

## Speed read challenge 3

### Superfood Smoothie

9 Plants are full of the things that keep us strong and  
17 healthy. Treat yourself to a tasty smoothie that is packed  
20 full of goodness.

30 **You will need:**

- 39 • 2 cups of spinach;
- 46 • 1 banana (fresh or frozen);
- 55 • 1 cup of mango;
- 63 • 3 dates (without the seeds);
- 64 • 2 tablespoons of nuts or seeds;
- 72 • 2 cups of water;
- 82 • a blender;
- 90 • a blender;
- 99 • a cup.



60 **Method**

- 72 1. First, ask an adult to help you to chop up the  
75 banana and mango.
- 84 2. Next, add the banana, mango, spinach, dates and  
91 the nuts or seeds into the blender.
- 98 3. Pour the water over the mixture.
- 110 4. Ask an adult to turn on the blender. Watch as these  
118 powerful plants turn into a thick, green liquid.
- 128 5. Pour your smoothie carefully into a cup and enjoy!

1. Find and copy **two** words that describe the liquid made by plants.

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2. Which of these do you need two cups of?

Tick **one**.

spinach

banana

mango

nuts

3. Why might the method tell you to 'ask an adult' in the first step?

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4. Number these steps from 1-4 to show the order that they happen in the method. The first one has been done for you.

- Add the ingredients into the blender.
- Turn on the blender.
- 1**  Cut up the banana and mango.
- Pour the smoothie into a cup.