

Cooking and Nutrition: Smoothies



Early Learning Goals:

Birth to 3:

- Explore different materials, using all their senses to investigate them. Manipulate and play with different materials.
- Express preferences and decisions. They also try new things and start establishing their autonomy.

Key Facts:

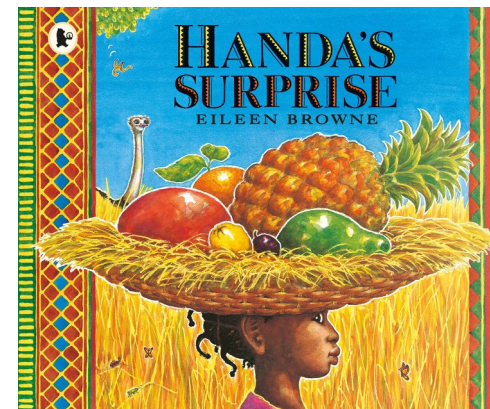
- Fruits and vegetables are an important part of our diet and are part of our 5-a day.
- When prepping food hands and surfaces must be cleaned both before and after.

Key Skills:

- Understand basic hygiene rules needed for food preparation as well as the safety requirements of using cutting tools.
- Name, identify and explore a variety of fruits and vegetables using their 5 senses.
- Identify a preference of flavours and choose fruits and vegetables based on these preferences for their smoothie.
- Cut and prepare fruits and vegetables
- Have discussions about their finished smoothie, identifying what they like and dislike about it.

Possible experiences:

- Visit a local farm or farm stall
- Fruit picking
- Parent smoothie making



Key Vocabulary

Cut	To separate into pieces.
Fruit	A sweet plant which contains seeds.
Vegetable	Parts of a plant which are safe to eat.
Diet	What we eat.
Safety	Not being hurt or in danger.

Linked Texts:

- Oliver's Vegetables by Vivian French
- Farmer Duck by Martin Waddell
- Baby Goes to Market by Atinuke