



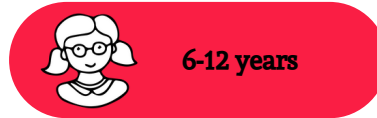
# Space Food Smoothie

## #274

### AGE GROUP



3-5 years



6-12 years

### HOW DO I SET UP & PLAY?

- Help children to chop fruit and add to bowls (if you need to do separate smoothies for hygiene or allergy reasons) or one large bowl if you are able to do a group smoothie.
- Ask the children what they think might happen if you put all this fruit out on a plate in the space station....would it float away? Watch some of the videos I've linked too in your program planner to see how astronauts eat and prepare foods in space...some are very funny!
- Children use the tongs to choose the fruit they want in their smoothie then add to the blender cup with a little water.
- Astronauts often eat out of bags so they don't lose their food so after the fruit is blended into a smoothie you are going to encourage the children to drink their smoothie from a bag too.
- Pour a little of each smoothie mix into individual bags, seal tightly then snip off a corner to suck that smoothie out! You could also use cups with lids and a straw if you prefer.

### EXTENDING LEARNING SPARKS

- Make a list or picture collage of the foods we also often eat directly from bags or containers here on Earth....icecream, yoghurt sticks, fruit puree, baby food....what else?

### WHAT MATERIALS DO I NEED?

- Blender or stick mixer
- Assortment of fruit to chop (bananas, strawberries, kiwi fruit, melons etc are easiest for little hands to chop).
- Zip lock bags or reusable yogurt pouches
- Child safe knives or handheld choppers (you can get them from Kmart)
- A little water or milk
- Chopping boards
- Tongs



Exploring Culture,  
Diversity &  
Community



Building My  
Language &  
Literacy Skills