

ISOTONIC DRINKS

Drink one: Fruit Academy

You will need:

200ml ordinary fruit squash

800ml water

A pinch of salt

Mix them all together in a jug and cool down in fridge.

Drink two: Thirst Burst

You will need:

500ml unsweetened fruit juice (orange, apple, pineapple)

500ml water

Mix them all together in a jug and cool down in fridge.

Drink Three: Feelin' fruity

You will need:

50-70g sugar

One litre of warm water

Pinch of salt

200ml of sugar free squash

Mix, cool and drink

HYPERTONIC DRINKS

Make your own - You will need:

400ml of squash

One litre of water

Pinch of salt

Mix, cool and drink

HYPOTONIC DRINKS

Make your own - You will need:

100ml of squash

One litre of water

Pinch of salt

Mix, cool and drink