

SMOOTHIE CHALLENGE

For Grade 6

CONTRIBUTED BY:

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

COMMON CORE STATE STANDARDS

Writing Standards

CCSS.ELA-LITERACY.W.6.1.A

Introduce claim(s) and organize the reasons and evidence clearly.

CCSS.ELA-LITERACY.W.6.1.B

Support claim(s) with clear reasons and relevant evidence, using credible sources and demonstrating an understanding of the topic or text.

CCSS.ELA-LITERACY.W.6.1.C

Use words, phrases, and clauses to clarify the relationships among claim(s) and reasons.

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 a healthy practice and/or behavior to maintain or improve their own health in each of the following areas: personal hygiene, healthy eating; physical activity; and tobacco, alcohol, and other drug use prevention.



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, Grade 6 || Continued...



WINTERKIDS' CHILDREN'S LITERATURE SUGGESTIONS

Eat Your Greens, Reds, Yellows, and Purples: Children's Cookbook by DK

Plant, Cook, Eat! by Joe Archer and Caroline Craig

Look Inside What Happens When You Eat by Emily Bone



PROCEDURE

Come up with a ratio of one fruit to one vegetable and the approximate amount of ingredients that you could mix with water to make a pitcher of smoothie liquid, which will then be frozen into popsicles. Make a poster listing ingredients, including approximate amounts in cups or other standard measurements and recipe directions. Give it a name! Include factual data from a nutrition source on your poster. Choose a spokesperson to persuade the audience why your ingredients have more health benefits over other choices.



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/>