



Food Education Standard #5: Food impacts health.

## Making a Smoothie

**Grade Levels & Subjects:** Early Education and K - 2 English Language Arts

**Learning + Food Objectives:**

Students will learn how food impacts health by choosing food options to put in a smoothie.

**Common Core Standards:**

Common Core English Language Arts

Using drawings and words to express ideas

CCSS.ELA-LITERACY.SL.1.2

Ask and answer questions about key details in a text read aloud or information presented orally or through other media.

CCSS.ELA-LITERACY.SL.1.5

Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.



### MATERIALS NEEDED

- *Monkey's Super Smoothie* by Mike Berry (physical copy or read aloud online)  
OR
- "Make a Fruit Smoothie" by Go with YoYo - <https://www.youtube.com/watch?v=rhuOT6seLJc>
- Pilot Light Video: Smoothies by Pilot Light Fellow Marria Rahim: <https://vimeo.com/403340038>
- Student Worksheet (Attached below)

## CLASSROOM PROCEDURE

### INTRODUCTION (5 minutes)

1. Prior to the lesson, create a 2-column chart on the board, on big chart paper or digitally labeled: *Our Favorite Fruits, Our Favorite Vegetables*.
2. Tell students to go to the bell ringer section of the worksheet where they will see the table Fruit & Veggie Favorites. Please note: On the student worksheet, the table reads, *My Favorite Fruits* and *My Favorite Vegetables*.
3. Set a timer for 2 minutes and either ask students to say their favorite fruits as the teacher writes them OR ask students to fill in their table with as many as they can in 2 minutes.
4. Discuss their responses. Then, explain that it's important to eat a variety of fruits and vegetables to feel good, have energy (to play, run, think, learn!) and grow!

### INSTRUCTION (30 - 50 minutes)

1. Before the lesson project or recreate student worksheet tables on big chart paper around the room. Be prepared to write out students' answers instead of having them write them out, if appropriate.
2. Explain that today we're going to be talking about the benefits of drinking smoothies and what kinds of foods you can add to smoothies.
3. Prepare to read the book *Monkey's Super Smoothie* by Mike Berry, which details how to make a smoothie and healthy foods to include. This book may also be available online as a read-aloud.  
If this book isn't available use this video: "Making a Fruit Smoothie" by Go with YoYo.
4. Play the Pilot Light Video - "Family Video about Smoothies" and work with students to answer the questions in the table. As an alternative, the teacher can write the answers on the board, big chart paper or type them in digitally.
5. Now, direct their attention to the Making Your Own Smoothie Recipe section in the student worksheet.
6. Tell students that now, it's time for them to create their own smoothie recipe - incorporating healthy foods with at least 2 fruits and at least 1 vegetable. Brainstorm lists of each if needed.

### CLOSING (teacher discretion)

1. Direct students to the Blending Fruits & Veggies section of the student worksheet.
2. Read and instruct students to finish these sentences. Consider allowing students to use images/pictures or draw their responses if they can't write them out.
  - a. One vegetable I'm willing to try this year is \_\_\_\_\_.
  - b. Two fruits that would blend well with this vegetable are: \_\_\_\_\_ and \_\_\_\_\_.

## RECIPE FROM VIDEO

Video: Pilot Light Family Meal: Smoothies by Pilot Light Fellow Marria Rahim - <https://vimeo.com/403340038>

Below is the recipe from the video in this lesson. Pilot Light Anywhere lessons are designed to be able to be delivered from a remote setting; however, this recipe can be demoed by the teacher virtually/in person, sent home to families, or used for reference.

### **Blueberry-Banana Smoothie**

*Serves 1 - 2*

#### Ingredients:

- banana
- blueberries
- kale
- strawberries
- 2 tsps of Greek yogurt
- 2 tsp oats
- 1 tsp of almond butter
- A pinch of the flax seeds
- A pinch of chia seeds
- Almond milk

#### Materials:

- Blender
- Regular cup or blender cup
- Knife
- Cutting Board

#### Preparation:

- Add fruit to the blender- cutting as needed.
- Add kale, 2 tsps of Greek yogurt, 2 tsp oats, 1 tsp of almond butter, a pinch of the flax seeds and chia seeds
- Add almond milk a little at a time until you notice your smoothie is the consistency you want.
- Now, it's time to blend!
- Pour smoothie into a cup.

The student worksheet below can be printed or copied onto any online learning platform.



## Making a Smoothie

### My Favorite Fruits & Vegetables

**Directions:** Write or draw your favorite fruits on the left and favorite vegetables on the right.

My Favorite Fruits	My Favorite Vegetables



## Family Video about Smoothies

**Directions:** As your teacher reads through the questions, draw or write the answers for each. If you don't know how to spell what you want to say, ask your teacher for help.

Family Video about Smoothies	
1	What ingredients were added to the video? <i>Write or draw them.</i>
2	Does the recipe include any of your favorite foods? <i>Write or draw them.</i>
3	Were there ingredients included that you don't like? <i>Write or draw them.</i>
4	What foods could you use instead of the ones you don't like? <i>Write or draw them.</i>
Making Your Own Smoothie Recipe	
5	My smoothie recipe, has these foods:  <i>Write or draw them.</i>

## Blending Fruits & Veggies

**Directions:** Write or draw the answers that fill in the blanks.

# Making a Smoothie



<b>1 vegetable I'm willing to try this month is _____.</b>	<b>2 fruits that would blend well with this vegetable are: _____ and _____.</b>