



## HOW TO MAKE A FRUIT SMOOTHIE



### • Choose the right option.

1. First, \_\_\_\_\_ the strawberrie under the tap.
2. Peel the apple with a \_\_\_\_\_.
3. \_\_\_\_\_ the banana.
4. Cut up the fruit with a knife on a \_\_\_\_\_.
5. Put the fruit in a \_\_\_\_\_.
6. \_\_\_\_\_ in the milk.
7. Finally, \_\_\_\_\_ the fruit and the milk in the blender.
8. Now, the smothie is ready! Pour it into a glass.
9. \_\_\_\_\_ your smothie and enjoy it.

YOUR CALCIUM AND THREE PORTIONS OF FRUIT IN ONE GLASS.