**Cardiff Learning Disability Health Team Occupational Therapy Service**

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| --- | --- | --- | --- |
| **Activity** | R1: Fruit Smoothy | **Level** | Easy,Sensory, exploration |
| **keywords** | 1:1, Social, Fun, Textures, Taste, Achievement, Producer, Healthy | | |
| **Links to** |  | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| YOU WILL NEED | | | | | |
| IMG_0560.JPG | IMG_0561.JPG | knife.jpg | chopping board.jpg | jug.jpg | stick blender.jpgIMG_0568.JPG |
| Fruit | Yoghurt | Knife | Chopping board | Jug | Blender |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ACTIVITY FLOW (10 -20 minutes) | | | | |
| wash hands.jpg | download.png | IMG_0600.PNG | download.png | IMG_0603.PNG |
| Wash Hands | Chop Fruit | Place in blender or jug |
| IMG_0604.PNG | download.png | IMG_0605.PNG | download.png | IMG_0606.PNG |
| Add yoghurt | Blend | Pour |
| pouring milk.jpg | download.png | IMG_0577.PNG |
| Add milk to thin |  | Serve |