LESSON PLAN

Smart Smoothies

Setup:

Wash the tables and desks and cover with bulletin board paper to make clean up easy.

Wash harvested greens from the garden and place in a bowl.

On a central table, set out liquids and bowls of fruit and greens.

If the bananas are fresh, place the bananas next to a cutting board and a plastic knife.

Have measuring cups available for each group or on the central table.

Make sure students can easily access all items.

Set up a blending station that will be controlled by the teacher or adult helper.

Each student group will need their own blender cup.

Activity:

Prior to starting their smoothies, have each student go to the following website and read about vitamins and minerals to complete the Vitamins & Minerals Worksheet.


1. Divide the class into 4-6 groups. Make sure each group has one copy of each of the resources listed above. Each group will be responsible for creating their own Smart Smoothie recipe.
2. Give each group at least one nutrient card.

3. Using the Basic Smoothie Recipe and Smart Smoothie Template, and additional resources, each group will create a recipe for a Smart Smoothie. The recipe must incorporate the nutrient listed on the group’s nutrient card. The students will list all vitamins, minerals and health benefits/disease prevention attributes contained in their smoothie.

4. The students will make a 30-second commercial (live or videotaped) advertising their Smart Smoothie.

5. The students will use the blender cup and fresh ingredients to make their smoothie, bringing the cup with ingredients to the blending station to blend and pour a sample for each person in the class. Students should wash their hands before making their smoothie.

6. Each group will present their commercial and provide samples for the class to taste.

7. After each group has presented their commercials and tasted each smoothie, have the class graph their favorite smoothie using sticky notes on the board or using large graph paper.

8. Make copies of each group’s recipe for all students or create a mini Smart Smoothie recipe book for each student to take home.
Use the following website to answer the questions below:


1. Explain the two categories of vitamins and give examples of each.

2. Why do you need a fresh supply of Vitamin C every day?

3. What are two ways vitamins and minerals can help your body?

4. Where do vitamins come from?

5. Where do minerals come from?

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Sources</th>
<th>Health Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin E</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin K</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potassium</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Basic Smoothie Recipe**

**Ingredients:**

½ - 1 banana (adds natural sweetness and creaminess)

1 handful (approximately ½ cup) greens from the garden

1 - 1 ½ cup fresh or frozen fruit (frozen makes better smoothies)

¾ - 1 cup liquid (almond milk, coconut water, 100% juice)

½ cup plain, fat free yogurt (optional)

**Directions:**

Combine all ingredients in a small blender and blend until smooth.
Smart Smoothie

Recipe Title: ________________________________________________________________

Ingredients:

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

Directions:

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

Vitamins: __________________________

Minerals: __________________________

Health Benefits: ____________________

Disease Prevention: __________________