Smoothies

Snack Activity

Objectives:
1. Review health benefits of fruits and calcium-rich foods.
2. Learn how to make a fun and tasty snack using fruits and milk products.

Age:
8 years and older.

Length:
Approximately 10 to 15 minutes.

Supplies and Materials:
1. Supplies for making smoothies: blenders, measuring cups and spoons, extension cords, and cups. If blenders are not available, smoothies can be made using potato mashers, rotary beaters, or re-sealable plastic bags and pre-crushed ice.

2. Ingredients for making smoothies: fruit, yogurt, milk, and ice. For group settings, select 3 or 4 Smoothie variations so participants have choices.

3. Create a WINNING Smoothie charts available at each blender or mixing station. In addition, copy one handout for each participant’s take-home bag.

Special Considerations:
Food Allergies: Be aware that some participants may have food allergies. For participants with dairy allergies, have soy-based products available.

Variations in Age: For younger participants, use the potato masher, a rotary beater, or a re-sealable plastic bag for blending the smoothies. Another option is to let participants select ingredients and have an older participant or helper run the blender.

Activity Directions:
1. Divide participants into small groups for preparing WINNING Smoothies. Share a few points about the nutritional value of smoothies such as:

   Fruit provides fiber, vitamins, and minerals while adding a natural sweet flavor. A smoothie can provide one to two fruit servings. Select fresh fruit when possible. Canned or frozen fruit also works.
Yogurt and milk provide calcium for strong bones and teeth and protein for healthy muscles. Select lowfat or nonfat varieties. A smoothie provides about one serving from the milk, cheese and yogurt food group.

2. Review the process for making Smoothies. Discuss proper use of a blender and provide helpers as needed. Be sure participants wash hands before starting.

3. Encourage participants to experiment at home with smoothies for after-school snacks, with dinner or as a dessert. Remind them to ask permission from parents before using the blender.

Take Home Tidbit

Create a WINNING Smoothie handout.