



Pilot Light Family Meal Lesson Smoothies

Suggested Age Range: 10-18 years old

Recipe:

Smoothies - Serves 1-2

Ingredients:

- Frozen or fresh fruit of choice (~1 heaping cup)
- Spinach, kale, or another green if you have it on hand (~ $\frac{1}{4}$ cup or 1 small handful)
- Juice, water, or milk of your choice (~ $\frac{1}{3}$ cup)
- Ice (optional - 3 cubes - only if using fresh fruit)
- *Additional ingredients that could be added:*
 - Oats or granola
 - Peanut or another nut butter
 - Nuts or seeds



Materials:

- Blender (any type: hand/immersion, bullet, or traditional)
 - Measuring cups
 - Cutting board and knife
 - Cups for serving
- 1) The day before, wash, cut, and put fruit and vegetables in the freezer overnight.
 - 2) The next day, take out the fruit and vegetables from the freezer.
 - 3) Put the fruit and vegetables along with water, ice, and/or milk based on preference in the blender.
 - 4) Add nut butter, oats, and/or nuts and seeds (if using).
 - 5) Blend the ingredients.
 - 6) Taste and add more of any ingredient for desired taste and texture (if needed).
 - 7) Serve cold.

Activities and Discussion Questions:

Smoothies can be connected to many content areas! The following are ideas and different “stations” or activities that can be set up. Stations are a great way to keep multiple students engaged at the same time.

FOOD KNOWLEDGE STATION

- Students can read and discuss an article on smoothies such as: “Should I Drink Smoothies” from *TIME Magazine*:
<https://time.com/3737812/smoothies-healthy-breakfast-fruit/>
- Discuss or write about: What is the nutritional value of smoothies and when would be the best time to make/drink them?

MATH STATION

Students will work on the conversion, rates, ratios, and proportions’ worksheets while other students are making their smoothies and experimenting with their smoothie recipe. A great resource for lessons and worksheets about these math topics is Engage NY:

<https://www.engageny.org/ccls-math/5md1>

- 1) Give students examples of word problems from Engage NY (or another source) that require conversions between units.
- 2) Give students examples of word problems from Engage NY (or another source) that requires changes in rates.
- 3) Teach students how to convert and change rates through proportions.
- 4) Give students examples and have them practice measuring for recipes, and when the recipe needs to be doubled, tripled, etc (made for more quantities) how do you measure the ingredients? How do you buy in approximate amounts without going over your budget? How do you portion accordingly?
- 5) Show students how to solve for rates, ratios, proportions and conversions using recipes, food, and different units of measurement. Give them practice problems and real world scenarios.

Extension Activities:

Make Flyers to Promote Smoothie Recipes:

Another activity students can do is to make flyers and a business proposal for selling their smoothie. They will come up with logos, the recipe, the menu, the costs, and how they need to sell the smoothies to make a profit.

Learn about what is involved in starting a business: “The Basics of Starting a Business” from *The New York Times*:

<https://www.nytimes.com/2009/09/03/business/smallbusiness/03sbizguide.html>

Students can discuss or write about a potential business plan for selling smoothies or another product.

This family lesson was written by Food Education Fellow, Marria Rahim, and was inspired by Pilot Light’s lesson, [The Green in Me](#).