



## 4-H Blender Bike: Blending Nutrition and Physical Activity

### Intended Audience:

- School classes and other groups

### Lesson Objectives:

Session participants will:

- Experience making a healthy food on a blender bike.
- Make the connection between recipe ingredients and healthy eating recommendations.

**Time:** Approximately 45 minutes -1 hour, plus set up and clean up time

### Supplies

- Blender containers
- Scissors
- Measuring cups (½ cup, 1 cup)
- Measuring spoons
- Mixing spoons
- Cutting board & knives
- Bowls
- Can opener
- Strainers
- Ice
- Scoop for ice
- Sample-size cups
- Gloves for handling food
- Recipe Sheets
- Ingredients (see Recipe Sheet for recipes and amounts)
- *Preparing to Use the Blender Bike* Resource Sheet
- Paper towels & dish soap for clean up

## Smoothies and Beyond: Blender Bike Recipe Stations with a Group

### INTRODUCTION

Blender bikes—often called “smoothie bikes” because they are commonly used to make smoothies—are stationary bicycles with a blender attached over the front or back wheel and powered entirely by pedaling. Blender bikes may be used in the classroom or at community events that promote healthy eating. A blender bike serves as an attention-grabber *and* a fun tool to teach about making healthy food and physical activity choices. It provides a creative tool to expose, engage, and educate about the importance of fruit and vegetable consumption and making healthy choices.

If you want to showcase the variety of food that can be made with a blender bike, you can set up activity stations and make three recipes simultaneously. It will take some pre-planning and coordination, but it can be done!

**Experience:** Ask the participants:

- What do you think a blender bike can be used for?
- Do you think blending food on a bike will be fun?
- Do you think blending food on a bike will be easy or difficult?

### WHAT TO DO

1. **Set up** 3 activity stations with the ingredients and supplies needed for each. Put one copy of the recipe at each station (use a sheet protector to keep it clean).

Set up stations with supplies and ingredients.

#### Smoothie Station

**Supplies:** cutting board & knives, measuring cups (liquid & dry), mixing spoon, scissors to cut plastic bags of fruit, scoop for ice, bowls for ingredients, sample-size cups

**Ingredients:** bananas, yogurt, spinach, frozen fruit, orange juice, ice

#### Pumpkin Hummus Station

**Supplies:** can opener, measuring spoons, spatula, strainer, serving bowls

**Ingredients:** canned pumpkin, canned garbanzo beans, tahini, lemons, garlic clove, cumin, sea salt



## Do Ahead

- Recruit 1 or 2 volunteers to help with each recipe station. Review their role with them prior to the start of the session.
- Review activity instructions and *Preparing to Use the Blender Bike* Resource Sheet.
- Copy recipe sheets.
- Purchase any needed supplies and food (see Recipe Sheets for ingredients).
- Make sure you have all the equipment and ingredients on hand.
- Set up stations.
- If time is limited, prepare some ingredients ahead (e.g., chop onions, squeeze lemon juice).
- The fruit for smoothies should be frozen, but it works best if it has thawed slightly ahead to time.

**Note:** If a blender bike is not available, all recipes can be made with a regular blender.

**See the *Adjusting the Blender Bike* Resource Sheet** for suggestions about troubleshooting bike-related issues such as the blender will not turn.

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For the complete *Blending Nutrition and Physical Activity* Curriculum, go to <http://www.ohio4h.org/healthyliving>

## Salsa Station

**Supplies:** cutting board & knives, can opener, measuring spoons, strainer, serving bowls

**Ingredients:** canned tomatoes, onion, jalapeno pepper, lime, cilantro, sea salt, pepper

Have volunteers at each station to lead participants through making the recipe and assist as needed.

- 2. Divide** the participants into groups and review the instructions with them:
  - a. Each group will get to make only one of the recipes, but will get to taste all of them.
  - b. When the first group has their ingredients assembled they can use the blender bike to blend.
- 3. Prepare:** At each station, do the following:
  - a. Participants must wash their hands prior to handling food. Gloves may be provided.
  - b. Ask for participants to assist with measuring ingredients.
  - c. As the facilitator, circulate to each group to assist them as needed.
- 4. Blend**
  - a. The first group that is finished assembling their ingredients can use the blender.
  - b. Follow instructions for blending (see *Preparing to Use the Blender Bike* Resource Sheet)
  - c. Sample the finished product.

When each recipe has been blended and participants have had a chance to sample the foods, gather the group together and discuss the activity.

## TALK IT OVER

### Reflect:

- What did you think of these recipes? Using the bike?

### Generalize:

- What type of ingredients do these recipes have in common?
- Which dietary recommendations do these recipes help meet?
- Name other foods that you could blend on a blender bike.

### Apply:

- Would it be possible to make these foods at home with your family? Why or why not?
- You didn't pedal the bike for very long to make a smoothie. Biking is one way to get physical activity in your day. What physical activities could you add more of to your daily routine?