

This week why not make a fruit kebab or a smoothie

How to make a Fruit Kebab



Name the fruit



You will need:

fruit



tap water

a knife



a chopping board



wooden skewers



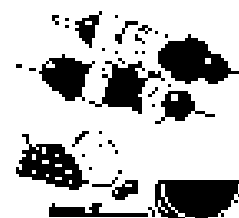
b.



Yummy !!



How to Make a Fruit Kebab



You will need:

1







How to Make a Fruit Kebab



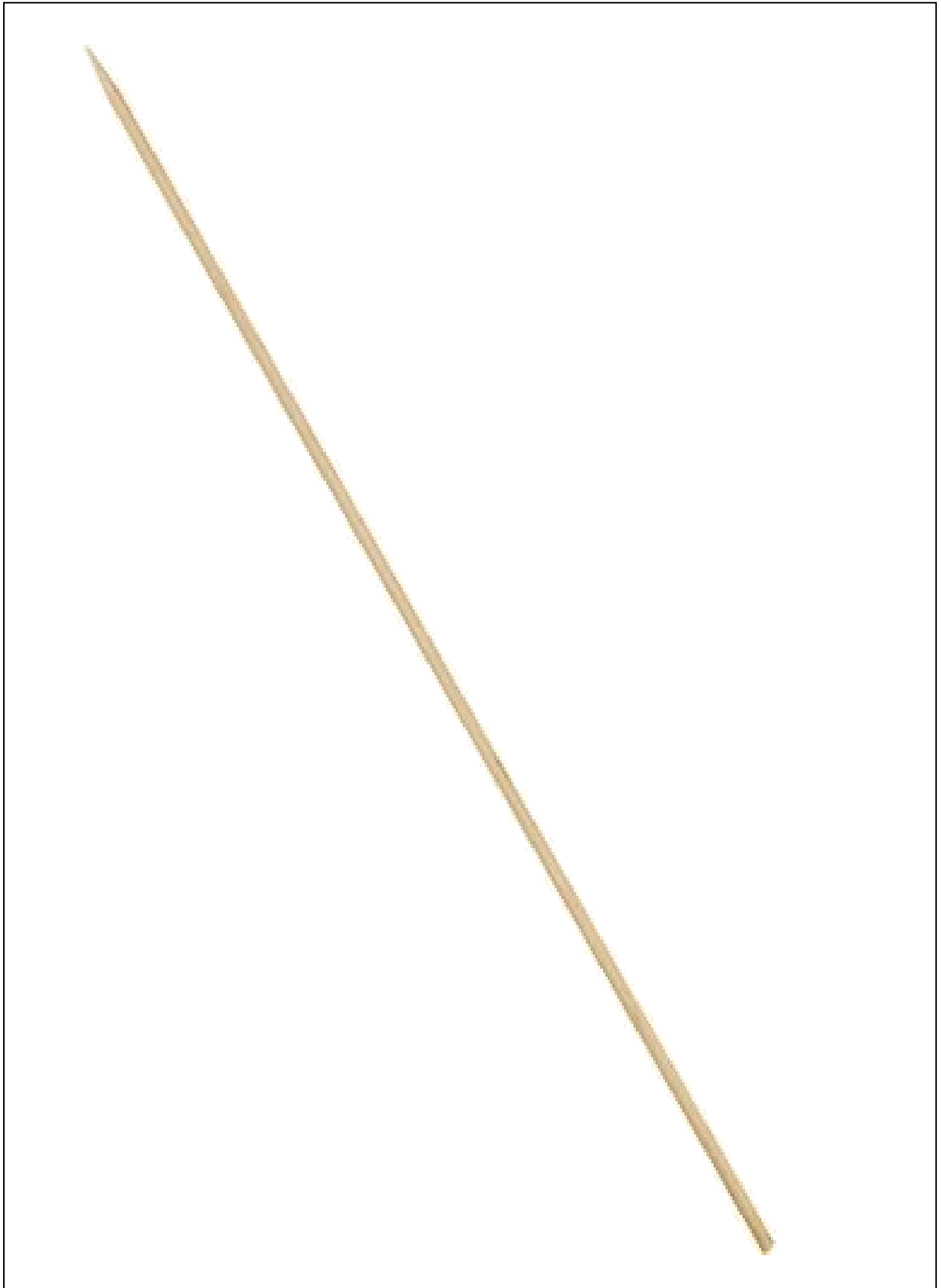
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Draw your own kebab and label the fruits you used.



Design a Smoothie



Cherries



Strawberries



Plain
yoghurt



Bananas



Milk



Mango



Orange
juice



Fruit
yoghurt



Papaya



Pineapple
juice



Pineapple



Ice blocks



Blackberries

Strawberry Slush



"Wow! Strawberry, frightfully tasty.

The ancient Romans believed that strawberries helped cure throat infections, kidney stones and bad breath.

Health facts

Excellent for vitamin C, fibre, folic acid and potassium

How to make it

Get some strawberries, one ripe banana, and blend into a paste. Add the juice of one orange and some ice. Pour into glasses and serve with a straw and bits of strawberry to decorate if you're feeling fancy.

Bendy Banana



Top banana - great choice!

The banana has the best-designed packaging that nature can provide - a bright yellow waterproof zip-up jacket.

Health facts

High in vitamin C and a good source of fibre and potassium.

How to make it

Take one large banana, one handful of strawberries or raspberries - they can be fresh, frozen or tinned. Add a large glass of apple juice.

Try freezing the banana beforehand for an extra creamy experience.

Prickly Pineapple



Excellent - Pineapple is a very exotic fruit!

The pineapple was first called "anana" a Caribbean word which means "excellent fruit"

Health facts

Very high in Vitamin C

How to make it

Take half a fresh pineapple (or 1 small one), or 1 large tin of pineapple in juice. Add 1 ripe banana and some coconut milk or $\frac{1}{4}$ teaspoon of coconut extract. Mix all together and blend until super sumo smooth. Garnish with pineapple wedge



Yum! Mango - the King of Fruit.

In India the mango is a symbol of love, and believed by some to be able to grant wishes.

Health facts

High in vitamins A and C

How to make it

Take a tin of mango pieces, or 1 fresh mango, peeled and stoned. Add half a tin of peaches or a whole peach peeled and stoned and half a tin of grapefruit segments. Then add a small tin of coconut milk, blend together, and chill before serving.

Write your own facts about a fruit of your choice and what you would like in a smoothie.

Name of fruit

Health facts

How to make it

Design Your Own Smoothie

Your task is to design and create your own recipe for a smoothie. You will need to think about the types and amount of each ingredient and the equipment you will use. Write out the method and the steps that someone will need to follow to make your smoothie. Don't forget to name it!

Name: _____

Ingredients

-
-
-
-
-
-
-
-
-

Equipment/Tools

-
-
-
-
-
-
-
-
-



Design Your Own Smoothie

How many serves will this recipe make?

Method/Steps

1.

2.

3.

4.

5.

6.



Design Your Own Smoothie

Challenge!

Now that you have designed the recipe for your smoothie, test it out! Make your smoothie for someone in your family. Ask them for constructive feedback and any way that you can improve the recipe!

Is this recipe healthy or not? Explain.

Why is it important to measure each ingredient accurately?

Rose, thorn and Bud..

Every day you can come back to this page and write/draw a word for each section: Rose (something that you are happy about today), Thorn (something that you are unhappy about or that is challenging you today), and Bud (something you are hoping for or looking forward to later today).

Rose



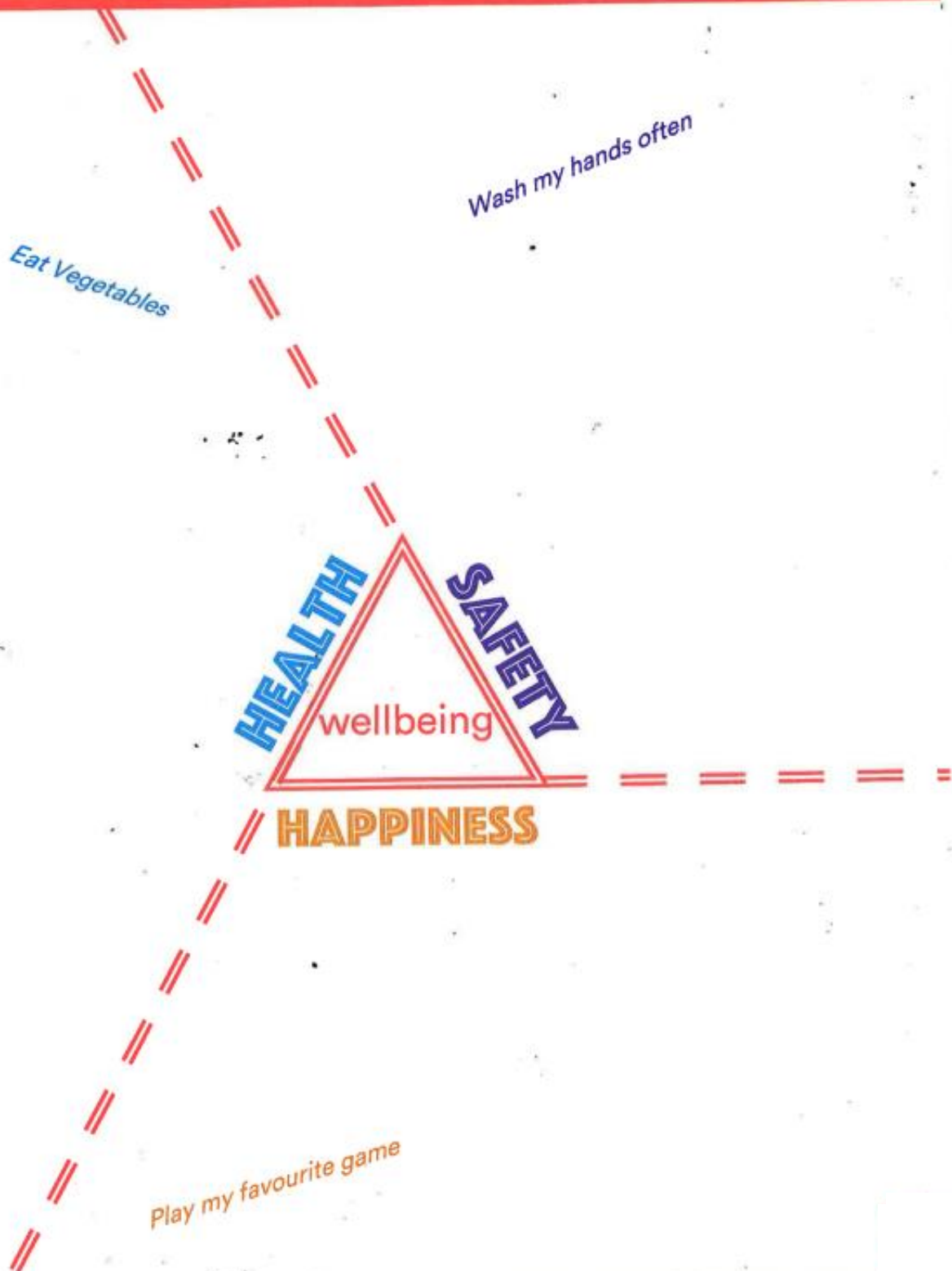
Thorn

Bud

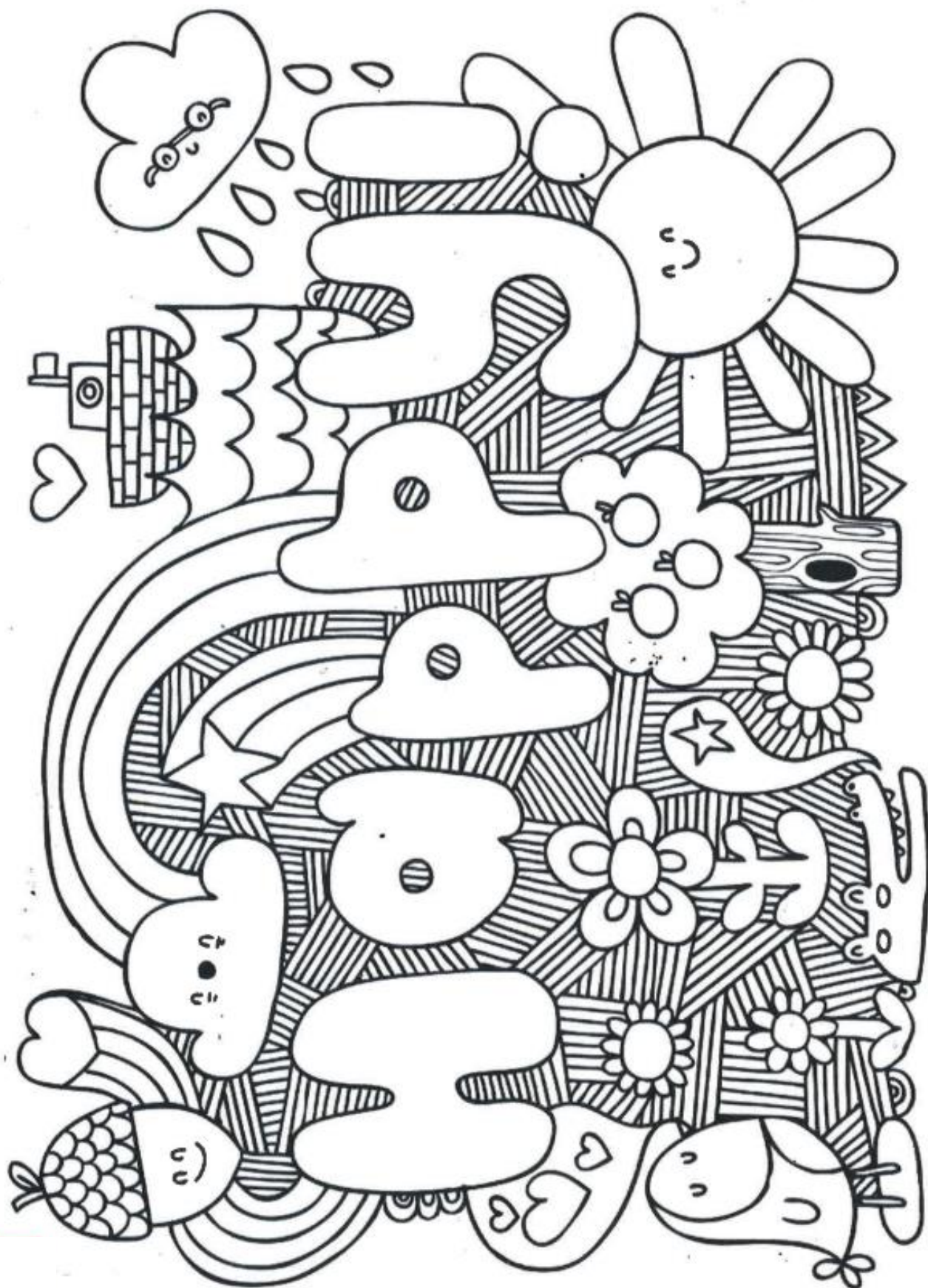


The Triangle of Wellbeing

Wellbeing is a mix of 3 things: **Health**, **Safety**, **Happiness**. You can imagine this as a triangle of wellbeing. What makes you feel Safe? What makes you feel Happy? What makes you feel Healthy? Write or draw to create your own wellbeing triangle.



Relax with Colouring...



Why not think about writing some key points about yourself ready for the new academic year and new teacher. Here is an example of thing you could write about

PASSPORT

Name: Malia

Age: 8

Eye colour: Brown

Hair colour: Dark brown

Family: I have two big sisters

Hobbies: Cubs, football, bike rides

Personality: I am quite shy in class but loud when I am at home or in the playground.

The best thing about me:
I am really funny

Strengths: Maths, being a good friend, football.

Favourite subject: Art



How I like to learn: I prefer to talk about things with a friend before answering a question.

I am proud of: I passed my gold swimming badge and I learnt all the times tables up to 12 x 12.

Next year I want to: learn to play the guitar

My motto for next year: You can do it!

Back cover	Front cover
<div>MY TRANSITION</div> <div></div> <div>PASSPORT</div>	
<div>Name:</div> <div>Age:</div> <div>Eye colour:</div> <div>Hair colour:</div> <div>Family:</div> <div>Hobbies:</div> <div>Personality:</div> <div>The best thing about me:</div>	<div>Strengths:</div> <div>Favourite subject:</div> <div>How I like to learn:</div> <div>I am proud of:</div> <div>Next year I want to:</div> <div>My motto for next year is:</div>
Inside cover	Inside back

Back cover	Front cover
	<p>MY TRANSITION</p>  <p>PASSPORT</p>
	
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