Getting started with a smoothie



My Recipes In this worksheet, you will put a simple recipe into The Nutrition Program and look at the cost and nutrition information that the program provides.

Smoothie recipe Serves 2

Ingredients 100g strawberries 1 medium banana 200 ml semi skimmed milk 10 blueberries

Method

- 1. Take the stalk out of the strawberries, and peel and chop the banana.
- 2. Place all the ingredients in a food processor and whizz until smooth.
- 3. Serve and drink immediately.

Use the Nutrition Program

- Click My Recipes and Create a new recipe.
- Enter the recipe name Smoothie, Portions 2.
- In Find ingredient, find the first ingredient strawberries.
- Add the weight the program helps you by giving the average weight.
- Add all the other ingredients then save the work.
- The recipe is saved in My Recipes.
- Click the Smoothie and look at Nutrition Info.
- You will see the nutritional information for your Smoothie.

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To do

Put the recipe into the program and look at the Cost Analysis and the Nutrition info and export the work.

What is the nutrition for 100g of the main 8 nutrients?

Complete the chart for the smoothie.

Smoothie 1				
	100g	portion		
Energy kcal				
Protein				
Carbohydrate				
Fat				
Saturated fat				
Fibre				
Salt				

Now change the recipe and add different ingredients. How does the nutrition for 100g change? Write out the new recipe and complete the nutrition chart or export the chart from the program.

Smoothie 2		
	100g	portion
Energy kcal		
Protein		
Carbohydrate		
Fat		
Saturated fat		
Fibre		
Salt		

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My smoothie recipe	•
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