

SMOOTHIES



For a fast, tasty and nutritious breakfast you can't go far wrong with a fruit smoothie. With the addition of milk and/or yoghurt they can pack a real nutritional punch!

Of course they contain some sugar from the natural sweetness of fruit and milk but in comparison to other sugary breakfast options this one's a nutritional knock-out!



Skill Check (as appropriate for each Key Stage):

Follow a recipe; follow food safety & hygiene rules; use a jug to measure liquids; chop using bridge/claw safely; tidy away.

Equipment: Knives, chopping boards, food processor/blender, jug.

Ingredients (serves 12 - 15 children):

- 6 mangos - diced (or use sliced mangos in juice)
- 6 bananas
- 2 litres semi-skimmed milk
- 1.5 litres orange juice
- 500g plain yoghurt, reduced fat

Method:

1. Prepare the mango and bananas.
2. Place all ingredients in a blender and blend until smooth.

FUN BREAKFAST FACT: *The average person in the UK sits down to breakfast at 7.31am during the week and 8.28am at the weekend.*



SMOOTHIES

Nutrition Information

So thinking about smoothies...

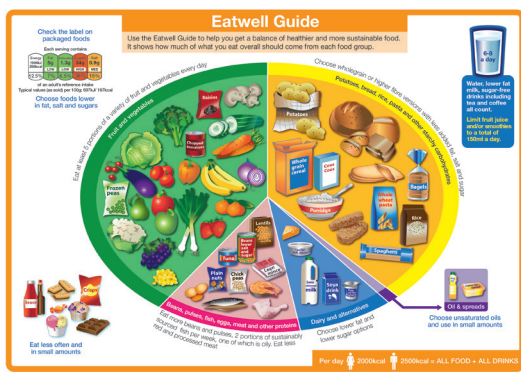
Fruit is naturally high in fibre, low in calories and provides many vitamins and minerals to keep our bodies fit and healthy.

Yoghurt contains calcium and protein making it a great breakfast food for kids; but it's also high in fat so make sure you use reduced fat varieties where possible.



Activity and Discussion Ideas

- Ask pupils to discuss the main ingredients and identify where they fit on the eatwell guide. Which food groups are missing? Is there anything the pupils could add to either the recipe to make it healthier or more balanced?



- Ask the pupils to come up with their own smoothie recipe ideas. What colour do they think their smoothies will end up? How could they make different coloured smoothies?

Energy, sugar, fat and salt per serving

Per 360g serving

ENERGY		9%
793kJ / 188kcal		
LOW	FAT	4%
	2.9g	
LOW	SATURATES	9%
	1.8g	
HIGH	SUGARS	34%
	30.5g	
LOW	SALT	4%
	0.2g	

% of an adult's reference intake
Typical values per 100g : Energy 220KJ / 52kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.