

# Alcohol-Free Cocktails

## Learning Outcomes:

- To have fun!
- To think about alternatives to drinking alcohol.
- (To think about healthy drinks – this depends a bit on what you chose to use!)

## Equipment:

- Glasses or similar (age appropriate and safe) – a variety if possible
- Ingredients for the drinks (be creative, go online – we have suggestions)
- Decorations - straws, fruit, cocktail umbrellas (Could make their own decorations.)

## Instructions:

- Talk about how you can make nice (healthy?) drinks together, and make them look nice/cool/pretty etc.
- Using the ingredients and decorations, encourage your child to have a go at mixing things together to make a nice (!) drink.
- Once the drink is made and decorated, they should name it.
- Maybe they could make a variety of drinks on a theme – a jungle, Frozen, etc.
- If appropriate, you could photograph the drinks, and add them to a social media site with the recipe.
- Ideas for some drinks on handout – but making up your own is a lot more fun!

**National Curriculum:** Primary: Pupils should know the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug taking.

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# Alcohol-Free Cocktails Recipes

## **Sunset:**

### *Ingredients:*

Orange Juice

Lemonade

Blackcurrant squash (ideally full sugar as it is thicker)

### *Method:*

Half fill the glass with orange juice and then add lemonade.

Slowly pour in a small amount of squash, so that the squash sinks to the bottom – it should look like a sunset.

Decorate as you wish (a slice of orange over the side would look good).

## **Tiger Tim:**

### *Ingredients:*

Grapefruit Juice

Lemonade

Lemon Juice

### *Method:*

Half fill the glass with grapefruit juice.

Add a dash of lemon juice.

Top up with lemonade and decorate.

(More recipes all over the internet, and  
at: <https://www.facebook.com/AlcoholFreeToday/> )