

# Let's cook! Station Set-Up and Recipe Script

## Station Set-Up: Fruit Smoothie

Station #1		
Equipment	Ingredients	Provide during Let's cook!
blender	none	milk
1 liquid measuring cup		frozen strawberries (or other frozen fruit)
1 cup measuring cup		
1 medium bowl (placed in center of table)		
sealable plastic bags in a variety of sizes (placed in center of table)		

Station #2		
Equipment	Ingredients	Provide during Let's cook!
1 cup measuring cup	banana	yogurt
1 large cooking spoon	spinach	

Station #3		
Equipment	Ingredients	Tasting supplies
1 dinner spoon	none	3 ounce cups
1 serving tray		napkins

## Recipe Script for Preparing: Fruit Smoothie Lesson: *Build Strong Bones*

**Begin the recipe preparation by inviting all the participants to stand around the food preparation area and reading the list of ingredients from the recipe.**

*To prepare today's recipe, we need to measure the ingredients and add them to the blender. I have already washed the fruits and vegetables. I kept the milk and yogurt cold in my cooler with reusable freeze packs to transport and store them.*

**Ask for volunteers to help with the preparation of the recipe.**

*I need 2 volunteers to help with the preparation of the recipe. Who would like to help?*

**Note:** Recommended – 2 volunteers. Combine steps (to have fewer volunteers) or divide tasks (to have more volunteers) as you think would work best to involve as many participants in the food activity as possible.

**If food preparation stations were set up before class, assign each volunteer a station and add knives and cold food items from the cooler to the appropriate stations. If there wasn't room to set up stations before class, provide volunteers with the appropriate equipment and ingredients listed for each station now.**

*Today we will be preparing Fruit Smoothie as a group. While you may be doing a specific task for the recipe, please listen and watch all the instructions for every task. This will help you be able to complete all of the steps of the recipe at home. Even those of you who are more experienced with cooking may pick up a new tip that could save you valuable time in the kitchen. Please wait to start your task until I give you your instructions.*

**Station #1:**

- **Equipment:** blender, 1 liquid measuring cup, a 1 cup measuring cup, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Provide during *Let's Cook!*:** milk, frozen strawberries (or other frozen fruit)

*I placed a bowl in the center of the table. As you prepare the ingredient(s), please put any food scraps in this bowl.*

*At the center of the table, I have also placed a variety of sizes of plastic bags. If you have any leftover ingredients, please put these ingredients in one of these bags. I will collect the leftovers as we are cleaning up and put them in the cooler to keep these items cold.*

*\_\_\_\_\_ Name of Volunteer #1, measure 2 cups of milk and pour it in the blender. Then, measure 3 cups of frozen strawberries (or other frozen fruit) and add it to the blender.*

**Station #2:**

- **Equipment:** a 1 cup measuring cup, 1 large cooking spoon
- **Ingredients:** banana, spinach
- **Provide during *Let's Cook!*:** yogurt

*\_\_\_\_\_ Name of Volunteer #2, measure 1 cup of yogurt and add it to the blender. Next, add 1 banana and a handful of spinach to the blender. Cover the blender with the lid and blend until smooth. You may need to stop the blender every few seconds and stir the ingredients in the blender with the cooking spoon.*

**Share the *Be Creative!* tip with the participants.**

*When you make this at home, you can add any seasonal fresh or frozen fruit into the smoothie. Today we used spinach, but you can also use other greens like kale.*

**Station #3:**

- **Equipment:** 1 dinner spoon, 1 serving tray
- **Tasting supplies:** 3 ounce cups, napkins

*Now, we are ready to taste the **Fruit Smoothie!** \_\_\_\_\_ Names of Volunteers #1 and #2, using the serving tray and tasting supplies, please serve everyone a taste of the smoothie. You can pour it directly from the blender or use a spoon to dish up each taste.*

**Ask participants about the recipe while they are eating.**

*What do you think of this recipe? Do you think your family would like this smoothie?*

*Smoothies can be an easy and healthy on-the-go breakfast. Low-fat dairy, fruits and veggies are a great way to start your day. Research has shown that children and adults who eat breakfast do better in school and at work.*

*When you make this at home, be sure to refrigerate any leftovers within 2 hours and drink within 1 to 2 days.*