



## GET UP & GO SMOOTHIE

Wheat biscuits, yogurt, milk & banana with a hint of cocoa -all in one go! Quick, easy and totally delicious.



**Skills Check:** Follow a recipe; follow food safety and hygiene rules; tidy away; use measuring spoons; use a jug to measure liquids; use weighing scales; use a blender (with adult supervision).

**Equipment:** Jug, hand blender, measuring spoons, weighing scales.

**Allergens\*:** Gluten | Milk

### Ingredients (Serves 2):

- 100g low fat natural yogurt
- 200 ml semi-skimmed milk
- 1 large banana
- 1 wheat biscuit
- 1/2 tsp cocoa powder

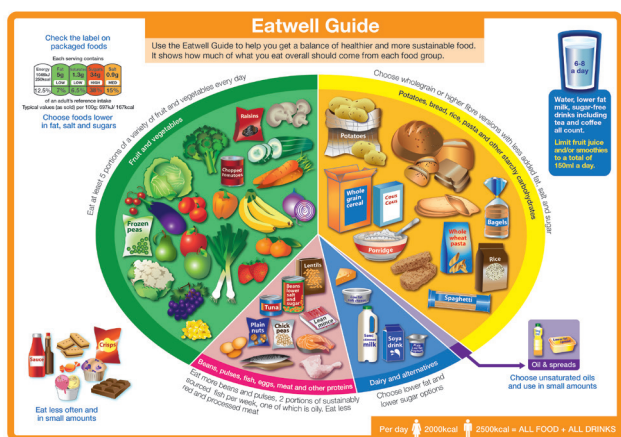
### Method

1. Pour the milk into the measuring jug and then add all the other ingredients.
2. Blend until smooth. Serve in glasses with an extra dusting of cocoa powder on top.

*\*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*



## GET UP & GO SMOOTHIE Nutrition Information



Source: Public Health England in consultation with the Food Commission, Food Standards Institute and the Food Standards Agency in Northern Ireland. © Crown Copyright 2016

The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about Get Up & Go Smoothies ...

**Milk/yogurt** are excellent sources of calcium, and good sources of vitamin D for strong teeth and bones. They are also good sources of protein.



**Bananas** are a nutritious and filling fruit, providing an excellent source of potassium (good for blood pressure regulation) and vitamin B6, as well as being a source of fibre.



**Wheat Biscuits** are high in fibre and have a number of vitamins and minerals (including iron) added to them. They are low in fat, sugar and salt.

### Energy, sugar, fat and salt per serving

Per 222g serving

|                  |                 |     |
|------------------|-----------------|-----|
| <b>ENERGY</b>    | 720kJ / 170kcal | 9%  |
| <b>FAT</b>       | 2.8g            | 4%  |
| <b>SATURATES</b> | 1.6g            | 8%  |
| <b>SUGARS</b>    | 19.3g           | 21% |
| <b>SALT</b>      | 0.3g            | 4%  |

% of an adult's reference intake

Typical values per 100g : Energy 324kJ / 77kcal

### 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