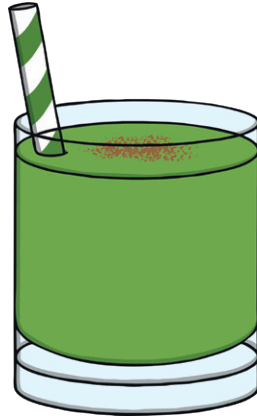


# Superfood Smoothie

9 Plants are full of the things that keep us strong and  
17 healthy. Treat yourself to a tasty smoothie that is packed  
20 full of goodness.

## 30 You will need:

- 39 • 2 cups of spinach;
- 46 • 1 banana (fresh or frozen);
- 55 • 1 cup of mango;
- 63 • 3 dates (without the seeds);
- 64 • 2 tablespoons of nuts or seeds;
- 72 • 2 cups of water;
- 82 • a blender;
- 90 • a cup.



## 60 Method

- 72 1. First, ask an adult to help you to chop up the
- 75 banana and mango.
- 84 2. Next, add the banana, mango, spinach, dates and
- 91 the nuts or seeds into the blender.
- 98 3. Pour the water over the mixture.
- 110 4. Ask an adult to turn on the blender. Watch as these
- 118 powerful plants turn into a thick, green liquid.
- 128 5. Pour your smoothie carefully into a cup and enjoy!



## Quick Questions

1. Find and copy **two** words that describe the liquid made by plants.

2. Which of these do you need two cups of?

Tick **one**.

spinach

☐

banana

☐

mango

☐

nuts

☐

3. Why might the method tell you to 'ask an adult' in the first step?

4. Number these steps from 1-4 to show the order that they happen in the method. The first one has been done for you.

Add the ingredients into the blender.

Turn on the blender.

**1** Cut up the banana and mango.

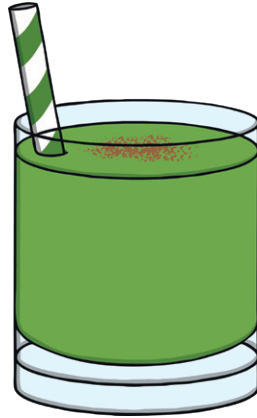
Pour the smoothie into a cup.

# Superfood Smoothie

9 Plants are full of the things that keep us strong and  
17 healthy. Treat yourself to a tasty smoothie that is packed  
20 full of goodness.

## 30 You will need:

- 39 • 2 cups of spinach;
- 46 • 1 banana (fresh or frozen);
- 55 • 1 cup of mango;
- 63 • 3 dates (without the seeds);
- 64 • 2 tablespoons of nuts or seeds;
- 72 • 2 cups of water;
- 82 • a blender;
- 90 • a cup.



## 60 Method

- 72 1. First, ask an adult to help you to chop up the
- 75 banana and mango.
- 84 2. Next, add the banana, mango, spinach, dates and
- 91 the nuts or seeds into the blender.
- 98 3. Pour the water over the mixture.
- 110 4. Ask an adult to turn on the blender. Watch as these
- 118 powerful plants turn into a thick, green liquid.
- 128 5. Pour your smoothie carefully into a cup and enjoy!



# Answers

1. Find and copy **two** words that describe the liquid made by plants.

**Accept: thick; green.**

2. Which of these do you need two cups of?

Tick **one**.

**spinach**



banana

☐

mango

☐

nuts

☐

3. Why might the method tell you to 'ask an adult' in the first step?

**Accept answers which discuss that using a knife to cut the banana and mango might be dangerous, such as: I think it tells you to ask an adult because you will need a knife to cut up the fruit and knives are sharp.**

4. Number these steps from 1-4 to show the order that they happen in the method. The first one has been done for you.

2	Add the ingredients into the blender.
3	Turn on the blender.
1	Cut up the banana and mango.
4	Pour the smoothie into a cup.