



# Blender Bikes: Blending Nutrition and Physical Activity

## Intended Audience:

- Elementary school through adult

## Lesson Objectives:

Session participants will:

- List common smoothie ingredients and proportions
- Describe how to customize a healthful smoothie recipe

**Time:** 10-15 minutes (depending on group size)

## Do Ahead:

Make sets of the ingredient sheets listed below. Note number of copies needed for each:

- Yogurt (1 copy)
- Banana (2 copies)
- Orange juice (1 copy)
- Ice (1 copy)
- Spinach (1 copy)
- Frozen fruit (3 copies of each of the following)
  - Blueberries
  - Strawberries
  - Raspberries
  - Blueberries
  - Pineapple
  - Peaches
  - Mango
  - Pre-mixed fruits

Blending Nutrition and Physical Activity  
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## Create Your Own Smoothie Recipe

### INTRODUCTION

This activity introduces students to a standard “healthy smoothie” recipe and engages them in customizing it to their own tastes.

### WHAT TO DO

#### Experience:

Ask participants to do the following and answer these questions:

- Brainstorm a list of foods that you have prepared using a recipe.
  - Which of the ingredients could you make substitutions for? In which recipes?
  - Which recipes do you really have to follow very closely in terms of ingredients, amounts, temperature, etc.
- If you have made smoothies, which ingredients did you use? Point out that “dessert smoothies” (made with ice cream, syrup or honey, cookies, candies, sugar, etc.) are “sometimes” foods, while healthy smoothies are nutritious options to enjoy every day. (See background information, “What is a Smoothie”)

Explain that a standard “healthy smoothie” recipe follows these guidelines:

- Use fresh or frozen fruits and vegetables (no sugar added).
- Limit calories from added sugars and saturated fats. This includes choosing a low-fat, low- or zero-sugar yogurt.
- Add dark, leafy vegetables, when possible.
- Include lots of ice!

### ACTIVITY:

1. Handout ingredient sheets (one sheet per student)
2. Share the pattern of ingredients for a “healthy smoothie” listed in the table on the following page. Discuss the purpose of each ingredient.
3. Ask students to line up holding the ingredient sheets for the ingredients they would add to make a smoothie for their group. For example, the selection might include 1 yogurt, 1 banana, 1 orange juice, 1 frozen strawberry, 1 frozen mango, and 1 frozen peach sheet.



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Below is an example of one standard “healthy smoothie” recipe. It calls for certain proportions of ingredients. This recipe will fill one standard (48 oz.) blender pitcher. If you have a small blender, use half of these amounts.

Ingredients	Benefits of adding this ingredient	Preferred Options
½ - 1 cup yogurt	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Protein</li> <li>• Smooth texture</li> </ul>	Plain or vanilla Greek yogurt is recommended, though you can use any flavor and variety
0-2 ripe bananas	<ul style="list-style-type: none"> <li>• Adds thickness to smoothie</li> <li>• Sweetness</li> <li>• Nutrients, including potassium</li> </ul>	Use one banana, two bananas or none at all. Fresh or frozen work well.
3 cups frozen fruit	<ul style="list-style-type: none"> <li>• Sweetness</li> <li>• Nutrients, including vitamin C</li> <li>• Color</li> </ul>	Unsweetened raspberries, blueberries, blackberries, pineapple strawberries, mango, peaches (or a combination)
2 ½ cups orange juice	<ul style="list-style-type: none"> <li>• Sweetness</li> <li>• Nutrients, including vitamin C</li> </ul>	Choose 100% fruit juice; avoid sweetened juice drinks.
1-2 cups ice	<ul style="list-style-type: none"> <li>• Coldness and crunchiness</li> <li>• Nutrients, including vitamin C</li> </ul>	Just frozen water! This is a great way to consume more water.
½ -1 cup spinach	<ul style="list-style-type: none"> <li>• Nutrients, including vitamin</li> <li>• Color</li> <li>• Fiber</li> </ul>	This is an optional way to add color and more nutrients without changing the flavor. Kids like it!

## TALK IT OVER

### Reflect:

- Why did you include certain ingredients and exclude others?
- How would a smoothie taste if you left out either the yogurt, banana, or orange juice?

### Generalize:

- Which ingredients did most people express a preference for?
- Which type of recipes do you like better...
  1. recipes that you can change according to your taste, or,
  2. recipes that you have to follow closely and that yield the same tasting product each time?

### Apply:

- Write out the basic smoothie ingredient list from memory.
- Write a shopping list for your smoothie recipe. Try to estimate the cost of the ingredients.
- Pretend you were going to buy smoothies ingredients for a large group you never met before, and make a shopping list for that recipe. How is it different? Are there any ingredients you would not buy?

## MORE CHALLENGES

Divide participants into two teams and provide each with a full set of ingredient cards. Challenge the teams to create different smoothies (healthiest, tastiest, most colorful, least expensive, etc.). Have a judge (or team of judges) select the winning recipe for each category.