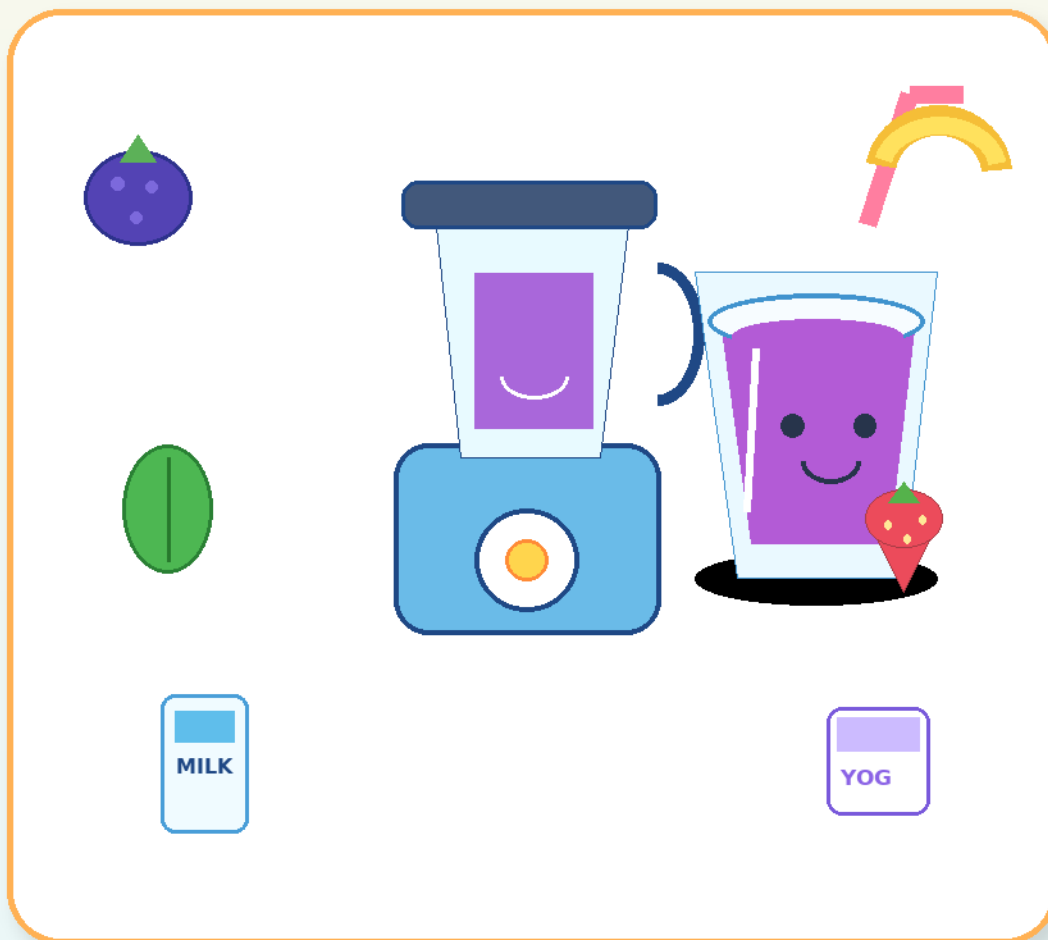


SUPERPOWER SMOOTHIE SONG RECIPE CARD

Sing, blend, taste, and learn together!



Recipe Card

Song Lyrics

Taste Test

Safety Tips

8 Printable Pages

For home, preschool, and kitchen learning fun



How to Use This Pack



Simple steps for grown-ups and little helpers

1

Wash Hands First

Start with clean hands, clean counters, and clean equipment before preparing food together.

2

Pick One Small Job

Let your child drop in berries, count fruit, stir safely, or choose the smoothie song.

3

Sing While You Blend

Use the song to make the routine playful. Adults should always operate the blender.

4

Taste Without Pressure

A smell, touch, stir, or tiny sip can still be part of food learning.

Grown-Up Reminder

This printable is for parent-supervised kitchen fun. Adapt ingredients, serving size, texture, and cup choice to your child's age, allergies, chewing skills, and health needs.





Superpower Smoothie

Simple recipe card



Ingredients

1/2 cup

frozen mixed berries

1/2

ripe banana

1/4 to 1/2 cup

plain yoghurt

1/2 cup

milk of choice

small handful

fresh spinach, optional

small sprinkle

ground seeds, only if safe



Method

1

Wash hands first.

2

Add fruit to the blender cup.

3

Add yoghurt and milk.

4

Add optional spinach.

5

Adult blends safely.

6

Serve a small amount.





Superpower Smoothie Song



Tune idea: The Wheels on the Bus

Verse



Put the berries in the cup,
Drop, drop, drop.
Add banana, yoghurt too,
Mix it to the top.
Power leaves can join the fun,
Green, green, green.
Blend it smooth and sing along,
What a smoothie scene!



Chorus

Sip, sip, sip, we try today,
Try today, try today.
Sip, sip, sip, we try today,
Then we smile and play.





Choose My Fruit



Circle or tick your smoothie choices



Berries

I choose this!



Banana

I choose this!



Strawberry

I choose this!



Spinach

I choose this!



Milk

I choose this!



Yoghurt

I choose this!

My smoothie name: _____

My favourite colour: _____

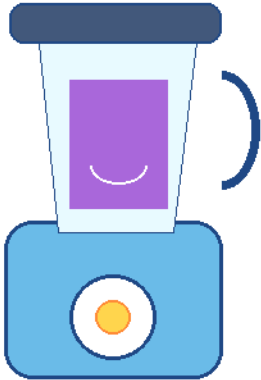




Blender Safety Reminder



Kitchen helpers need grown-up support



Grown-ups press the blender buttons.

Kids can count down: 3, 2, 1, blend!



Keep hands away from blades and plugs.

Only touch blender parts when a grown-up says it is safe.



Wash hands and counters first.

Clean hands make kitchen activities safer.



Use foods your child can safely eat.

Check allergies, texture, portion size, and choking risks.



Small servings are okay.

A tiny taste, smell, or stir still counts as learning.



Ask a qualified health professional if your child has allergies, feeding difficulties, swallowing concerns, or medical needs.





My Smoothie Taste Test

Explore without pressure

☐

I smelled it

☐

I touched it

☐

I took a sip

☐

I helped make it

How did it feel today?



Yum!

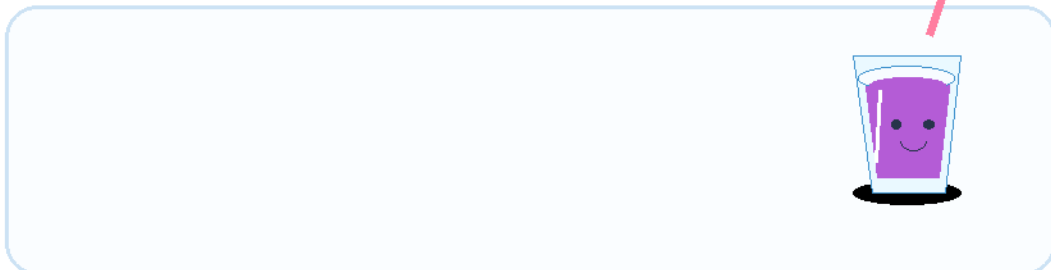


Maybe



Not today

Draw your smoothie cup:



Kitchen Helper Certificate



This certificate is proudly awarded to:

For helping, singing, tasting,
and learning safely in the kitchen!

Date: _____

Signed: _____

You are a smoothie song star!