



SMOOTHIE CHALLENGE

For PreK - Grade 2

CONTRIBUTED BY:

A team of teachers at Dr. Levesque Elementary in Frenchville, Maine

COMMON CORE STATE STANDARDS

PreK/ K

Writing:

CCSS.ELA-LITERACY.W.K.1
CCSS.ELA-LITERACY.W.K.2
CCSS.ELA-LITERACY.W.K.3

Research to Build and Present Knowledge:

CCSS.ELA-LITERACY.W.K.7
CCSS.ELA-LITERACY.W.K.8

1st Grade

Research to Build and Present Knowledge:

CCSS.ELA-LITERACY.W.1.7
CCSS.ELA-LITERACY.W.1.8

2nd Grade

Research to Build and Present Knowledge:

CCSS.ELA-LITERACY.W.2.7
CCSS.ELA-LITERACY.W.2.8
CCSS.ELA-LITERACY.W.2.1



STATE OF MAINE HEALTH EDUCATION STANDARDS

C. Health Promotion and Risk Reduction: Students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

CI Healthy Practices and Behaviors: Students demonstrate age-appropriate healthy practices to maintain or improve personal health. a. Choose healthy foods, b. Demonstrate personal hygiene skills, including hand- washing.



LESSON SUMMARY

Students will work as a team to identify healthy options to create a simple smoothie-popsicle recipe. Students will collaborate to make and present their recipe and smoothie popsicle sample to judges who will check to make sure ingredients are nutritionally sound, and listed on an ingredients poster. A fun taste test will follow! Remember that your smoothie must be able to be safely consumed by each member of your class. Leave out known allergens. You must work with empathy and wash properly before cooking!



SMOOTHIE CHALLENGE, PREK- GRADE 2 || Continued...



WINTERKIDS' CHILDREN'S LITERATURE SUGGESTIONS

Good Enough to Eat: A Kid's Guide to Food and Nutrition by Lizzy Rockwell

Look Inside What Happens When You Eat by Emily Bone

The Vegetables We Eat, by Gail Gibbons

Eating the Alphabet by Lois Elhert



PROCEDURE

Come up with one fruit and one vegetable and the approximate amount of ingredients that you could mix with water to make a pitcher of smoothies, which will then be frozen into popsicles. Create a poster of your ingredients and approximate amounts. Briefly give directions to make the recipe. Give your creation a name! Choose a spokesperson to tell why or how you chose your ingredients. Why is yours a healthy choice?



Share your smoothie challenge photos with us on social media! Tag us in your post (@WinterKids_org on Instagram, @WinterKids on Facebook) and use the



hashtags: #MoveLearnExplore #WinterKids

Find more nutrition activities for your classroom or family in our WinterKids GOAL Binder, such as:

- "Blizzard Snack" in the Healthy Me! Section, page 75 (Preschool Edition)
- "Breakfast Counts!" 3.15 - 3.17, in the Health section (Grades 6-8)

Purchase a copy here: <https://winterkids.org/product/winterkids-guide-to-active-outdoor-learning-goal/>