

Teachers Reference Sheet

Ingredients list exercises.

1. **Aim:** to reinforce the fact that the ingredients list shows all of the constituents of a food in descending order by weight. Biggest first, smallest last.

1. When making up the orange juice drink provide each child with a series of coloured cards with the names of the ingredients printed on them;



ORANGE JUICE



WATER



SUGAR



COLOUR

Ask the children to arrange the cards in the correct order ie greatest first, smallest last, as the teacher makes up the juice drink.

Alternatively ask them to watch the mixing and then write a list of the ingredients used in the correct order

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Ingredients exercises

2. Make a simple product and then write the ingredients list in the correct order.

Suggestions are:

- ice lolly made from juice and water
- jelly made with fruit water, juice and jelly crystals
- smoothie made with a variety of fruits, juices, milk etc

Orange and strawberry smoothie

Recipe

Ingredient	Weight	Order
Orange juice	100g	1
5 strawberries	15g	4
Half a banana	75g	2
Half an apple	50g	3
10 grapes	12g	5

Ingredients : orange juice, banana, apple, strawberry, grapes.

Method

1. Weigh the ingredients on a set of scales
2. Write out the individual ingredients and weights in a table
3. Rank the ingredients by numbering them with the heaviest as 1 etc.
4. Make out the ingredients list in the correct format and order. Biggest first, smallest last.
5. Blend and eat!

Try using milk or yoghurt as an ingredient with the fruit and runny honey as a sweetener.

Use these recipes as alternatives:

1 cup orange juice

1 apple cored and peeled

2 cups low fat yoghurt
4 small bananas
honey to taste

1 banana
half a cup of orange juice
quarter cup semi skim milk

1.5 cups strawberries
1 cup raspberries
1 banana
1 cup orange juice

1 banana
handful strawberries/ raspberries
glass apple juice

quarter cup orange juice
half cup low fat yoghurt
few raspberries
few blackberries
few blueberries
teaspoon honey

or look on <http://www.5aday.nhs.uk/Recipes/Recipes.aspx> for more.

Orange juice lolly.

Recipe

Ingredient	Weight	Order
Water	50g	2
Orange juice	65g	1
Sugar	10g	3
Squeeze of lemon	2g	4

Ingredients: orange juice, water, sugar, lemon juice

Method

1. Weigh the ingredients on a set of scales
2. Write out the individual ingredients and weights in a table
3. Rank the ingredients by numbering them with the heaviest as 1 etc.
4. Make out the ingredients list in the correct format and order
5. Pour mix into a lolly mould and freeze.
6. Lick and enjoy!