

## Objective

By the end of this lesson, you will be able to create your own delicious smoothie recipes and understand the basics of running a smoothie bar!

## Materials and Prep

- Fruits (bananas, berries, mango, etc.)
- Yogurt or milk
- Blender
- Ice cubes
- Cups and straws
- Apron (to feel like a real smoothie barista!)

No prior knowledge needed, just bring your creativity and enthusiasm!

## Activities

- **Create Your Signature Smoothie:** Mix different fruits and liquids to come up with your own unique smoothie recipe.

Think about what flavors you like and experiment with different combinations!

- **Name Your Smoothie:** Give your creation a fun and catchy name that will attract customers.

Be creative and think of something that will make people want to try your smoothie!

- **Set Up a Mini Smoothie Bar:** Pretend you have your own smoothie bar and serve your family members or toys.

Practice your customer service skills and enjoy the process of making and serving smoothies!

## Talking Points

- Quotation: "A smoothie is like a tasty drink made from blending fruits and other yummy ingredients together."
- Quotation: "Running a smoothie bar means you get to create new recipes and serve them to happy customers!"
- Quotation: "When making a smoothie, it's important to choose fresh fruits and add some liquid like yogurt or milk to make it smooth."
- Quotation: "Just like a chef, you can experiment with different ingredients to make your smoothie taste amazing!"
- Quotation: "Remember to have fun and be creative when coming up with your own smoothie recipes!"