

Jr. Chef Club II
The Art of Tasteful Beverages
Lesson 3

Banana Shake

Make three batches to provide a sample for 25–30 students.

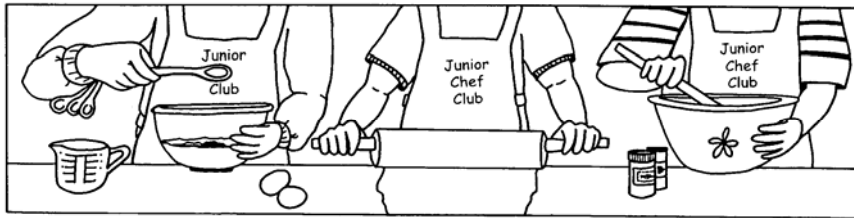
The banana shake is best made with very ripe bananas and is best served immediately. Soy Milk is a good substitute if milk allergies are a problem. If pressed for time, do excellent soda equation worksheet together, then have half the students make the banana shake and half make the soda.

Ingredients:

- 1½ cups reduced-fat or fat-free milk
- 1 peeled and sliced medium banana, frozen
- ½ teaspoon vanilla extract
- Cinnamon (optional)

Directions:

1. Put all ingredients in blender.
2. Blend on high for about 20 seconds.
3. Pour into glass and serve.
4. Sprinkle with cinnamon, if desired.



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Fruity Italian Soda

Makes a sample for one student.

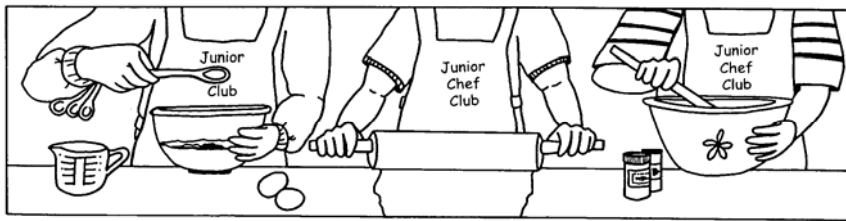
Make one cup per student. Several fruit juice concentrates will be available. Thaw the fruit juice concentrates partially and open the containers for the students as they seem to have trouble opening them without spilling juice. Follow instructions on Equation Worksheet. Have students take orders and figure out amounts of each drink to make. Place ice in cups, make soda in pitchers and then pour over ice.

Ingredients:

- 3 tablespoons frozen juice concentrate
(any flavor), softened
- $\frac{1}{2}$ cup sparkling water
- $\frac{1}{4}$ cup low-fat or fat-free milk
- Several ice cubes

Directions:

1. Put frozen juice concentrate into a glass.
2. Add sparkling water & milk. Stir it up.
3. Add a few ice cubes and enjoy.



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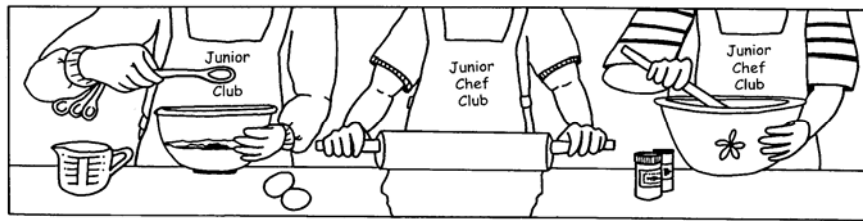
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Directions:

1. Put all ingredients in blender.
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3. Pour into glass and serve.
4. Sprinkle with cinnamon, if desired.



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Fruity Italian Soda

Makes a sample for one student.
Use Excellent Soda Worksheet to make enough of each kind for your class.

Ingredients:

- 3 tablespoons frozen juice concentrate (any flavor)
- $\frac{1}{2}$ cup sparkling water
- $\frac{1}{4}$ cup low-fat or fat-free milk
- Several ice cubes

Directions:

1. Put frozen juice concentrate into a glass.
2. Add sparkling water and milk. Stir it up.
3. Add a few ice cubes and enjoy.