

Challenge from chef

TELEVISION chef Antony Worrall Thompson is inviting youth clubs from Kidderminster to get creative in a national competition.

The Super Smoothie Challenge aims to get youngsters healthy by inspiring them to make their own fruity drinks, and is being supported by children's charity 4Children.

The programme aims to increase nutrition and health awareness among youth workers. The chef said: "After school clubs provide the ideal forum in which young people can learn more about healthy eating.

"The Super Smoothie Challenge is an interactive and hands-on initiative. I hope it inspires the youth of Kidderminster to take up the challenge."

Youth clubs can visit www.make-space.org.uk or call 020 7512 2100 to register and take part in the challenge.