How to Make a Healthy Fruit Smoothie

Many people enjoy drinking fruit smoothies because they are healthy, delicious, and easy to prepare. A smoothie is a great breakfast or snack because it gives your body vitamins and energy.

First, wash one banana, one apple, and a handful of strawberries. Next, peel the banana and cut all the fruit into small pieces. Then, put the fruit into a blender. Add one cup of milk and two tablespoons of yogurt. If you like sweet smoothies, you can also add one teaspoon of honey.

After that, blend all the ingredients for about one minute until the mixture is smooth. Finally, pour the smoothie into a glass and enjoy it. You can decorate it with a few strawberry slices or mint leaves.

Making a fruit smoothie is quick and simple. It only takes about ten minutes, and it is a healthy choice for people of all ages.

Multiple Choice Questions

1. Why do many people like fruit smoothies?

a) They are expensive.

b) They are difficult to prepare.

c) They are healthy and delicious.

d) They are only for children.

2. What should you do after washing the fruit?

a) Drink the milk.

b) Blend everything.

c) Peel the banana and cut the fruit.

d) Pour the smoothie into a glass.

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3. Which ingredient is optional?

a) Milk

b) Yogurt

c) Banana

d) Honey

4. How long does it take to prepare the smoothie?

a) Five minutes

b) About ten minutes

c) Twenty minutes

d) Thirty minutes

Write True or False.

1. A fruit smoothie can be a healthy breakfast.

2. The recipe says to bake the fruit.

3. Students should blend the ingredients before serving the smoothie.

Matching Questions

Match the cooking verb with its meaning.

Cooking Verb	Meaning
Wash	Clean food with water
Peel	Remove the skin from fruit or vegetables
Blend	Mix ingredients until smooth

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