

Session 1

Super smoothie

Session overview:

The aim of this session is to help children understand that breakfast is an important meal that should be eaten everyday and include food and a drink. The main activity, 'Have a go', involves preparing a healthy breakfast smoothie where children will learn about getting ready to cook, the ingredients, food preparation skills and how to make a smoothie.



Healthy eating messages	Cooking focus
<p>Breakfast is an important meal which we all need to eat everyday.</p> <p>A healthy breakfast should include a drink.</p>	<p>How to get ready to cook.</p> <p>Prepare fruit without a knife.</p> <p>Help assemble a simple breakfast drink.</p>

Listen and respond

Prepare the ingredients and equipment in advance. What you will need is listed on the Super smoothie recipe.

Discuss breakfast by questioning the children:

- What is breakfast?
- What did you have to eat and drink for breakfast today?

Explain that breakfast is important because it is the first meal of the day. It helps our bodies wake up and work properly so we can think and play. We must have something to eat and drink for breakfast everyday. Explain that you will be showing them how to make a healthy breakfast drink called a smoothie.

Show children the fruit smoothie ingredients, one at a time, and pose the following questions:

- What is this called?
- Have you tried it before?
- What does it taste like?
- Where does it come from? (Milk – dairy cow, yogurt – milk, strawberries from a plant, banana from a plant.)

Explain that milk and yogurt help our bones and teeth grow strong and fruit helps us to stay well. These foods can be used to make a healthy breakfast drink.

Choose a child to model what we have to do before we start cooking. Remember, make sure you are ready to cook as well. You need to:

- Remove any jewellery;
- Tie back long hair;
- Roll up long sleeves;
- Put on an apron;
- Wash and dry hands carefully.

Display the 'Getting ready to cook' cards to help the children remember what they have to do. Cut out and laminate these before the session.

Explain that it is important to do each of these actions to keep hair, clothing and dirt out of our food so it is clean and safe to eat.

Demonstrate how a fruit smoothie is made using the Super smoothie recipe. Emphasise that a blender must only be used by an adult.

No blender? Try layering different types of yogurt and fruit together to create a stripy breakfast dish. Use a clear plastic cup so the layering can be seen.

Have a go

Organise the children into groups of 4. Each group can take turns to work with an adult to make a fruit smoothie. Remember to ensure the children have followed all the steps to make sure they are ready to cook, e.g. apron on, hands washed. You could try different ingredients in the smoothie. For example, instead of strawberries, you could try options such as frozen berries or canned fruit, like peaches. For this session, choose soft fruit which can easily be prepared by the children without the use of a knife, e.g. satsumas, seedless grapes, raspberries.

Consolidate

Get the children to paint a picture of their favourite breakfast food and drink, for display.

At home

Make a copy of the 'At home' sheet for each of the children. Explain to the children what the letter says and enthuse them about having a go at making a smoothie at home with their parent or carer.

Pre 3

- Give the children different fruits to name, handle and smell.
- Let the children taste small samples of different fruits. Ensure the fruit is cut to the right size to avoid choking.
- Show the children how to peel fruit, such as bananas and satsumas.

Super smoothie



Ingredients

500ml cold milk
2 x 125ml pots fruit yogurt
8 large strawberries
2 bananas

Equipment

Measuring jug, blender, 4 x small plastic beakers or cups.

Method

1. Measure the milk and pour it into the blender.
2. Pour in the yogurts.
3. Peel the bananas, break each one into two or three pieces and add to the blender.
4. Pull the green stalks off the strawberries and drop the strawberries in the blender with the other ingredients.
5. **Only adults should use the blender.** Put the lid on the blender, hold the lid with a clean dish cloth and switch on for 5 – 10 second pulses. Repeat this until the mixture is smooth.
6. Pour the smoothie into 4 plastic beakers or cups and enjoy.

Handy hints

- You may wish to use fresh fruits that are in season, or add frozen or canned fruit.
- Try experimenting with different flavours of yogurt, such as banana and vanilla or orange and mango.

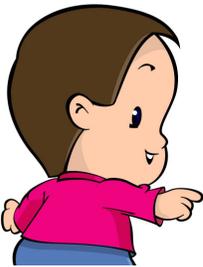
Serves 4



Take off jewellery.



Tie back long hair.



Roll up long sleeves.



Put on an apron.



Wash and dry hands.

At home

Dear parent/carer

Today we have been learning that it is important to have something healthy to eat and drink for breakfast. We made a fruit smoothie as a healthy breakfast drink.



Here is the recipe we used. Have a go at making a smoothie at home with your child. See if they can tell you how it is done! Experiment with some of the alternative fruits suggested. Remember, only adults should use the blender.

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