



Smoothie Shots

Smoothie shots – Teachers' notes

In this activity, pupils try three smoothies and guess the fruits and/or vegetables they contain. Pupils record their answers on a sheet. Those who correctly name all of the fruits and/or vegetables in each smoothie are placed in a draw for a prize at the celebration assembly, e.g. a fruit hamper. The winners and the answers are revealed at the assembly to prevent pupils from sharing the answers with their friends during the Week. This pack provides one smoothie recipe to get you started!

Equipment:

- blender;
- measuring jug;
- chopping board, knife and peeler;
- 3 x jugs with lids;
- smoothie ingredients;
- plastic shot glasses/cups (three per student);
- large jug of tap water;
- answer sheet (provided in this pack);
- pens or pencils;
- a jar (or another container to put completed answer sheets in).

Instructions

1. Make your smoothies and keep them covered and refrigerated until you need them.
2. Label the smoothies 'smoothie 1', 'smoothie 2', and 'smoothie 3'.
3. Before the pupils taste the smoothies, check if they have any allergies. If they are allergic to an ingredient that is in one of the smoothies, do not let them taste it (you will also need to consider cross-contamination, i.e. have the other smoothies come in to contact with the ingredient the pupil is allergic to?)
4. To start the activity, give each pupil an answer sheet and ask them to fill in their name.
5. Provide the pupils with a shot of each smoothie (approximately 50ml) and invite them to taste the smoothies one at a time. Provide pupils with a cup of water to sip between smoothies to refresh their palate.
6. On the answer sheet, ask the pupils to write the fruits and/or vegetables they think each smoothie contains.
7. Ask the pupils to hand you their completed answer sheets.
8. Put all correct answers sheets into a jar (or another container).
9. At the celebration assembly, reveal the fruits and/or vegetables that were in the smoothies. Pull out a winner from the jar and award them with a certificate and fruit or vegetable themed prize, e.g. a fruit hamper.

Ways to adapt this activity:

- Reduce or increase the number of smoothies.
- Tell the pupils the number of fruits and/or vegetables they need to name.
- Blindfold the pupils so colour does not influence their answers.

Smoothie shot

Rules

- If you have an allergy to a food or drink, inform your teacher before taking part in this activity.
- Try **smoothie 1** and on your answer sheet write down what **fruit and/or vegetables** you think it contains.
- Repeat the task with smoothie 2 and smoothie 3.
- If you **correctly** name **all** of the fruit and/or vegetables in all **three smoothies**, you are in with a chance of winning a **prize** at the celebration assembly!



Banana and strawberry smoothie recipe

Ingredients:

- 500ml cold milk;
- 250ml of plain yogurt;
- 8 large strawberries;
- 2 bananas.

Equipment:

- measuring jug;
- blender.

Method

1. Measure the milk and yogurt and pour them into the blender.
2. Peel the bananas, break each one into two or three pieces and add to the blender.
3. Pull the green stalks off the strawberries and drop them in the blender with the other ingredients.
4. 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.
5. Pour into a jug with a lid.
6. Keep covered and refrigerated until the Health festival.

Makes approximately 15-20 shots

Smoothie shots

Answer sheet



Name: _____

	Fruit and/or vegetables in smoothie
Smoothie 1	
Smoothie 2	
Smoothie 3	