

Making a Nutritional Smoothie

Eating wisely and learning how to achieve the right nutritional balance is key to maintaining a healthy body weight, and furthering your goal of optimum performance.

Fruit smoothies are a delicious way to start on your path to eating more fruit servings per day. They are also quite versatile and can be used to satisfy nutritional requirements in a number of different situations.

Procedure:

1. In small groups (2-3 students) create or research a recipe for a blended smoothie. The basic proportions that work well are:
 - ½ to 1 cup of liquid (milk, fruit juice etc.)
 - 1 cup fresh / frozen fruit
 - Flavoring (vanilla, cinnamon, chocolate, etc)
 - 2-4 ice cubes
 - Thickener (1/2 banana, ½ cup yogurt or ice cream)

This is only one suggestion – you may want to have more fruit and less liquid, or add protein powder / peanut butter etc. Experiment to find what you and your group like best.

2. Complete the chart on the next page by filling in the required information for each of the foods you used. Go to <http://www.eatracker.ca/> to help with this part
3. Create a nutrition label using the information from your chart
4. Using your chart and nutrition label, decide the best nutritional use of your smoothie (e.g. Is it good for a meal replacement, a pre or post exercise snack, a normal snack etc.)
5. Design a name and “marketing campaign” around your product.
6. On a designated day, you will make and present your smoothie to the class for evaluation. Presentations are to last 5-10 min, and are to be accompanied by a fact sheet for the class and a write up for the teacher (in addition to the chart and label).

Product Name:

Nutrition Facts

Serving Size

Servings Per Container

Amount Per Serving

Calories

Calories from Fat

% Daily Value*

Total Fat

Saturated Fat

Trans Fat

Cholesterol

Sodium

Total Carbohydrate

Dietary Fiber

Sugars

Protein

Vitamin

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients:

Smoothie Assignment Rubric:

	Level R	Level 1	Level 2	Level 3	Level 4
Thinking/Inquiry					
Chart Has chart been accurately completed for each ingredient included in the smoothie?	Not Submitted	Chart was incomplete	Chart was moderately complete	Chart was mostly complete	Chart was fully complete
Nutrition label Completeness and accuracy of ingredients, serving size and macro/micronutrient composition	Not submitted	Nutrition label was incomplete / inaccurate	Nutrition label was somewhat complete / accurate	Nutrition label was mostly complete / accurate	Nutrition label was fully complete and accurate
Application					
Quality of Product Nutritional Value of smoothie		Limited nutritional value / calorie	Moderate nutritional value / calorie	Considerable nutritional value / calorie	Excellent Nutritional Value / Calorie.
Appropriate marketing of smoothie based on contents		Inappropriate Use of Smoothie based on contents	Moderately appropriate use	Considerable use	Excellent use of smoothie based on contents.
Taste and Appearance of smoothie	Intolerable	Poor taste	Tolerable taste	Good Taste	Excellent Taste
Communication					
Creativity of Presentation - Concept of presentation, visual aids used etc.	Incomplete	Presentation demonstrated limited creativity	Presentation demonstrated moderate creativity	Presentation demonstrated considerable creativity	Presentation was very creative.
Professionalism (Presentation) - Tone of voice, pronunciation of terms, appearance and body language etc.	Incomplete	Limited evidence of professionalism in presentation	Moderate level of professionalism in presentation	Considerable level of professionalism in presentation	Excellent level of professionalism in presentation
Professionalism (Report) Spelling, Grammar, Neatness, References etc.	Incomplete	Limited professionalism	Moderate Professionalism	Considerable professionalism	Excellent Professionalism
Comments			Overall T/I: /20	Overall A: /30	Overall C: 30