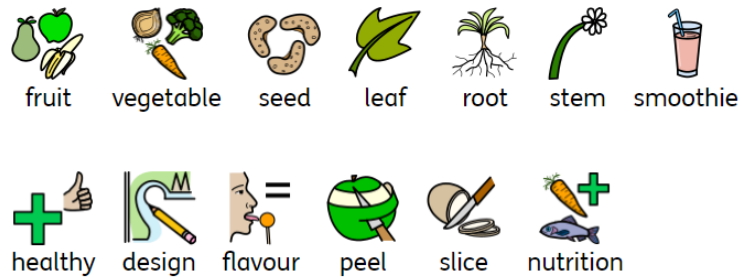


# Year 1 Healthy Smoothies

Excellence and Enjoyment. Everyone and Everything. "God created you to be amazing"



## Glossary



## Healthy Smoothies



## Red Hill Riches

I know:

Fruits have seeds inside them

Fruits and vegetables grow in different ways including underground, over ground and on bushes

Fruits and vegetables need to be cut safely

Fruits can be juiced to release the liquid within them

Smoothies are a combination of fruits and vegetables as a drink

A design criteria tells us what is needed within our design

## Range of fruits



## Blending



A blender is used to turn solid fruits and vegetables into a thick liquid for drinking

## Cutting fruit



To cut safely, hold the fruit in your non-dominant hand with a 'c' shape. Cut with your knife in your dominant hand