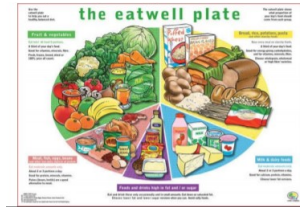| Preparing Fruit and Vegetables	Year Two	Making a smoothie

Real life examples

- The eatwell plate shows the amount of each of the 5 different food types we should eat for a balanced diet.
- We need to eat lots of fruits and vegetables

- One way to make sure we stay healthy or to help us get better when we are ill is to drink smoothies. A smoothie is a thick and creamy drink made from pureed raw fruit and vegetables.
- Some fruits and vegetables contain special nutrients in them that help people get better or prevent them from getting ill
- It is important to follow hygiene rules when cooking to that you stay safe. The rules we should follow include making sure:
  -Jewellery is removed
  -Hair is tied back
  -Sleeves are rolled up
  -Aprons are on
  -Hands are washed
  -Cuts are covered with blue waterproof dressing

Steps to Success

- Designing: What fruits do the person that will drink the smoothie like? What fruits and vegetables have the right nutrients in to help them get better?
- Making: What techniques will you need to use?

Peeling	Cutting	Slicing	Squeezing	Blending

- Evaluating: Does you like the smoothie? How could it be better?

Vocabulary:

blender	an appliance used to chop, mix, blend, and liquefy.
cutting	to pierce, slice, or open something
evaluate	to decide how well something works and what could be improved
hygiene	the practice of keeping clean to stay healthy.
measuring	finding the exact size, weight, or amount
sensory evaluation	testing of foods where senses are used to evaluate it such as appearance, smell, taste, texture
slicing	to use a knife to cut into or across
smoothie	a thick and creamy drink made from pureed raw fruit. Vegetables and sometimes dairy products.
squeeze	to put pressure on or crush something so juice comes out
taste	to experience and recognize the flavour of something when it is put in your mouth
texture	how something feels or looks

Golden Threads

User	who the product is for
Purpose	the job your product is supposed to do
Design Deci-	making choices about your design