

## My Smoothie Recipe

### Grades 2 – 4

Age appropriate nutrition learning concept: Around early to mid-elementary students can learn about food by building familiarity with a variety of foods through identification and cooking activities. They develop confidence and positive feelings about trying new foods.

#### Supplies:

- ✓ Order a free class set of the Spin-a-Smoothie resource from [TeachNutrition.ca](http://TeachNutrition.ca)
- ✓ Print a class set of the supplied recipe card template (back of page)
- ✓ Art supplies

#### Instructions:

Pass students a copy of the Spin-a-Smoothie resource and ask them to explore the different recipes and the ingredients used in the smoothie recipes.

Ask students to create their own nutritious and delicious smoothie recipe and record it using the recipe card template (provided). Have them create an image of their smoothie recipe (the final product, individual ingredients or the process of making the recipe).

Students can then present their recipe to the class.

#### Add-ons:

- The local aspect of food- Ask students to include one or more ingredients grown or produced locally. This can lead into discussions and lessons about where food comes from.
- Expand the activity and have the students draw the steps that go into making a smoothie.
- Do a culinary activity with your class. Use a recipe from the Spin-a-Smoothie wheel and make smoothies with your class. Doing culinary activities provides opportunities to integrate math, science and social skill development into an activity. If you need information or tips on doing culinary activities in your classroom, you can visit [TeachNutrition.ca](http://TeachNutrition.ca).
- Introducing new foods and flavours – use the Spin-a-Smoothie wheel and have students identify an ingredient that they have not tried or are curious about how it tastes in combination with the ingredients in the recipe. Discussing new foods and flavours is a way to expose students to foods.
- To assist in teaching and learning about origins of foods access TeachNutrition's *Food Images and Origins Cards* from a Dairy Farmers of Canada Provincial Project Manager of Health Education – Nutrition by emailing [infnutrition@dfc-plc.ca](mailto:infnutrition@dfc-plc.ca).

#### Curriculum: Health Education

- ✓ The importance and benefits of making healthy food choices

#### Curriculum: English Language Arts

- ✓ Speaking and Listening
- ✓ Reading and Viewing
- ✓ Writing and Representing

#### Curriculum: Art Education

- ✓ Developing of imagery using a variety of art media



Recipe Name: \_\_\_\_\_

### Ingredients

Fruit/Vegetable

Milk Products

Other Ingredients

_____	_____	_____
_____	_____	_____
_____	_____	_____

### Directions

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A picture of my smoothie recipe

This recipe created by \_\_\_\_\_