

Superfood Smoothie

11 Plants are full of the things that keep us strong and
20 healthy. Treat yourself to a tasty smoothie that is
24 packed full of goodness.

27 You will need:

- 31 • 2 cups of spinach
- 36 • 1 banana (fresh or frozen)
- 40 • 1 cup of mango
- 45 • 3 dates (without the seeds)
- 51 • 2 tablespoons of nuts or seeds
- 55 • 2 cups of water
- 57 • a blender
- 59 • a cup

60 Method

- 69 1. First, ask an adult to help you to
75 chop up the banana and mango.
- 83 2. Next, add the banana, mango, spinach, dates
91 and the nuts or seeds into the blender.
- 98 3. Pour the water over the mixture.
- 109 4. Ask an adult to turn on the blender. Watch as
118 these powerful plants turn into a thick, green liquid.
- 128 5. Pour your smoothie carefully into a cup and enjoy!



disclaimer: This resource is provided for informational and educational purposes only. As this resource refers to food items/ingredients, kitchen appliances and knives, you must ensure that an adequate risk assessment is carried out prior to using this resource. You must contact a suitably qualified professional if you are unsure. Twinkl is not responsible for the health and safety of your group or environment. It is your responsibility to ensure you are aware of the allergies and health conditions of anyone making or consuming these products.

Questions



1. Find and copy **two** words that describe the liquid made by plants.



2. Which of these do you need two cups of?

Tick one.

- ☐ spinach
- ☐ mango
- ☐ banana
- ☐ nuts



3. Why might the method tell you to **ask an adult** in the first step?



4. Number these steps from 1-4 to show the order that they happen in the method. The first one has been done for you.

- ☐ Add the ingredients into the blender.
- ☐ Turn on the blender.
- 1** Chop the banana and mango.
- ☐ Pour the smoothie into a cup.

Superfood Smoothie

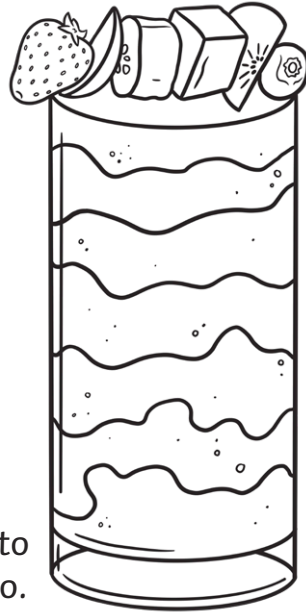
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Answers



1. Find and copy **two** words that describe the liquid made by plants.

thick
green



2. Which of these do you need two cups of?
Tick one.

- ☒ **spinach**
☐ mango
☐ banana
☐ nuts



3. Why might the method tell you to **ask an adult** in the first step?

Pupils' own responses, such as: I think it tells you to ask an adult because you will need a knife to cut up the fruit and knives are sharp.



4. Number these steps from 1-4 to show the order that they happen in the method. The first one has been done for you.

- 2** Add the ingredients into the blender.
3 Turn on the blender.
1 Chop the banana and mango.
4 Pour the smoothie into a cup.