

# KS1: Cookery- Make a Smoothie

## Key Vocabulary

Hygiene	Practices that maintain health, especially through cleanliness.
Taste	Ingredients can compliment each other t give a pleasant or contrast together and create an unpleasant taste.
Health benefits	How food helps the body in growth and development
Aesthetic-	Concerned with how good something looks or the appreciation of it.
Audience	Who the project is intended for

## The Project

Introduction	This project is designed to introduce you to cookery, specifically how to prepare fruit, consider your own hygiene and combine ingredients effectively.
Purpose for Project	To design and make a healthy smoothie to support and educate children in having a healthy diet.

## Design

After you have conducted a thorough research of different recipe combinations, design your own recipe. You need to remember:

- Steps to be in chronological order
- Appropriate amount of each ingredient, using the recipes from your research.

For decoration, design some different ways you could add fruit on top of your smoothie, either by slicing it into chunks or long slices.

## Research

Recipes	Search these websites for interesting smoothie recipes: <i>BBC Good Food</i> <i>Allrecipes.co.uk</i>
Health Benefits	Bananas- Give you Energy Strawberries- Protect you from some diseases Blueberries- Protect the heart Oranges- Protect skin and vision Raspberries- Boost metabolism and help burn fat. Pears- Keep the gut healthy
Key Research Questions	What are <b>effective combinations</b> of ingredients? What would not work well?  What <b>common ingredients</b> are in most smoothies?  What different <b>health properties</b> do different fruit have?  Consider <b>purpose</b> . How does a smoothie contribute to a <b>healthy diet</b> ?



## Recipe and Decoration

### Two-minute breakfast smoothie

#### Ingredients

- 1 banana
- 1 tbsp porridge oats (optional)
- 80g soft fruit (i.e, strawberries, blueberries, mango)
- 150ml milk
- 1tsp honey

#### Method

1. Put all the ingredients in a blender and whizz for 1min until smooth.
2. Pour the banana smoothie into glasses to serve.



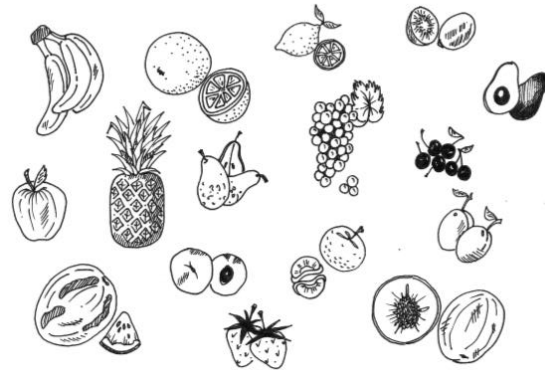
**Make**

**Preparation**

All fruit needs to be washed thoroughly before it can be cut.

Wash all fruit under a cold tap for at least 20 seconds per piece to ensure any pesticide or dirt is cleaned off.

Lay out all of your fruit on a chopping board ready for chopping or putting straight into the blender.



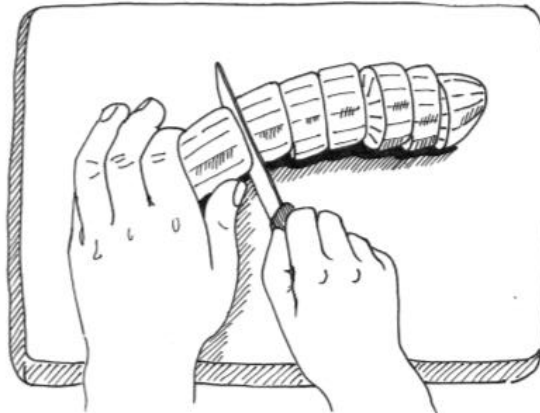
**Chopping**

Although the blender will be able to chop up fruit to a fine consistency, you will need to make larger fruits, like bananas smaller by slicing them.

Firstly peel the banana so that you just have the fruit itself

Next hold the banana firmly with your non writing hand and with your writing hand hold the knife. Make sure that your hand holding the banana is not close to your knife hand

Finally slice carefully and slowly downwards with your hand firmly holding the blade.



**Blending**

Ensuring that the blender is switched off, place all the ingredients plus milk and ice into the blender.

Hold the lid of the blender firmly and switch to the first chopping setting of the blender. You will not the blender on for longer than 30 seconds



**Evaluate**

**Questionnaires**

Questionnaires are useful in receiving several different opinions quickly and effectively. You will design a questionnaire to ask simple questions where other children can easily fill them out. It could look like this:

	Strongly Agree	Agree	Disagree
The smoothie tasted really nice.			
The smoothie looked really appetizing.			
I would drink this again			

**Personal Evaluation**

Using the design criteria based on your research, use your own opinion and the questions from the questionnaire to help decide whether the smoothie was tasty. If not ask yourself:

- Was there too much of one ingredient?
- Was it too thick? In which case more milk.
- Was it too runny? In which case more fruit.

