

Endeavour Foundation  
**Thrive Learning**



# **Accessible cooking – the basics**

Module 9  
**smoothies**

Hosted by Natalie Sprott

The Endeavour Foundation Thrive Learning programs are aligned to the activities offered in our Learning and Lifestyle hubs.



The Cooking Modules support activities relating to Life Skills Development.

Life Skills programs focus on day-to-day tasks such as:

- Home and domestic skill – cooking – shopping – personal care
- Budgeting, banking and other money skills
- Safety and public transport maintenance (home, vehicles)

# Table of Contents

**How to participate in the Thrive Learning programs . . . . . 4**

Icons . . . . . 4

**Module Overview . . . . . 5**

Description . . . . . 5

Outcomes . . . . . 5

Risks . . . . . 5

**Equipment . . . . . 6**

Equipment list . . . . . 6

**Methods . . . . . 7**

To get ready . . . . . 7

Let’s get cooking . . . . . 7

**Activities . . . . . 11**

**Vocabulary . . . . . 18**

**Coming up next module . . . . . 19**

# How to participate in the Thrive Learning programs

1. Watch the video.
2. Read this workbook and answer the questions.
3. **Need help?** That's ok! Leave that question and move onto the next one.
4. Your Support Worker will help you with any questions you have when they check in with you.

## Icons



Watch the video when you see this icon.



Read the information in your workbook when you see this icon.



This icon reminds you to be safe and follow instructions carefully.



This icon shows you activities that are a bit harder. If you want, give them a go!



This icon shows you the hints section. It will give you hints and tips to answer the questions.

# Module Overview

## Description

This is Module 9 in the Thrive Learning program about cooking.

This module will teach you how to make smoothies. Smoothies are a delicious option for breakfast or a healthy snack for anytime of the day!

## Outcomes

By the end of this module you will:

- Increase your ability and confidence in making meals.
- Be aware of risks when cooking and apply safe cooking practices.
- Follow video instructions.
- Experiment with, make and drink smoothies.



## Risks

- **Blender** – Blenders are an electrical appliance and have sharp blades. You need to be very careful when using electrical appliances and also make sure not to cut yourself. You also need to make sure that when you use the blender the lid is on.

# Equipment



Before you go shopping, check to see if you have any of the below items already in your house.

## Ingredients

If you are making the choc banana smoothie you will need:



**Banana**  
(1 banana)  
You can use fresh or frozen.



**Honey**  
(1 tablespoon)



**Milk**  
(1 cup)



**Cocoa powder**  
(1 tablespoon)

If you are making the tropical green smoothie you will need:



**Baby spinach**  
(2 big handfuls)  
You can use fresh or frozen



**Frozen, diced mango**  
(1/2 cup)



**Frozen, diced pineapple**  
(1/2 cup)



**Apple juice**  
(3/4 cup)



**Water**  
(1 cup)



## Equipment list

- Blender
- Measuring cups
- Measuring spoons
- Serving glass

# Method



## To get ready

1. Wash your hands.
2. Fill your sink with warm water.  
Put in one big squeeze of dish soap into the water.
3. Get all your ingredients and equipment out and ready to go.

## Let's get cooking

### Choc banana smoothie



1. Check that your blender is **not** switched on.



2. Add 1 banana.



3. Add 1 tablespoon of honey.





4. Add 1 cup of milk.



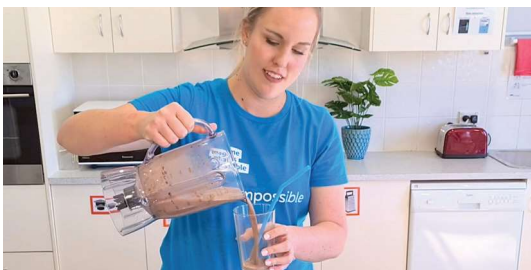
5. Add 1 tablespoon of cocoa powder.



6. Put the lid on your blender and then plug it in.



7. Blend ingredients for 1 – 2 minutes or until all combined.



8. Turn your blender off and take off the lid. Pour your smoothie into a glass.



## Tropical green smoothie



1. Check that your blender is **not** switched on.



2. Add 2 big handfuls of baby spinach.



3. Add ½ cup of frozen mango.



4. Add ½ cup of frozen pineapple.



5. Add ¾ cup of apple juice.



6. Add 1 cup water.



7. Put the lid on your blender and then plug it in.



8. Blend ingredients for 1 – 2 minutes or until all combined.




9. Turn your blender off and take off the lid. Pour your smoothie into a glass.

## You are done!

Before you drink, make sure you:

- Put all your ingredients back where they belong.
- Put all your equipment in the sink.
- Make sure your blender is turned off and unplugged from the wall.

# Activities

1.  The equipment for today's cook includes a blender. What do you think a blender does?

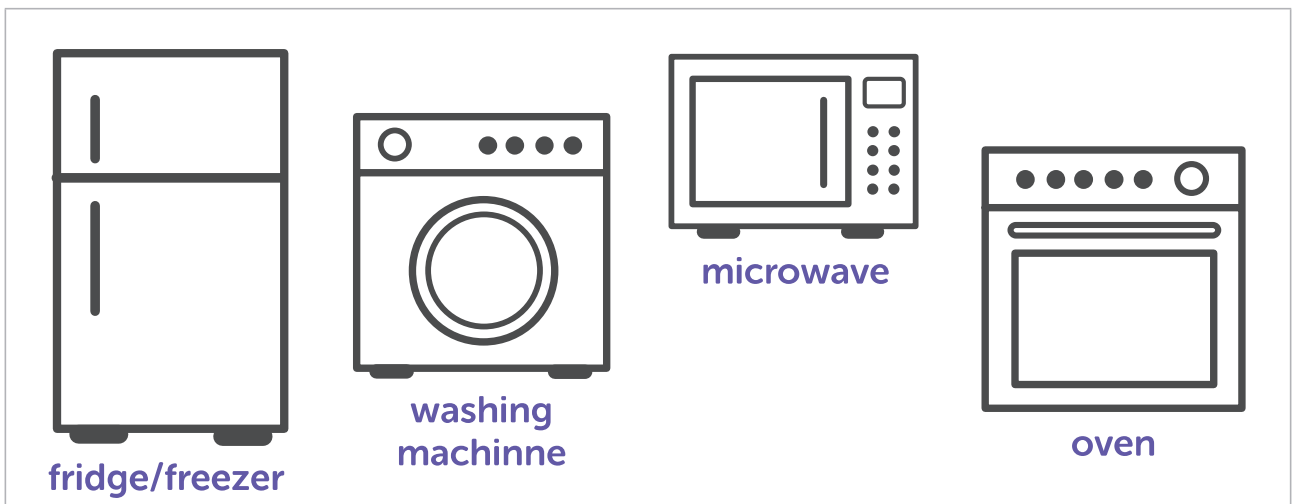


**Hint:** It's name tells you what it does!

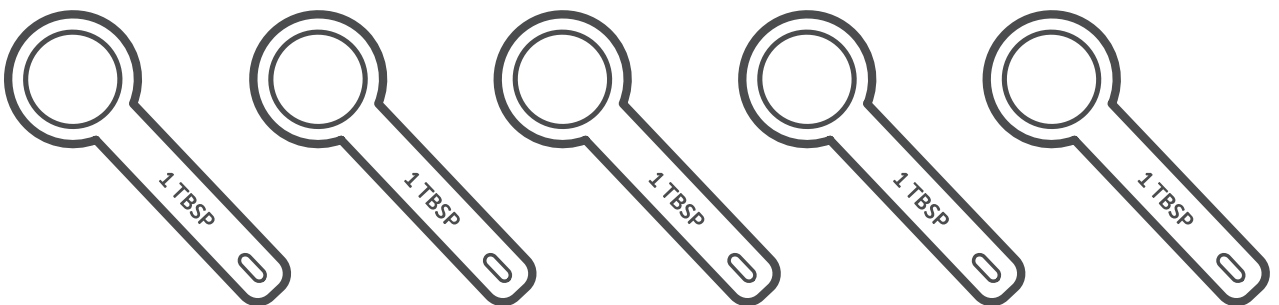
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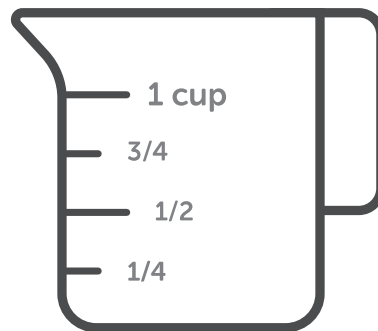
2. Where can you put your food just before it 'goes off' to ensure it stays fresh for longer? Circle the correct image:



3. How many tablespoons of honey does Natalie add to the choc banana smoothie? Draw a circle around the correct measurement:



4. Natalie uses how much milk in the video? Draw a line/colour the amount of milk used on the jug below:



5. What 2 things are needed to make cocoa taste yummy?

a. \_\_\_\_\_

b. \_\_\_\_\_



Read the information below and answer the following questions:

The cocoa bean or simply cocoa is a dried seed that comes from the cacao tree. Cocoa beans are the basis of chocolate, and Mesoamerican foods including tejate, an indigenous Mexican drink that also includes maize.

Cocoa seeds are formed in a pod, with a typical pod contains 30 to 40 beans. About 400 dried beans are required to make one pound (454 grams) of chocolate.

Source: [https://en.wikipedia.org/wiki/Cocoa\\_bean#Etymology](https://en.wikipedia.org/wiki/Cocoa_bean#Etymology)

6. From what tree do cocoa seeds come from? \_\_\_\_\_

7. How many beans are in a pod? \_\_\_\_\_

8. How many beans are required to make approximately 500 grams of chocolate?


\_\_\_\_\_

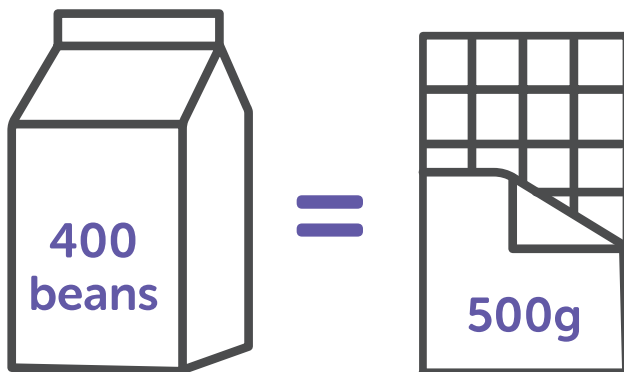
9.  Andrea wants to make her own chocolate. If she wants to make 1 kilo of chocolate, how many dried beans will she need? \_\_\_\_\_



**Hint:** 400 beans makes 500 grams of chocolate and you need 2 x 500 grams, or 1 kilogram.

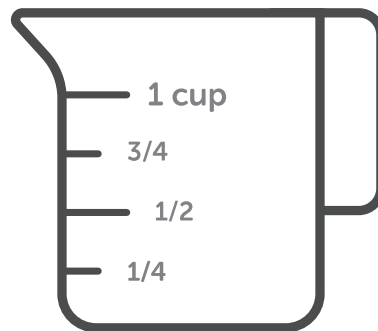


10.  Mr Waters is teaching a “how to make chocolate” class. He tells the students he wants to make 10 kilograms of chocolate. Using the information in question 9, how many cocoa beans would Mr Waters need to make 10 kilograms of chocolate?

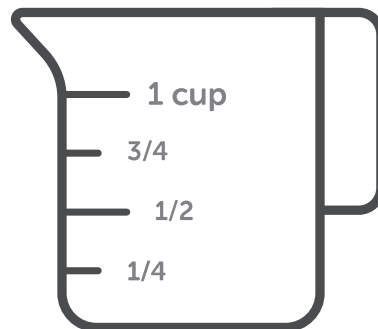


11.  What green food does Natalie use in the tropical green smoothie?
- \_\_\_\_\_

12. Natalie uses  $\frac{3}{4}$  cup of apple juice in the tropical green smoothie. On the jug below, draw a line / colour in where  $\frac{3}{4}$  cup would be:



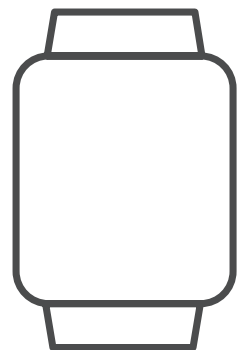
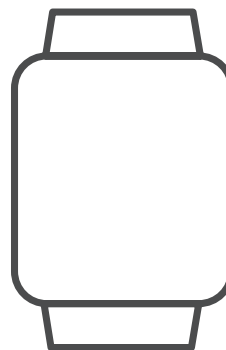
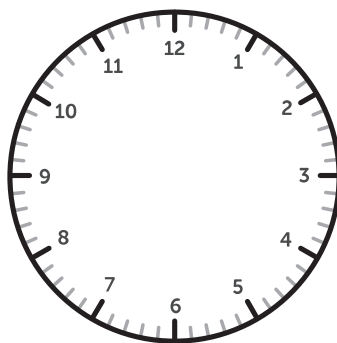
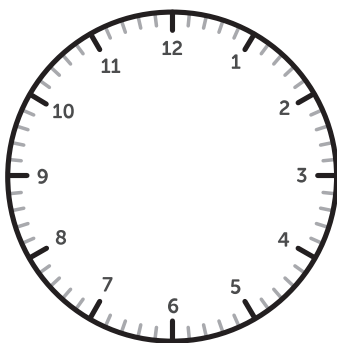
13. How much water does Natalie use for the tropical green smoothie? On the jug below, draw a line / colour in 1 cup:



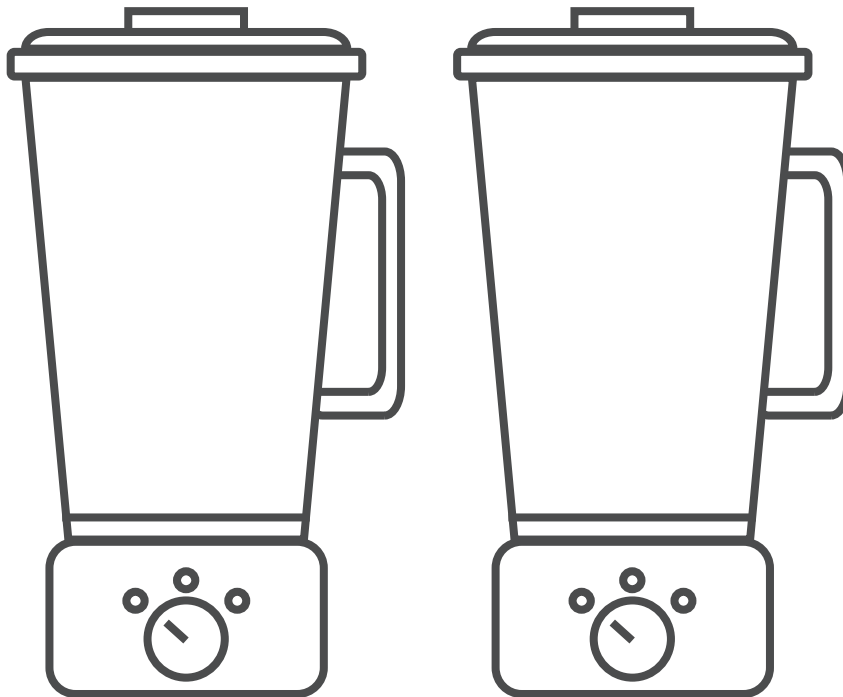
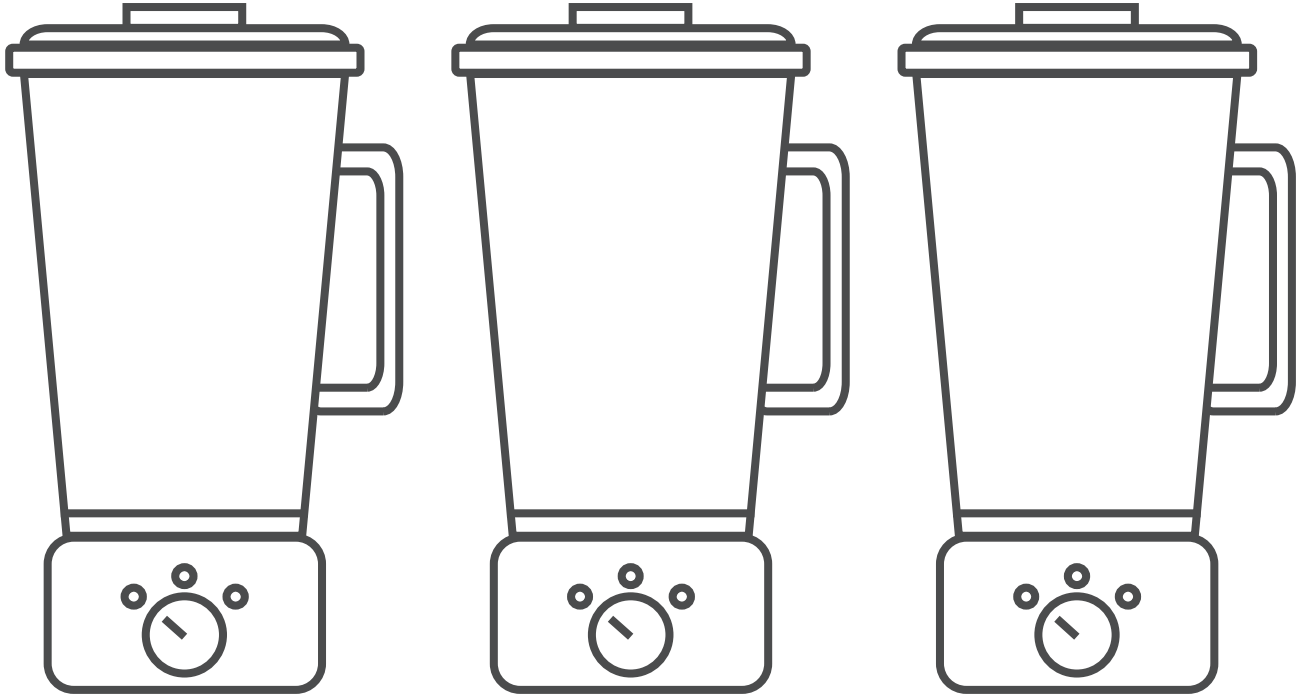
14. Smoothies are generally ok as a snack food. On the clock faces below, circle or write when you might drink them:



**Hint:** There can be more than 1 correct answer!




15. Koplick Café is open for business! The owner, Christian Koplick, wants to sell 5 different types of smoothies! In the blenders below, write or draw what types of food Christian could put into his 5 different smoothies:





16. If Christian sells a smoothie for \$5.00, how much money does Christian make if he sells 2 smoothies?
- 


17. If Christian sells 10 smoothies, how much money has he made?
- 

18.  Brent bought a smoothie for \$5 but he handed Christian a \$10 note. How much change does Brent get back?



**Hint:** Take \$5 from \$10.

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19.  One day, a few friends went down to Koplick Cafe to try out the chocolate raspberry smoothies. The group of friends ordered 5 smoothies. If Christian uses 500ml of milk per smoothie, how much milk is needed for 5 smoothies?



**Hint:** 5 x 500ml.

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20. You decide to include a smoothie in your diet 3 times per week. On the calendar below, write down/draw the three types of smoothies you will make for the week. But note, you need to include 2 healthy smoothies in your calendar!

|                  |  |
|------------------|--|
| <b>Sunday</b>    |  |
| <b>Monday</b>    |  |
| <b>Tuesday</b>   |  |
| <b>Wednesday</b> |  |
| <b>Thursday</b>  |  |
| <b>Friday</b>    |  |
| <b>Saturday</b>  |  |

# Vocabulary

|                          |  |
|--------------------------|--|
| <b>Icon</b>              | A picture or symbol used to describe something.  |
| <b>Hints</b>             | A small piece of information that helps you do or guess something more easily.   |
| <b>Equipment</b>         | Supplies or tools needed for a special purpose.  |
| <b>Module</b>            | An instructional unit that focuses on a particular topic.  |
| <b>Utensils</b>          | A utensil is a tool you can hold in your hand and use around your house. In the kitchen, common utensils include knives, forks and spoons. |
| <b>Ingredients</b>       | Are things that are used to make something. In cooking ingredients are all the different foods you use to make your finished recipe.       |
| <b>Risk</b>              | Is the possibility or chance of loss, danger or injury.  |
| <b>Foreign cuisine</b>   | Food that originates (comes) from another country. A caprese salad is from Italy.  |
| <b>Food presentation</b> | How you present (make) food look on the plate.   |
| <b>Bitter</b>            | Bitter foods are those that are not sweet and have a sharp taste or smell.   |

# Coming up next module

In Module 10, we will be making an Asian chicken salad.



The ingredients and equipment you will need to make this recipe are listed below.



Before you go shopping, check to see if you have any of the ingredients already in your house.

## Shopping list

### For the dressing

- White vinegar (2 tablespoons)
- Sugar (1 tablespoon)
- Soy sauce (1 tablespoon)
- Sesame oil (1 teaspoon)

### For the salad

- **Lettuce** (1 handful).  
You can use any kind of lettuce.
- **Shredded vegetables or coleslaw** (1 handful)
- **Shallot** (2 stalks)
- **Crunchy noodles** (1 handful)
- **Nuts** (1 small handful)  
Almonds, pine nuts, cashews and peanuts work well.
- **Pre-cooked chicken** (1 chicken breast)

### Optional

- **Herbs** (mint and coriander work well)

### Equipment list

- Large bowl
- Jar with lid
- Kitchen scissors
- Measuring spoons
- Blender (appliance)



