

## Making a cold drink

Due to the lovely weather we are having I thought it might be nice to make some cold refreshing drinks.

### Smoothie

- There is a recipe for a strawberry smoothie on the last page of this document. Make this smoothie together so your child is aware of what they are making and the process. This will inform their decisions when designing their own. The recipe does use a potato masher but if you have one a blender would be easier.
- Fill the sheet provided "design your own smoothie" - this can be with writing, photos, pictures, drawing etc. They can really put anything into their smoothie as long as they have the main ingredients - yoghurt and milk.
- Make several smoothies and decide which one is the favourite.

### Milkshake

- To make the milkshake use the main ingredients:
  - Vanilla ice cream (can use other flavours depending on the flavour of the milkshake)
  - Milk
- Choose what flavour Milkshake you want to make - this can be anything! Just put the ingredient in the blender with the milk and the ice cream.
- Some examples of flavours - chocolate, banana, strawberry (if you don't have strawberries you can use strawberry jam) or more experimental - different flavoured biscuits/chocolate bars you have in your cupboard.

### Fresh Juices

- Use different fruits to create fresh juice. You could squeeze your own orange, lemon or lime juice.
- Mash/blend different juicy fruits strawberries, raspberries, grapes, melon, pineapple etc. and then push it through a sieve to separate the juice and the pulp.

Notional learning hours	10
Level	Entry 1
Subject area	PSHE
Preparing for Adulthood pathway	Employment; Independent living and housing
Vocational area	Hospitality and catering
Skill	Ability to learn; Problem solving
Learning aim	Learners will be able to prepare a cold drink
Learning context	Observation of drink preparation; group and one to one discussion; observation of health and safety routines; practical activities

Learning outcomes What the learner needs to know, understand or be able to do. The learner will:	Assessment criteria What the learner needs to demonstrate in order to meet the learning outcome. The learner can:
<b>1</b> Be able to identify two different cold drinks	<ul style="list-style-type: none"> <li>Identify two different cold drinks</li> <li>Select a cold drink to prepare</li> </ul>
<b>2</b> Be able to identify equipment and materials needed to make the chosen drink	<ul style="list-style-type: none"> <li>Assemble all equipment and materials needed to make the chosen drink</li> </ul>
<b>3</b> Be able to prepare the cold drink and keep the working area clean and tidy	<ul style="list-style-type: none"> <li>Prepare the chosen cold drink</li> <li>Clear and clean the working area</li> </ul>

Assessment methodology	Linked to learning outcomes
Record of oral questioning	<b>1</b>
Observation checklist	<b>2</b> <b>3</b>
Labelled product, video or photographic evidence	

Learner name			
Challenge ref	1188	Level	Entry 1

What was the question asked?	What was the learner's response?	Which Assessment Criteria does this meet?
		Be able to identify two different cold drinks.
		Be able to identify two different cold drinks.

Learner name			
Challenge ref	1188	Level	Entry 1

List the Assessment Criteria	How did the Learner meet the criteria? Give an example:
Be able to identify equipment and materials needed to make chosen drink.	
Be able to prepare the cold drink and keep the working area clean and tidy.	
Be able to identify equipment and materials needed to make chosen drink.	
Be able to prepare the cold drink and keep the working area clean and tidy.	

Notional learning hours	10
Level	Working Towards Entry 1
Subject area	PSHE
Preparing for Adulthood pathway	Good health
Vocational area	Health and social care
Skill	Ability to learn
Learning aim	The learner will demonstrate a tolerance to explore different food types using chosen senses.
Learning context	Sensory activity

Learning outcomes	Assessment criteria
What the learner needs to know, understand or be able to do. The learner will:	What the learner needs to demonstrate in order to meet the learning outcome. The learner can:
<b>1</b> Be able to show an interaction with food through taste, touch or smell.	<ul style="list-style-type: none"> <li>• Experience three different food types by using touch, taste or scent</li> <li>• Tolerate touching, smelling or tasting different foods on at least three occasions</li> </ul>

Assessment methodology	Linked to learning outcomes
Record of oral questioning	
Observation checklist	<b>1</b>
Labelled product, video or photographic evidence	

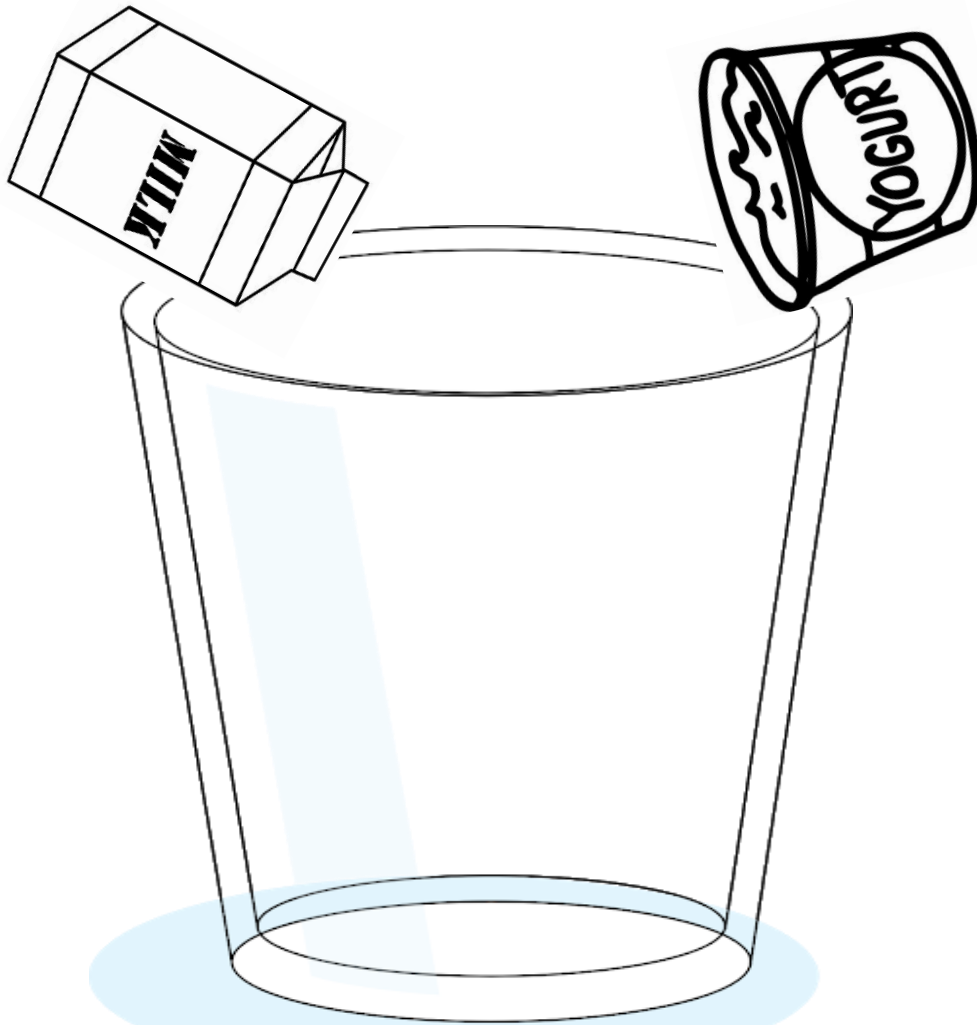
Learner name			
Challenge ref	3694	Level	Working towards Entry 1

List the Assessment Criteria	How did the Learner meet the criteria? Give an example:
To be able to show an interaction with food through taste touch or smell.	
To be able to show an interaction with food through taste touch or smell.	
To be able to show an interaction with food through taste touch or smell.	

## Design your own Smoothie

Name of your Smoothie?

Write, draw or stick pictures/photos of the ingredients in the cup below:



Did you like the smoothie you made?



# Strawberry Smoothie

Makes 8 small servings

## Ingredients

500ml cold milk  
2 x 120g pots strawberry yogurt (amount can be slightly varied)  
2 ripe bananas  
8 large ripe strawberries  
Small squeeze of lemon juice

## Equipment

Potato masher  
Small glass  
Safe knife  
Chopping board  
Large glass/ceramic bowl  
Whisk



**Step 1.** Pull the green stalk off the strawberries and cut into quarters. Peel the bananas and cut them into slices. Put them into a large bowl.

**Step 2.** Use the back of a fork or a potato masher to mash the strawberries and banana. Keep mashing until you have a fairly smooth consistency. Add a small squeeze of lemon juice.



**Step 3.** Measure the milk in a jug. Stir in the yoghurt.

**Step 4.** Gradually whisk the milk and yoghurt mixture into the bowl.

**Step 5.** Pour into a glass and enjoy!

