



Problem Solving

In this challenge, learners build essential skills as they complete the challenge.

Challenge:

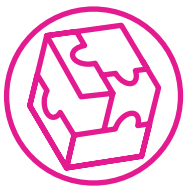
Creating a healthy smoothie

Learning aim:

To be able to design, plan, prepare and evaluate their own healthy smoothie.

Learning outcomes:

- Be able to state the health benefits of ingredients used to create a smoothie.
- Be able to calculate the cost of ingredients for the recipe.
- Be able to identify health and safety practices when making a smoothie.
- Be able to safely prepare the chosen smoothie.
- Be able to produce an evaluation summary of the healthy smoothie project.



'Problem Solving' is:

"the ability to find a solution to a complex situation or challenge."

Why are these skills important?

Showing great problem solving skills is really important as it helps you understand when to ask for help, how to use information and pick the best solutions to problems you have.



Differentiation from the initial step 0 to the final step 15.

Success criteria:

Did the learner?

- Identify two healthy smoothie recipes they would like to make.
- List the ingredients required for each smoothie recipe.
- State health benefits for each of the ingredients.
- Choose one smoothie recipe to prepare.
- State the method required for making the recipe.
- Calculate the cost of ingredients for the recipe.
- Explain health and safety practices which need to be carried out when making a smoothie.
- Prepare the chosen smoothie using the chosen method.
- Demonstrate safe practice when making the smoothie.
- Tidy up afterwards and clean the work area.
- Identify things that went well and state why.

Gatsby Benchmark 4 Challenge

Preparing for Adulthood Pathway –
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