

# A note to parents/carers

Dear parent/carers,

Today is DT day across the school, where we are making smoothies.

I appreciate that you may not have the ingredients to carry out this project today.

Please do not worry if not, you can park the smoothie making activity for a day when you have the correct ingredients. There are other elements of DT day the children can do today.

I have worked closely with the year 6 team to keep the content similar as we have lots of year 6 siblings in our class. This should hopefully make it easier for the children to complete their work together.

If the children are still working from home during week 5 of this half term, I will re-upload this lesson as part of our personal development week.

Enjoy!

Mr Mitchell

**Monday 22<sup>nd</sup> February 2020**  
**WELCOME TO DT DAY!**

**Today, we are going to be  
making smoothies!**



### Order of the day:

Lesson 1: Research, learn where ingredients are grown and create recipe.

Lesson 2: Make and evaluate your smoothie.

Lesson 3: Design packaging for your smoothie.

## What is DT/Topic Vocabulary

Design and Technology is a subject which is very practical and involves making new products! You can use your imagination and creativity.



Smoothie



Healthy



Utensils



Ingredient



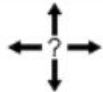
Varied



Combine



Vitamin



Source



Pour



Mix



Blend



Research



Seasonality



Fruit



Yoghurt



Honey



Oats



Recipe

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L.O: To research and design a recipe.

Success Criteria:

To use research to develop criteria

To understand how ingredients are grown

To create a design criteria or recipe

First, we need to think about what ingredients we want to include in our smoothie.

### TASK 1 - RESEARCH

Spend 10 minutes researching to find the answers to these two questions. You might want to have a look at different recipes on this website:

<https://www.bbcgoodfood.com/recipes/collection/smoothie-recipes>

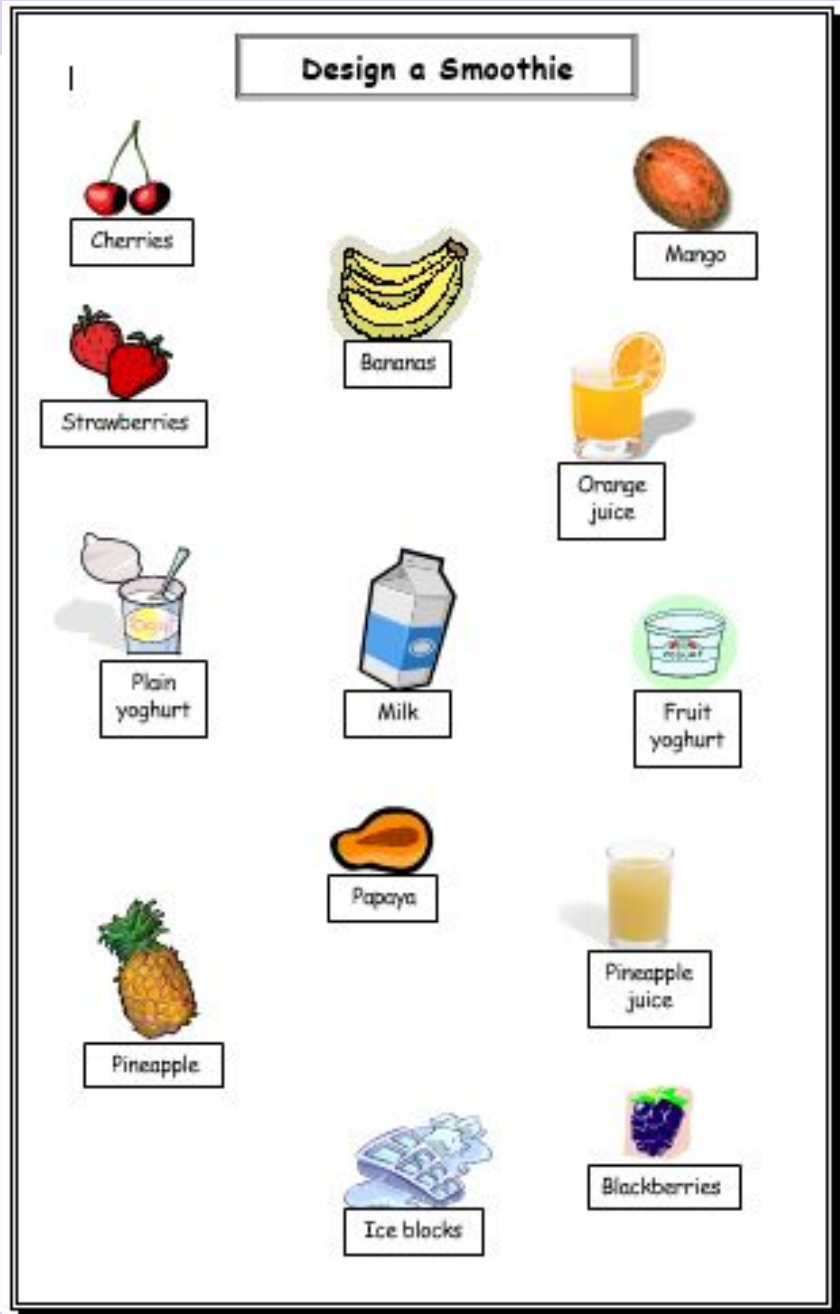
What ingredients do people often use to make smoothies?

What do the most popular recipes use?

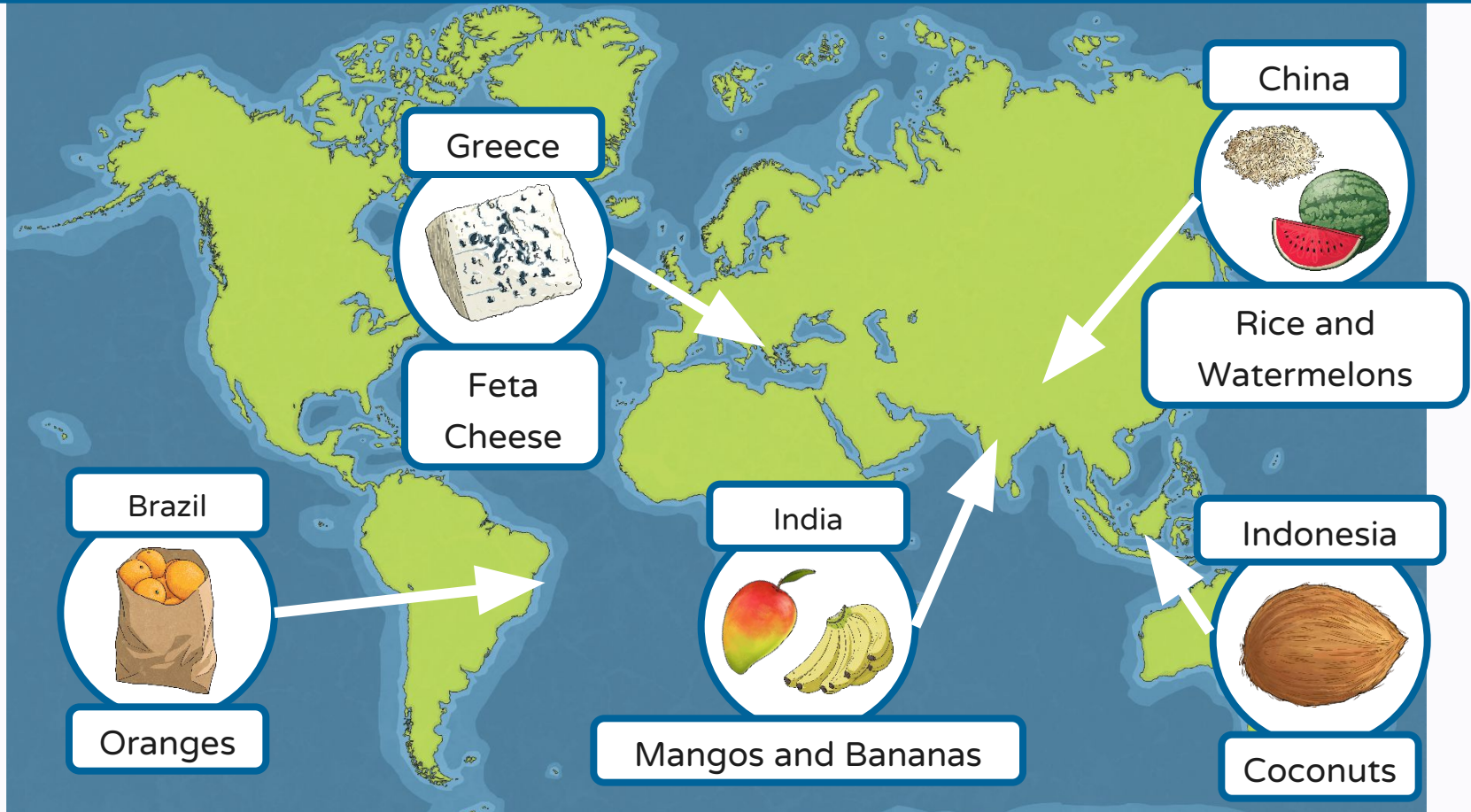
You might have found that these ingredients are often used in smoothie recipes:

Did you find any others in your research?

Can you think of any other ingredients that you would want to try?



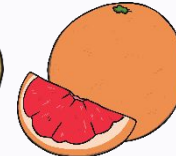
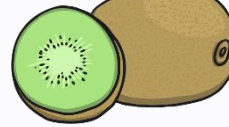
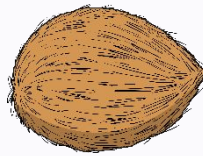
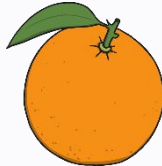
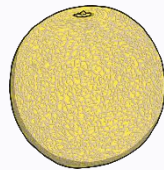
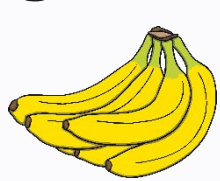
# Where Food Comes From





## TASK 2 - Where are fruits grown?

Research which countries these fruits are grown in.



bananas

pineapples

melons

oranges

coconut

kiwi

grapefruit

grapes



# Where Is Your Fruit From?

Bananas - South East Asia/Vietnam

Pineapples - Hawaii

Melons - Thailand

Oranges - Florida, USA

Coconuts - Malaysia

Kiwis - New Zealand

Grapefruits - Barbados

Grapes - Spain

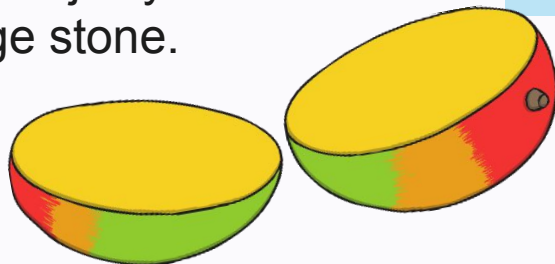


# You might want to use mangos in your smoothie...

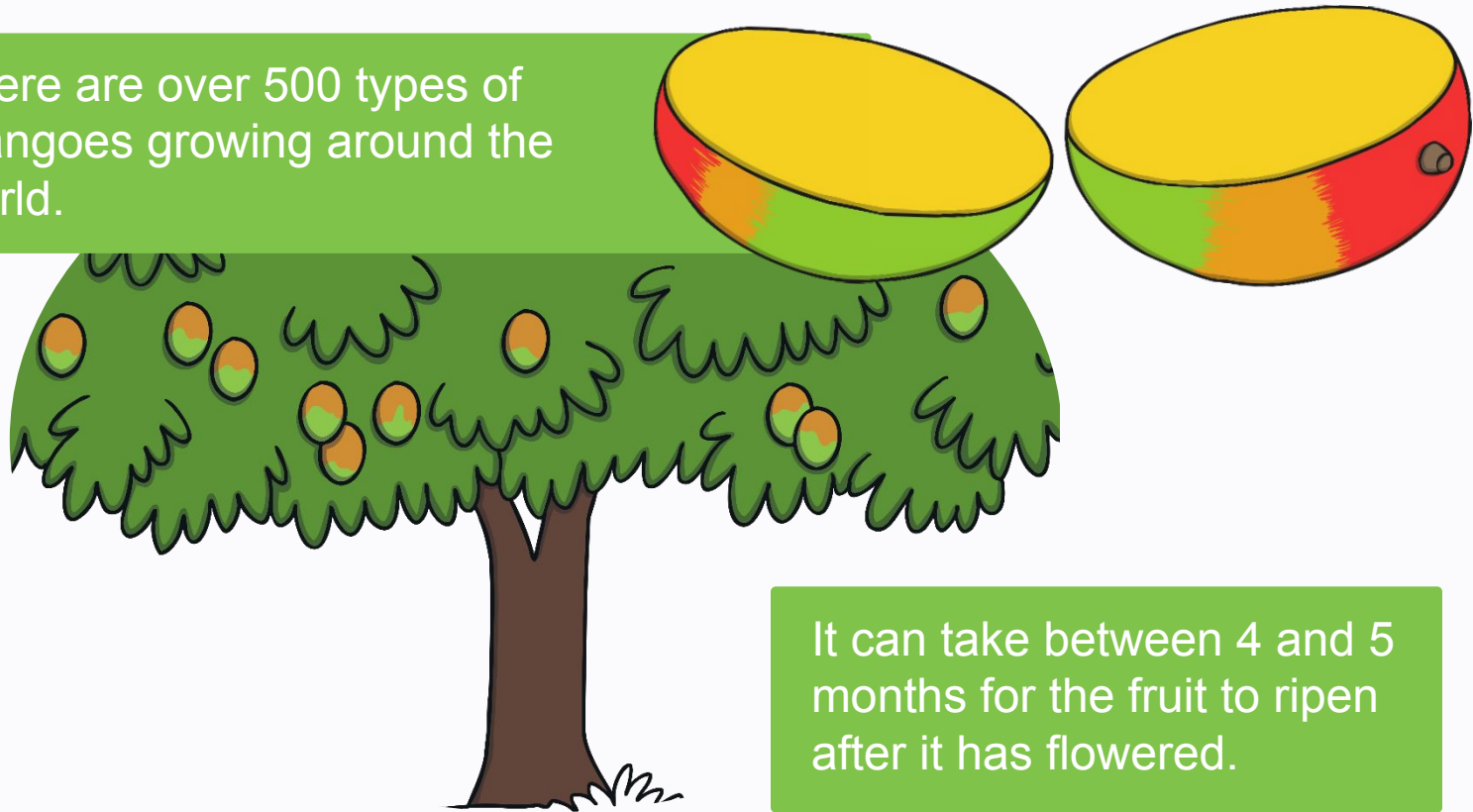
## Amazing Fact!

The mango grows in many tropical places all around the world, such as India, Africa, Central America, South America and China.

The mango tree can grow to between 35-40 metres tall. The mango fruit is juicy and has a large stone.



There are over 500 types of mangoes growing around the world.



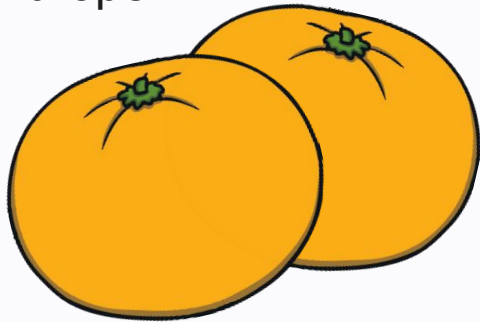
It can take between 4 and 5 months for the fruit to ripen after it has flowered.

# You might want to use tangerines in your smoothie...

## Amazing Fact

The tangerine was the name of the fruit that first came from Tangier in Morocco in Morocco.

Tangerines grow in many places around the world including Central America and Europe.





# Where Is Your Fruit From?

Tangerines are part of the citrus family. Other fruits in this group are oranges, satsumas and mandarins.



They are smaller and sweeter than oranges with thin peel that is easy to take off.

### TASK 3 - Designing a recipe

Have a go at designing two recipes for your smoothie!

Make sure to find out which ingredients you need and where they were grown!

#### Think about:

The utensils or tools that you need from the kitchen

The method or steps to make your smoothie.

Recipe A

Recipe B

Which recipe are you going to choose?

A or B?

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## PRACTICAL

L.O: To create a fruit smoothie.

### Success Criteria:

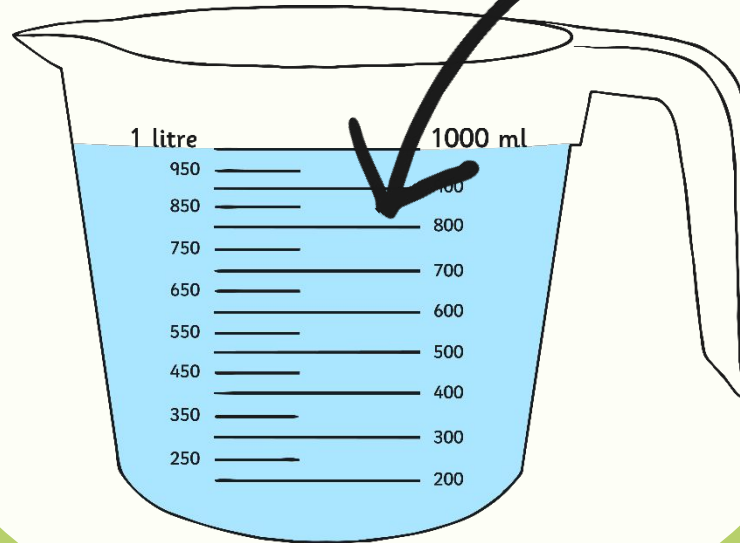
To understand how ingredients are grown  
To use a wide range of ingredients  
To follow a recipe



# STARTER:

1. How much liquid is in the jug?

2. How much liquid would there be at this mark?



3. Where would 375ml be?

3. Where is 500ml?

Before you start, find the different ingredients that you are going to use.

Think about **WHERE** and **HOW** these ingredients were **GROWN**.

*Does it say on the label which country the ingredient comes from?*

*Can you make a sensible guess?*

*You can use online research to find out the answer!*

**\*Make sure you have an adult to help you\***

**When making your smoothie, remember these hygiene rules!**

- Wash your hands.
- Remove any jewellery or nail varnish.
- Roll up sleeves.
- Put apron on.
- Tie hair back.
- Wash surfaces.

If you can, have a go at making a smoothie! You can use your own ingredients or follow the recipe below.

## 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

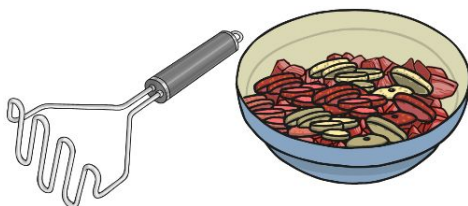
### Equipment

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.



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

**Step 5.** Gradually whisk the milk and yoghurt mixture into the bowl.

**Step 6.** Pour into a glass and enjoy!








# Evaluating Our Strawberry Smoothie

○○○

Evaluate your preparation skills:

Mashing 	
Cutting 	
Whisking 	

What I like about my smoothie:

How I could improve:



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L.O: To design a suitable smoothie packaging.

Success Criteria:

To reflect on my criteria

To consider possible improvements

To create final packaging design

## MAIN TASK: PACKAGING DESIGN

Have a go at drawing what your smoothie packaging might look like!

This may take a few attempts!

Think about:

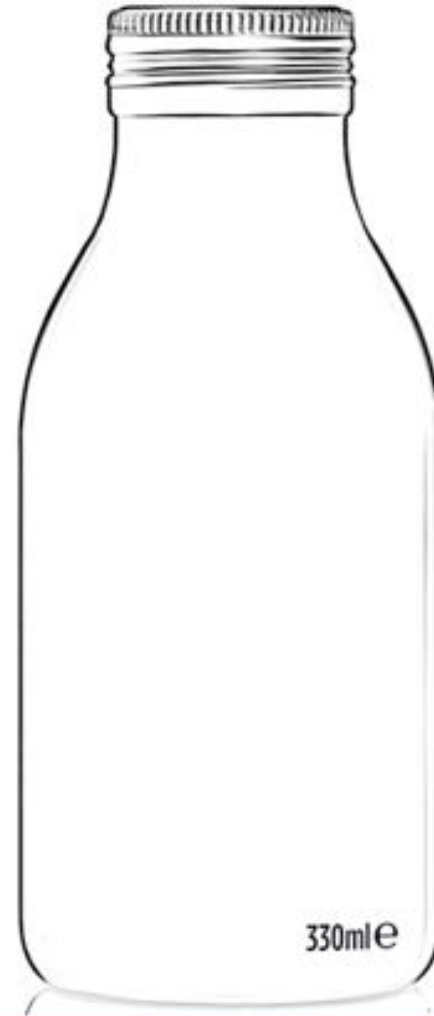
The ingredients included.

How to make your product eye-catching and colourful!

You might want to do some more research at this stage to see other smoothie packaging, there are some ideas on the next slide.

You could also use the internet.

Design your packaging





## Possible packaging ideas!







**You have finished today's lesson, well done!**

**Remember to send your work from this lesson to Mr Mitchell  
at [tmitchell@kingsavenue.lambeth.sch.uk](mailto:tmitchell@kingsavenue.lambeth.sch.uk)**



**Enjoy the rest of your day!**