



# SMOOTHIE CHALLENGE

## For Grades 3 - 5

CONTRIBUTED BY:

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Elementary in Frenchville, Maine

### COMMON CORE STATE STANDARDS

#### Grade 3

Writing, Text Types and  
Purposes:  
CCSS.ELA-LITERACY.  
W.3.1

#### Grade 4

Writing, Text Types and  
Purposes:  
CCSS.ELA-LITERACY.  
W.4.1  
CCSS.ELA-LITERACY.  
W.4.1.A  
CCSS.ELA-LITERACY.  
W.4.1.B

#### Grade 5

Writing, Text Types and  
Purposes:  
CCSS.ELA-LITERACY.  
W.5.1.A  
CCSS.ELA-LITERACY.  
W.5.1.B



### 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. Design healthy menus.

b. Demonstrate basic care of the human body.



### 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, Grades 3 - 5 || 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

*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



### PROCEDURE

Come up with a ratio of one fruit to one vegetable mixture that you could combine with water to make a pitcher of smoothies.

Collaborate to make the smoothie, which will then be frozen into popsicles. Make a poster of your ingredients. Include approximate amounts in cups or other standard measurements. Give your creation a name! 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/>