

Caroline Haslett Primary School - DT

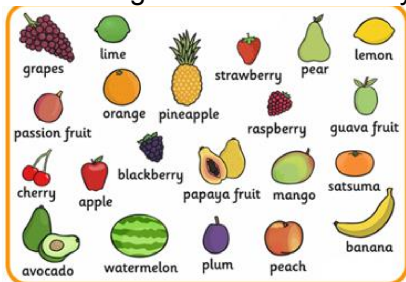
Topic: Food

Year 1

Fruit Smoothie

Knowledge

- A smoothie is a thick and creamy beverage made from pureed raw fruit, vegetables and sometimes dairy products.
- Puree-a smooth cream of liquidised or crushed fruit or vegetables.
- Food comes from various places in the world and grows in different ways.



Vocabulary

- **Smoothie** - thick, creamy drink made from raw fruit/veg.
- **Puree** - cream of liquidised or crushed fruit/veg.
- **Blender** - an electric mixing machine.
- **Origin** - where something comes from.
- **Taste** - a flavour in your mouth when eating or drinking.
- **Texture** - consistency of a product.
- **Hygiene** - keeping things clean.
- **Measure** - the size of something.
- **Slice** - cut a thin, wide piece of food cut from a larger piece.
- **Peel** - remove the outer skin from fruit or vegetable.

Design, make, evaluate

1. Look at fruit/vegetable packaging to discover the origin.
2. Generate ideas from previous experiences.
3. Design a smoothie to be part of a healthy lunch. The smoothie must be refreshing and contain at least two fruits or vegetables.
4. Consider hygiene, (hand washing and clean surfaces) and select appropriate tools/utensils (safe handling) and equipment to make their smoothie.

Make sure your hands are dry before using the blender.

Make sure the blender always has the lid secure before it is turned on.

5. Evaluate. Children describe likes/dislikes (taste and texture) and evaluate against the design brief.

Skills

