

Smoothie Party

Grade Level: Adaptable for 2-5
Total Lesson Time: 45 minutes



Lesson Overview

This lesson provides an opportunity for students to celebrate some of the skills and knowledge they gained from the first four lessons of this unit. It is also a celebration of healthy food and healthy eating habits. Students help make two different smoothies for everyone to enjoy. Recipes are written on the board for students to read and follow. We used recipes from the student cookbooks.

Objectives

Students will:

1. Know how to make healthy food choices (W.I.N.C, W.I.N.E; Health A.4.3, B.4.1)
2. Connect math learning to other subjects (Math A.4.3)
3. Recognize and interpret measurements for recipe ingredients (Math D.4.1, D.4.3)

Preparation

1. Collect materials
2. Write recipes on the board

Materials

Food

Vanilla yogurt
Frozen mixed berries
Frozen bananas
Frozen strawberries
Apple juice
Orange juice
(See recipes)

Supplies

Blender
Cups
Napkins
Measuring cups
2 Large spoons
Extension cord

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REAP Food Group:
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Recipes (Per class of 16 students)

Mixed Berry Yogurt Smoothie

4 cups vanilla yogurt
2 cups frozen mixed berries
½ cup apple juice (or other fruit juice)

- 1) Put all ingredients in a blender
- 2) Stir
- 3) Blend until smooth (add extra juice if needed)

Banana Berry Smoothie

2 frozen bananas
2 cups frozen strawberries
2 cups apple juice
1 cup orange juice

- 1) Put all ingredients in a blender
- 2) Stir
- 3) Blend until smooth

Procedure

Introduction

Ask students what they think about the cookbook they've been working on. Did they enjoy finding recipes? Has anyone tried their recipe at home? Let them know that they will be celebrating the completion of the cookbook and new skills they have learned.

Ask if any students have tasted a smoothie? Has anyone made a smoothie before? What do students know about smoothies? What are some typical smoothie ingredients?

If students have made a smoothie before, then they have probably used a blender. What do they know about blenders? How do they work? What safety tips should they keep in mind when using a blender? Never put spoons or other stirring instruments in the blender when it is running. Keep the lid on whenever the blender is running. Never put hands on the blades, whether the blender is in use or not.

Review the recipes

Have students read the recipes on the board. What tools, other than the blender, will they need to make the recipes? (Spoon and measuring cups.)

Make the Smoothies

Measuring the ingredients is a great opportunity to integrate applied math learning. Ask students to come up one at a time to add ingredients to the blender and then one student to turn on the blender and complete the smoothie. You may need to stop the blender a couple times and stir the contents so all the ingredients get blended completely.

Pour the first smoothie and pass it out to students. As with previous tasting lessons, ask students to share thoughts and describing words as they drink their smoothie.

Repeat with second smoothie.

Cookbooks

Hand out the completed cookbooks and allow students to read them while they enjoy their smoothies. If the cookbooks were not printed in color, than they can take time to color in the fruits and vegetable they drew.

This is also a good time to sing or listen to any favorite food related songs.

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