

Lesson	Potions & Portions – Smoothie Making	60-minute session
Learning Outcomes	<ul style="list-style-type: none"> • Students to be able to fully understand the 5 a day principle • To be able to try something new and to build confidence to try new things • To be able to experience a range of colours and textures to further broaden their food knowledge to make positive choices <p><i>(Potential links to Maths & Science)</i></p>	
Resources Needed	<ul style="list-style-type: none"> • Measuring Jugs • Cups • Large Jugs • Bucket/Bowl (for leftover/unwanted juice) • Selection of different fruit juices • Student Booklets • Pens, Pencils etc 	

Adaption maybe required for need and age. Consideration must be given to any allergy or dietary requirements.

	Outline	Resources
Introduction 10mins	<p>We should all be eating fruit and veg every day – do you know how much? 5 portions a day</p> <p>Do you know what a portion size looks like? Hold up your fist – as everyone’s hands are different sizes yours will be relevant to your body size. Therefore, this is your portion size so for example an apple is 1 of your 5 a day</p> <p>If I have 5 apples can I count this as 5? No – this will only count once it must be 5 different fruits or vegetables</p> <p>Starter Activity – Individually give the class 2 minutes to list on the front of their booklets as many different fruits and veg they can think of.</p> <p>Discuss what they listed – did anyone have something that no one else did? Have they tried all the things they listed?</p> <p><i>Fun Fact – you need to try a food for a minimum of 5 times to know whether you like it or not! Equally your taste buds will also change as you get older so something you might not like now you might like later on – so never stop tasting!</i></p> <p>But did you know that you can get your 5 a day through drinks as well? Fruit juice can count towards 1 of your 5 a day portions but it needs to be 150ml of 100% fruit juice.</p> <p><i>Fruit juice from concentrate is fruit juice that has all the water taken out of it so that it takes up less space when it’s transported, water is then added to the concentrate before it is packed for sale.</i> <i>As long as the concentrated fruit juice says that is made from 100% fruit juice and doesn’t contain any added sugars or syrups it has the same nutritional value as fresh fruit.</i></p>	<p>Booklets Pen</p>
Activity 1 – Testing 10mins	<p>Set Up You will need to organise the students into small teams of 5 or 6 Each team will need a large jug, measuring jug, cup each, a bowl and a sample jug of each smoothie.</p> <p>Pre-make the different smoothies for them to test –</p> <ul style="list-style-type: none"> • Dark Delight = 50% Apple Juice, 50% Prune Juice • Crimson Crush = 50% Apple & Raspberry Juice, 50% Red 	<p>Samples of pre-made smoothies</p>

	<p>Grape Juice</p> <ul style="list-style-type: none"> • Orchards Promise = 50% Apple Juice, 50% Red Grape Juice <p>Activity</p> <p>On the second page of the booklet there is a testing chart. Get the students to look at the pre-made smoothies and rate them on the different factors listed. (You could also get them to add descriptive words to encourage literacy)</p> <p>Before they taste the juice get them to predict which one, they might like best. Once they have tasted the smoothie, they should again rate each on the chart and discuss whether this was the same or different to what they thought.</p> <p>Finally share the ingredients used to make each of the drinks. The students should list these for their favourite one.</p>	
<p>Activity 2 – Blending 15mins</p>	<p>Share with the students the different juices on offer and ask them to decide as a team which ones they would like to use and how much of each.</p> <p>They should choose 3 different juices and list them on page 3 of their booklets. They will need to consider which juices they would use for each unit of measurement. Once they have decided they need to measure out their choices and combine them into the large jug and pour into their own cups.</p> <p>As a team they should create a name for their smoothie and again rate it according to the factors – leave tasting until last!</p> <p>Feedback to the rest of the class what they created and what they thought of their drinks.</p>	<p>Large Jug Measuring Jug Cups Bowl Juices</p>
<p>Activity 3 – Creative 10/15mins</p>	<p>Individually, on page 4 of the student booklets – they need to use the drink created in their team to create an advert to convince people to buy it as one of their 5 a day. They should include the name and consider a slogan, colours, layout etc.</p> <p><i>(If you run out of time this task could be set as homework)</i></p>	<p>Pens, Pencils etc Booklets</p>
<p>Plenary 5mins</p>	<p>Discussion: Has this convinced you to be creative with what you eat at home or to try new flavours?</p> <p>Remember if you mix things together you can make them taste different and the way things look can often not be reflected in its taste!</p> <p>The same goes for when we cook food –</p> <ul style="list-style-type: none"> • A shredded carrot will taste differently to if it is cut into sticks or discs. • A potato will taste different if it is mashed, boiled, steamed or roasted 	