

# Blueberry Vampire

*Annotated*

Count Dracula is the title character of *Dracula* – a gothic horror novel by Bram Stoker, released in 1897. *Dracula* is the original fictional, undead, ancient vampire.

Antioxidants are compounds that inhibit oxidation. Oxidation is a chemical reaction that can produce free radicals. These sound cool but they can be really harmful to your cells.

Is Count Dracula your hero?

That's okay, you're not a weirdo.

Want fangs for biting adversaries?

Gorge yourself on blueberries.

Suck the juices, watch them spatter,

Gush and drip a purple matter.

Delicious sweet intoxicants

Full of antioxidants.

Soon you'll get vampire skills –

Like looking good in shirts with frills

And high-collared swishy capes –

Just please beware of wooden stakes.

Practice your new vampy powers

By flying off the top of towers

(Do this as a bat of course;

To combat gravitational force).

Vampire bats can be cute

Especially when eating fruit.

An adversary is an opponent, rival, or enemy – someone you struggle against.

Please bear in mind that biting is not a good way to resolve conflict.

Intoxicants are substances that cause people to lose their self-control. Taking intoxicants can be exhilarating or exciting.

In this example, the intoxicating qualities of blueberries are slightly exaggerated.

Please don't jump from high places.

Phytochemicals are what make blueberries so blue. They are antioxidants, which help protect the body against many diseases.

## Some health benefits of BLUEBERRIES

- Rich in vitamin C. Having enough vitamin C also helps your body absorb iron.
- Source of soluble fibre, which slows down sugar release into your bloodstream.
- Super source of healthy, naturally occurring plant compounds called phytochemicals.
- In traditional medicine, they have been used to remedy diarrhoea and constipation.

Can blueberries really turn you into a vampire?

Perhaps not... but antioxidants are good for you!

They might not bring you eternal life, but they can help you to live longer!

And blueberry juice can be very purple... it makes a great natural source of gory make-up especially if the blueberries have been frozen or cooked.

