



Thursday 28th May 2020

This is week 2 of National Smile Month

Here are healthy smoothie recipes you can try which are really tasty and good for your teeth at the same time!

Strawberry and Avocado Smoothie

$\frac{1}{2}$ avocado cut in to chunks 150g strawberries, halved



4 tablespoons yogurt (natural or strawberry) 200ml milk Honey to taste



Banana Smoothie

1 banana 250g milk honey to taste



Whizz in a blender and enjoy!

Remember you can have a go at "writing" the recipe or telling other people how you made it which is good for your sequencing skills. You have probably had a visit to the dentist. Watch the little powerpoint about this.

You could pretend to be a dentist and have a look at your family's teeth or your teddies' and toys' teeth. What can you tell them about looking after their teeth?