



Activity 4 – The Food Saver Smoothie

This quick and healthy activity can reduce food waste, develop your children's kitchen skills and encourage them to eat some of their 5 a day!

You will need:

- A Chopping board
- A butter knife
- A sharp knife
- Vegetable peeler
- Apron
- A blender or hand blender
- Selection of fruit & veg
- Juice and/or milk
- Yoghurt (optional)



Time required: 20 mins

Suitable for all ages



Safety Tips:

- Wash hands thoroughly. Tie long hair back.
- Wash fruit and vegetables.
- Be careful when using knives. Watch this excellent video before your children start chopping [Kid Eats: Kitchen Knife Skills for Kids](#) and always supervise young children.
- Children should be supervised using the blender.

Ingredients

- Gather up some ripe or over ripe fruit and any fruit you may have too much of.
- Include some leftover raw vegetables such as carrot, beetroot, a handful of spinach or even some cucumber.
- Adding things like a bit of fresh ginger, mint or lime can add a lovely fresh zing!
- Juice and or milk
- Yoghurt (optional)

Instructions:

1. Tie long hair up, wash hands, put on aprons and set out the equipment needed
2. Make sure the children know how to use knives and supervise younger children still learning the skills. Younger children can use a butter knife to cut softer fruits such as bananas and pears.
3. Wash fruit and vegetables, especially the ones you intend to leave the skin on.

Watch a video of this activity on our Zone website.
Go to <http://zone.recycledevon.org>

4. Cut up the fruit and vegetables into chunks. Try to leave skins on where possible as this adds fibre and vitamins. A few bruises don't matter but avoid any mould! Remove stones and large seeds.
5. Add juice and yoghurt (optional) and blend together well.
6. Serve into cups/glasses and enjoy.
7. Remember to get your children to help wash up!

Useful Tip:

- ✿ You can include frozen or canned fruit in your smoothie
- ✿ Dried fruit can also be used but needs to be soaked overnight.

DID YOU KNOW?

Food waste makes up 30% by weight of the average family dustbin!

The average family of four can save just over £60 per month by reducing their food waste. Find out how at <https://www.lovefoodhatewaste.com/why-save-food>

More ideas for reducing food waste:

If you have any leftover smoothie you can freeze it to make ice pops using reusable lollipop molds or you could use an ice tray and make fruity ice cubes!

For more ideas to use up leftovers take a look at the 'Have your food and eat it' recipe book <https://www.recycledevon.org/recipebook>



What to do with your food waste:



If your fruit and vegetables are beyond saving, then you can either compost it at home or use your district council food waste collection service.

You can find out about composting at home on our website <https://www.recycledevon.org/in-the-garden/compost-bins>

You can also find out what happens to the food waste collected by your local district council:

<https://zone.recycledevon.org/food-waste/>

Home Schooling

Children often love to experiment and make potions. Encourage children to experiment with flavours. Be brave and try some bold combinations! Writing down recipes is great for developing writing skills. Being able to explain what makes a healthy diet, where food comes from and prepare healthy foods is taught at all Key Stages in school

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