

GREEN

SMOOTHIE

GRADE: K
LENGTH: 30 minutes

Essential Question

How can we use counting to help us make a smoothie?

Alabama Curriculum Standards

Math K.5 Count to answer "how many" questions about as many as 20 things arranged in a line, a rectangular array, or a circle, or as many as 10 things in a scattered configuration; given a number from 1-20, count out that many objects.

Recipe

Ingredients:

- 2 cups (or about 6 large leaves) green leafy vegetables, such as collards, kale, chard, spinach
- 1 cup apple juice
- 1 banana
- 1 cup frozen mango
- ½ cup vanilla yogurt (optional)
- 1 cup ice (optional)
- 1 Tbsp. honey (optional)

Directions:

1. Strip leaves from stem and tear into smaller pieces.
2. Place leaves in blender with apple juice.
3. Blend until leaves are no longer visible.
4. Add banana, mango, and optional ingredients. Blend until smooth.
5. Serve and enjoy!

Objectives

- To harvest and taste something from the garden.
- To count the number of ingredients in a recipe.
- To follow the steps of a recipe.

Materials

- Recipe cards
- Measuring cups
- Liquid measuring cup
- Spoon or spatula
- Blender
- Serving cups

Vocabulary

- recipe
- ingredients

Preparation

Acquire all lesson materials. Photocopy recipe cards. Set up cooking area inside or outside. Set up a wash station, if harvesting veggies during the lesson. Write the recipe on a board or somewhere that all students can see during the lesson. Recruit an extra adult or two for help before, during, and/or after the lesson. Review basic food safety. Watch our YouTube video [Cooking in the Classroom](#). Have students wash their hands with warm soapy water before class begins.

Opening Circle

- Ask students:
 - Can you think of a time when someone in your family has cooked something?
 - Who cooked for you and your family? How did they know what ingredients to use and how to prepare it?
- Introduce students to the word “**recipe**.” Ask students what might be in a recipe. Explain that the items that go into a recipe are the **ingredients**.
- Direct students’ attention to the recipe written on a board. Read through the recipe ingredients and instructions as a class. Ask students a few questions about the recipe to check for understanding.
- Explain to students that there will be many steps to preparing our recipe, and everyone may not have the same job, but if we work together, we will be able to enjoy a snack together.

Activity

PART 1: HARVEST AND WASH

- 1 Lead students to the garden to harvest the vegetables for the smoothie.
- 2 Lead students to the washing station to wash their vegetables.
- 3 Collect all the washed vegetables and return to cooking area.

PART 2: PREPARING THE RECIPE

- 4 Have students identify the ingredients that will be used. Count the number of ingredients together.
- 5 Complete the steps of the recipe, calling on students as needed. *(See Teacher Background for an example of how students may participate.)*

PART 3: TASTING

- 6 Remind students to be respectful and curious when tasting. *(See the Cooking Promise in Chapter 1 for more ideas on how to encourage students to try new foods.)*
- 7 Set out cups. Cups can be counted by ones or twos as they are set out and filled.
- 8 Serve everyone a sample. While waiting for everyone to be served, students can use their senses to experience their sample.
 - How does it smell? Can you smell any one ingredient the most?
 - Are there any ingredients that you don’t see or smell?
- 9 Taste and enjoy!

Closing Circle

Have students reflect on what they learned and share their thoughts about eating the smoothie.

- What ingredient did you taste the most?
- What juice did we use in our smoothie? What other types of juice do you think would taste good?
- What fruit did we use in our smoothie? What other types of fruit do you think would taste good?
- Do you know someone who might enjoy this recipe?

Extension

- 1 Have students write or draw the recipe for a green smoothie. Have them draw and color each ingredient and the final product.
- 2 Discuss the difference between healthy and unhealthy snacks. Why is a smoothie a healthy snack? Make a list of other healthy snacks.

teacher

BACKGROUND

HARVESTING

For specific information on when and how to harvest and wash each vegetable included in this recipe, see the Appendix.

MAKING THE GREEN SMOOTHIE

This lesson can easily be done as a cooking demonstration, with the teacher completing all steps and students watching, like a cooking TV show.

Or engage students in the process:

- Have a few students help strip the stems from the leaves and add to the blender.
- Have several students help add the banana to the blender.
- Have several students help measure and add the mango, apple juice, yogurt, and ice to the blender.
- Have a student help turn on the blender.
- Have a couple students help serve.

DISCUSSION IDEAS

For more discussion questions to ask students throughout the lesson or to use as a writing prompt see page 83.

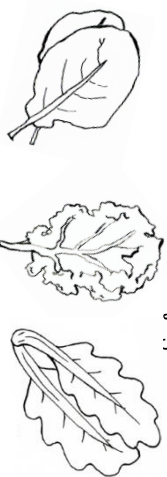
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