

# Eating Between The Lines



## EBTL Module 03 - Activity 07

**Activity:** Make a Breakfast Smoothie!

### Outcomes

Children will explore a variety of breakfast foods and beverages. Children will be able to identify the names of a variety of breakfast foods and beverages, and recognize how these foods are spelled.

### Teacher Information

See the Writing section for information about independent writing.

### You Will Need

- Blender
- Assorted frozen berries
- Bananas
- Juice
- Yogurt
- Plastic cups
- Paper and pencils, pencil crayons

### Procedure

1. In small groups, with close supervision, have children make their own smoothie, adding the ingredients they would like into the blender.
2. After they have finished, have them visually represent the process of making a smoothie.
3. As an alternative, you could ask children to create a recipe for their favourite smoothie—what would be in it?

