

Fruit Smoothie!

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.