



*Extending the Knowledge and Resources of the University
to the People of Waupaca County and Wisconsin*

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Fruit Smoothies

Grades: K-5

Total Lesson Time: 30 minutes



Lesson Overview

Students involved in the Farm to School AmeriCorp classrooms will learn about locally grown fruits. Students will have a chance to prepare and sample a fruit smoothie.

Objectives

Students will fulfill educational expectations by meeting school standards and benchmarks in:

1. Reading and Language Arts: Using general skills and strategies of the reading process.
2. Mathematics: Understand and apply basic measurement skills.
3. Science: Appreciate the process of growing and eating healthy food.
4. Social Studies: Learn about relationships between themselves, farming and local environment.

Preparation

1. Wash and dry fresh fruits for tasting.
2. Students should wash and sanitize hands before tasting.
3. Assemble activity props, pictures and equipment for session.

Procedures

Introduction

*Read the story **Eating the Alphabet Fruits & Vegetables from A to Z** by Lois Ehlert.

*After the story, explain to the students they will be making their own fruit smoothies. Write down your individual recipe on the card. Remember how they made them as we will be making a class recipe book with everyone's own fruit smoothie.

*Show pictures of fruits that are available locally. (Apples, strawberries, blueberries)

Pictures of other fruits can also be displayed.

* Explain safety rules when using blenders or knives.

**If we make a mess it is ok. We need to clean it up.*

1. Instruct students to wash hands with warm water and soap.
2. Have students pick the ingredients they want to use in their smoothie.
3. Blend the smoothie and taste.
4. Students will then write their own recipe for the classroom cookbook.

Wrap-Up

Ask these additional questions to reinforce what students learned, did, read and talked about:

1. What did you like about making a smoothie? What was the easiest/hardest part? Can you think of anything else you could add to a smoothie to make it taste good?
2. Who has had fruits today? Reinforce that it is important to eat fruits.
3. Remind students that it's important to try new foods and to eat many kinds of foods.

Setting a Goal

Ask students to set a goal to eat fruits at least twice a day. Tell them that one way they can do this is to eat fruits at breakfast, lunch, supper or snacks.

Take -home Message and Family Link

Remind students that today they...

- **Learned** how to make a healthy fruit smoothie. Encourage them to tell family members about it and to make one at home using the recipe provided.
- **Tasted** a healthy fruit smoothie. Encourage them to continue to try new foods and to eat fruits every day.
- **Set a goal** to eat fruits at least twice a day or at every meal. Tell them to talk about their goal with someone at home who can help them to remember to do it.

Peach-Raspberry Smoothie

1 cup unsweetened frozen raspberries

$\frac{3}{4}$ cup 100% orange juice (if you use frozen juice, don't forget to dilute it first)

$\frac{1}{2}$ cup fruit-flavored, low-fat yogurt (try peach)

Blend all ingredients well in a blender, and drink!

Prep time: 5 minutes

Number of servings: 1

Variations:

- **Frozen strawberries, blueberries, mixed berries, mango, or peaches**
- **Pineapple juice, orange-tangerine juice, and other 100 percent juice blends**

Different yogurt flavors