

## 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. Weight 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**



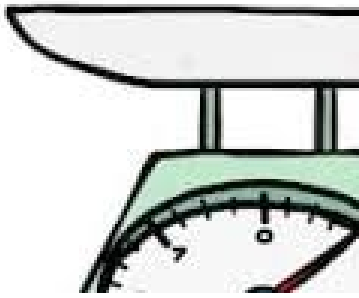
**CHOP FRUIT**



**PLACE IN SMOOTHIE MAKER**



**WEIGH YOUGHURT**



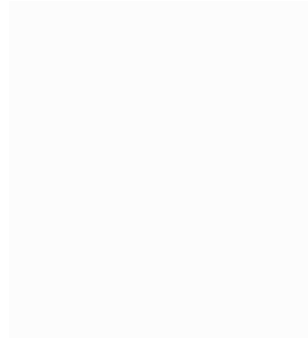
**PLACE IN SMOOTHIE MAKER**



**MEASURE MILK**



**POUR MILK IN SMOOTHIE MAKER**



**BLITZ SMOOTHIE**



**POUR INTO GLASSES**



