

It's Smoothie Time



Approximate Instructional Time: 30 minutes

Lesson Overview: Students will learn that fresh fruits and vegetables are just as nutritious as frozen fruits and vegetables while making berry smoothies.

Learning Outcomes:

- Students will be able to explain that fresh fruits and vegetables are just as nutritious as frozen fruits and vegetables
- Students will be able to operate a blender
- Students will be able to explain how to make a smoothie

Materials:

- Berry samples
- Whiteboard or flipchart and markers
- Berry smoothie recipe

Preparation & Set-Up:

- Prepare bowls with fresh berries and frozen berries (blueberries, blackberries, raspberries, strawberries) for sampling
- Set up tables with ingredients and utensils

LESSON

Discussion: Using a show of hands, ask Students what they think is more nutritious – fresh fruits and vegetables, frozen fruits and vegetables or both, mark the response on a whiteboard or flipchart. Have Students' sample frozen berries and fresh berries one at a time. Using a show of hands, ask which they preferred – fresh or frozen, mark the response on the whiteboard or flipchart.

Learning Plan: Explain to students that fresh and frozen fruits and vegetables are both nutritious. Explain that frozen fruits and vegetables last longer and often cost less. Make smoothies. Ask what other fruits or vegetables they could put into a smoothie.

Extra: If time permits, have Students make the recipe twice – once using frozen fruits and vegetables, and once using fresh fruits and vegetables. Ask Students which smoothie they preferred and why. Did they taste different? The same? Mark responses on the whiteboard or flipchart.

Appendices:

Berry smoothie recipe