 29 March 2018 at 5pm.

See full terms and conditions at www.palaceforlife.org

TO ENTER, YOU NEED TO INCLUDE:

- **TEACHER / YOUTH GROUP LEADER'S NAME, SCHOOL/YOUTH GROUP NAME, SCHOOL/YOUTH GROUP ADDRESS, TEACHER/YOUTH GROUP LEADER'S CONTACT DETAILS**
- **THE NAME OF YOUR SMOOTHIE – CAN YOU GIVE IT A CRYSTAL PALACE TWIST?**
- **2 X FRUIT**
- **2 X VEGETABLE**
- **1 X LIQUID**
- **YOUR REASONS – WHY DID YOU PICK THE INGREDIENTS AND WHICH PLAYER IS YOUR SMOOTHIE FOR?**

Five winning recipes will be chosen as finalists by the Palace for Life Foundation, with groups invited to the Crystal Palace Training Ground to make their smoothie for players, who will select the overall winner!

How to enter?

Once your young people have designed their smoothies, please send completed application forms to us at: Healthy Eagles, Palace for Life Foundation, Selhurst Park, Whitehorse Lane, London, SE25 6PU



TEACHER / YOUTH GROUP LEADER NAME:.....
SCHOOL / YOUTH GROUP NAME:.....
SCHOOL / YOUTH GROUP ADDRESS:.....
TEACHER / YOUTH GROUP LEADER PHONE NUMBER:.....

INGREDIENTS *(see our handy fruit & veg guide)*

- 1. **FRUIT 1:**.....
- 2. **FRUIT 2:**.....
- 3. **VEGETABLE 1:**.....
- 4. **VEGETABLE 2:**.....
- 5. **LIQUID:**.....
- 6. **OPTIONAL OTHERS:**.....



NAME OF YOUR SMOOTHIE – GIVE IT A PALACE TWIST:.....

*Get creative!
Draw the ingredients*



WHY DID YOU PICK YOUR INGREDIENTS AND WHICH PLAYER IS YOUR SMOOTHIE FOR?
(see our handy player guide)

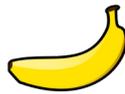
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FRUIT

All portions should be the size of your palm (80g)



AVOCADO: High in Vitamin B5, which helps the body create red blood cells to carry oxygen throughout the body



BANANA: High in Potassium, essential for a healthy heart



BLUEBERRIES: Contain properties which help our heart and brain function better



ORANGE: Contains Vitamin B1 which helps our bodies process protein, fat and carbohydrates



PINEAPPLE: High in Manganese, essential to strengthen, grow and repair our bones



POMEGRANATE: High in Vitamin K, which helps our bodies respond to injuries



STRAWBERRIES: More Vitamin C than an orange! Vitamin C helps us recover from illness



KIWI: High levels of Vitamin B6 which stops us getting poorly



APPLE: Contains Catechins - these can improve brain and heart function

VEGETABLES



CARROT: Our bodies take Vitamin A from carrots, this helps our vision and breathing



COURGETTE: High in Potassium, which helps to keep our hearts healthy



PEAS: Contain Zinc which helps us fight illness, improve our brain power and even our sense of taste and smell!



CUCUMBER: High in water which keeps us hydrated!



KALE: High in Lutein, which protects our vision and improves our total-body health and endurance



BETROOT: Perfect drink before exercise! High in Nitrates, which allow more blood and oxygen to reach our muscles



BROCCOLI: High in Vitamin B9 which helps to give us energy and is also great for our skin and hair!



SPINACH: High in Vitamin K and helps our bodies respond to injuries - specially our bones, by carrying calcium through our bodies



YELLOW PEPPER: A good source of Iron and Vitamin C - Vitamin C helps your body absorb Iron, and Iron sends oxygen around your body

OPTIONAL OTHERS



VANILLA: Vanilla extract contains properties that help protect our bodies from damage



NUTS: Don't chose if allergic! Many nuts contain Omega-3 fatty acids which help our hearts stay strong



FRESH MINT: Contains Vitamin A and Potassium, and can help us our tummies break food down



OATS: Good source of Carbohydrates and slow-release energy, keeping you feeling full for longer



LIME JUICE: Contains Vitamin C which helps us stay free from illness and is good for our whole-body health

LIQUIDS



WATER: H2O! We need to drink 8 glasses of it every day to be happy and hydrated



MILK: Good source of protein, which helps us build lean muscle and keep bones strong



DAIRY-FREE MILK: Alternative (nut/oat/soya)



Using your fruit & veg fact sheet, can you decide what players would like in their smoothies?

ATTACKERS



Gemma Bryan



Christian Benteke



Nikita Whinnett



Alexander Sorloth

Attacking players must be quick over short distances. They need strength to hold off defenders and have good timing to jump for headers.

MIDFIELDERS



Wilf Zaha



Jade Davenport



Luka Milivojevic



Ellie Stenning

Midfielders are controlled and composed. They run long distances in every game and need speed and agility, with and without the ball.

DEFENDERS



Pam McRoberts



Patrick Van Aanholt



Freya Holdaway



Scott Dann

Defenders can read the game and make lots of important decisions. They need upper body strength and agility to get to the ball before their opponent.

GOALKEEPERS



Julian Speroni



Megen Lynch



Wayne Hennessey

Goalkeepers must have quick reactions to make vital saves. They need to be flexible, agile and have good balance and coordination in goal.

When players are injured, they need to eat the right foods to keep up their strength so their muscles can repair and they can train in the gym.