

# Smoothie Bar

## Activity 1: Introduction

Start with a role-playing session that focuses on a group of children who come to a café and order their refreshments from a menu. What juice drinks and smoothies do children like the most? How do they think they were made? Explain that children will make their own smoothie bar for the class. Display the available fruit, plant milk and kitchen equipment on a table.

## Activity 2: Smoothie Bar Planning

Children should start by creating a few interesting recipes for fruit juices or smoothies. See **Smoothie Bar – Recipes** for ideas. Divided into groups, they should then draw up a menu that incorporates the recipes of all the children at their table, giving each drink an imaginative name. The aim is to make the menu as attractive and appealing as possible. Each group could invent and produce a name for its smoothie bar and produce signs and menus incorporating the name. How might they go about attracting customers?

## Activity 3: Smoothie Making

Each group of children should be given a turn to make one or two of the smoothies from its menu and invite another group to sample them.

Which drink appeared to be the favourite? What food groups do its ingredients belong to? All the children's recipes can be collected into a class smoothie bar recipe book, and the best smoothie bar signs can be displayed on the cover.

## Background

Smoothies are healthy drinks that can contain fruit, vegetables, fruit juice, plant milk or yogurt and sometimes ice. Bananas or avocados are often used in combination with other fruits in order to make the smoothies thicker. Smoothies are packed with all the vitamins and nutrients that are found in fresh fruit and veg, and they're fun to make. They're especially attractive to children when they can design them themselves and can garnish them with items such as cucumber slices, cherries or even cocktail umbrellas!

## Learning Objectives

Children should learn the following:

- To name a variety of fruits and vegetables
- To use simple kitchen equipment safely
- To invent simple, imaginative fruit drinks
- To create inviting recipes and menus
- To organise a welcoming venue for dispensing refreshments

## Accompanying Materials

Smoothie Bar – Recipes (teacher sheet)

## Equipment

You will need electric blenders, liquidisers, food processors or hand blenders as well as chopping boards, knives, spoons, straws and plenty of cups or glasses for a tasting session!

## Extension Idea

Children can find out exactly which vitamins and minerals are found in the class's favourite fruit drink or smoothie and how these benefit the human body.



# Smoothie Bar – Recipes

Why not invent your own smoothie recipes? If you're stuck for ideas, check out the following recipes to find some common smoothie ingredients. These recipes all make approximately one to two 350-ml glasses.

## Berries Galore

- 1 handful raspberries
- 1 handful strawberries
- 5 blackberries
- 5 blueberries



## Blueberry Blender

- 8 strawberries
- 200 ml plant milk
- 1 banana
- 1 handful blueberries



## Apple and Friends

- 1 apple, chopped and cored
- 1 banana
- 1 handful blueberries
- 1 handful grapes (red or green)
- 250 ml apple juice (pour in at the end)

## Strawberry Straggle

- 1 large banana
  - 12 large strawberries
  - 6-10 ice cubes
- You can garnish with a sprig of mint, if desired.



## Pineapple Dream

- 25 ml coconut milk
- 250 ml plant milk
- 1 banana (add one more if you prefer thicker smoothies)
- 250 ml pineapple juice
- 1 tsp. vanilla extract, to taste

## Tropical Shake

- 250 g silken tofu
- 150 ml plant milk
- 5 slices canned pineapple
- 100 ml pineapple juice
- 1 banana

## Check Out

[7 plant-powered smoothies to power up your day!](#) on the Meat Free Monday website!

