Wake and Shake

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

Where the idea came from:
Based on the results from the survey, we asked for ideas for a healthier breakfast. The year 13 girls decided to make a smoothie. We thought it was a great idea and decided to make it for our school. The smoothie was made with oats, blueberries, raspberries, and banana. It was a hit among the students. We decided to make it for our school and see if anyone else would like it.

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

Aims: We would like to address the issue of teenagers who skip breakfast, who are tired 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.

Thank you to Solly Hawzi (consultant microbiologist) for being our sponsor.