

# Super Smoothie



Written by Helene Pertl

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|-------------|---|
| Theme       | Food  |
| Subtheme    | Healthy foods   |
| Text type   | Procedure   |
| Book band   | This text can be used alongside levelled readers in the green book band.  |
| Sight words | more, how, than, good   |
| New words   | make, super, smoothie, blueberries, banana, yoghurt, lime, blender, glass, wash, peel, cut, squeeze, blend, until, smooth, lid, sprinkle, fresh, carton, juice, noisy, different, fruit |

#### Story comprehension

Ask your child the following questions.

##### Before reading:

This book is a recipe. A recipe is a type of procedure.

Do you remember what a procedure is? (genre)

What does this recipe tell us how to make? (genre)

What ingredients do you think we might use to make in a smoothie? (predicting)

##### During reading:

What must you do with the blueberries before putting them into the blender? (See page 6.)

How do you prepare the banana? (See page 8.)

What must you not forget to do before turning on the blender? (See page 12.)

##### After reading:

Can you remember three ingredients that you put into a super smoothie? (summarising)

Which is better for you: a fresh smoothie or a carton of juice? (clarifying)

What other fruits would you like to put in a smoothie? (making connections)

#### Phonics focus

Go to page 4. Ask your child to find the word that contains the /ue/ sound.

Ask them if they can think of any other words that contain the /ue/ sound.

Go to page 12. Ask your child to find the word that contains the /oi/ sound.

Ask them if they can think of any other words that contain the /oi/ sound.



## Super Smoothie

Do you know how to make  
a super smoothie?



You will need water, blueberries, a banana, yoghurt, a lime, a blender and a tall glass.



**Step 1**  
Pour the water into the blender.





**Step 2**  
Wash some blueberries.

6



**Step 3**  
Pop the blueberries in the blender.

7



**Step 4**  
Peel the banana and cut it up.



**Step 5**  
Add the banana bits to the blender.





### Step 6

Put a big blob of yoghurt in.



### Step 7

Add some lime juice to the blender.



### Step 8

Blend until smooth.

Don't forget to put the lid on!

12



### Step 9

Pour the smoothie into a tall glass.

Sprinkle some more blueberries on top.

13



Did you know that a fresh smoothie is better for you than a carton of juice?