

Kitchen Task

Making Home Made Smoothies (makes 4, so adjust accordingly)

Important

Always follow FEDS guidelines and dietary advice as per your Speech and Language Therapist, Dietitian, and medical team.

Always supervise when using sharp knives.

Ingredients:

450g Strawberry Yoghurt
100ml Milk
450g Fruits (See below)

Fruit options:

(You can use frozen too!)

Strawberries
Raspberries
Blueberries
Blackberries
Banana
Kiwi
Mango
Pineapple
Peach
Cherries

Equipment:

Bowl for each ingredient
Apron(s)
Sharp Knives
Chopping board
Blender/Smoothie maker
Glasses
Straws
Weighing scales
Measuring jug

Steps to completing task (use prompts required sheet, and write beside each step which level of prompts each service user requires; or use task analysis sheet)

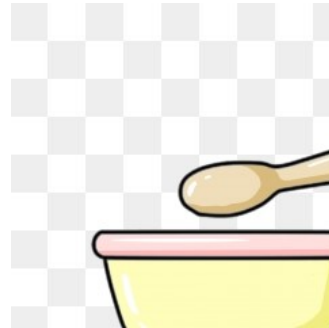
1. Wash hands
2. Gather all essential equipment
3. Weigh 450g of fruit
4. Wash all fruits being used and cut into small pieces
5. Place all fruits into a blender or smoothie maker
6. Weigh 450g of strawberry yoghurt and pour into blender or smoothie maker
7. Measure 100ml of milk and pour into blender or smoothie maker
8. Turn on smoothie maker and blitz until smoothie is formed
9. Pour into 4 glasses and serve with a straw

Smoothie making visuals

WASH HANDS



GATHER EQUIPMENT



WEIGH 450G FRUIT



WASH FRUIT



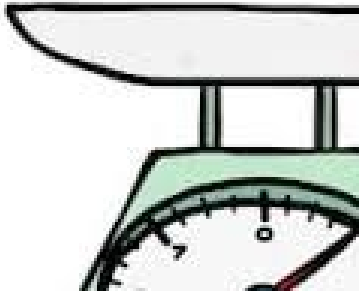
CHOP FRUIT



PLACE IN SMOOTHIE MAKER



WEIGH YOGHURT



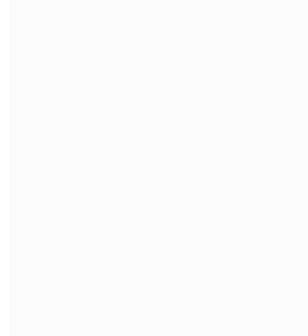
PLACE IN SMOOTHIE MAKER



MEASURE MILK



**POUR MILK IN
SMOOTHIE MAKER**



BLITZ SMOOTHIE



POUR INTO GLASSES



