

NUTRITION BOOST -
YOUR FAVORITE SMOOTHIE ... ONLY BETTER

Volume 44
Middle & High School



National FCS Standard:

14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food products.

Objective:

Students will...

- Analyze a popular smoothie's ingredients and nutrition facts to create a copy-cat version that is more nutrient dense

Essential Question:

How can you tell if a smoothie is nutritious?

Subject/CTE Cluster:

FCS, CTE - Human Services (Nutrition) and Hospitality

Materials List:

- Blenders
- Smoothie ingredients
- Nasco Food Cards (WA24923)
- Nutrition facts from popular smoothies
- Computer with Internet access

Day One:

(Prior to Lesson) Print nutrition facts for popular smoothies

Orange Julius:

<https://www.dairyqueen.com/PageFiles/5144/2013%20Nutrition%20Food%20and%20Treat%20Canada%20BC.pdf>

Panera:

<https://www.panerabread.com/foundation/documents/nutrition/Panera-Nutrition.pdf>

Tropical Smoothie Cafe:

https://d38zwb0vf9f6v5.cloudfront.net/nutrition/TSC_NM2017_FDA18_Nutrition_Guide_20200128.pdf

Jamba Juice:

https://cdn.jamba.com/-/media/jamba/files/305526_jj_onlinemenubrochure_april2019_v2_ada.pdf?v=1&d=20190614T175128Z

Starbucks:

<https://fastfoodnutrition.org/starbucks>

F'Real (sold in convenience stores):

<https://www.nutritionix.com/brand/freal/products/51db37f8176fe9790a89ab22>

Nutritive and Non-Nutritive Sweeteners:

<https://www.nal.usda.gov/fnic/nutritive-and-nonnutritive-sweetener-resources>

Initiate Conversation:

(5-10 minutes)

Who likes smoothies? Who has the best smoothies around? Do you think your favorite smoothie is a “healthy food choice?” Why or why not?

Separate students into pairs according to their similar smoothie favorites. Hand out Nutrition Facts print outs and the Smoothie Improvement worksheet.

Allow students 10-15 minutes to look up the ingredients and nutrition facts for their favorite commercially made smoothie and record their findings on the Smoothie Improvement worksheet.

Students will complete the sheet to indicate their favorite smoothie’s flavor profile, ingredients, and nutrition facts. The goal is to duplicate the flavor and improve the nutrient density.

Purchase the ingredients:

Milk — dairy and non-dairy varieties

Fruit and vegetables — fresh, canned, and frozen varieties

Yogurt — dairy and non-dairy varieties

Fruit and vegetable juices — match flavors to popular smoothies

Nut butter



The basic smoothie formula:

2 to 3 parts fruit or vegetables (2 to 3 cups)

1 to 1½ parts liquid (1 to 1½ cups)

½ part yogurt or another thickener (½ cup)



Introduction:

Activity 1 (20 minutes): Analyze smoothie ingredients of favorite commercially made smoothies

Activity 2 (20 minutes): Create a smoothie recipe that replicates the flavor profile of the commercially made smoothie of their choice. Create a grocery order for the ingredients.

Activity 3 (30 minutes): Create a Nutrition Facts panel for your new smoothie recipe, including nutrient information about the ingredients used. Refer to the Nasco Food Cards and do a comparison between the original ingredients and the new, updated, healthier smoothie.

Activity 4 (30 minutes): Recreate smoothies in the lab. Share samples with classmates.

Conclusion: If you truly want to control what you're eating, make everything yourself. Otherwise it's important to examine the nutrition facts to ensure the option you've chosen is truly nutritious.

Name: _____

Smoothie Improvement Worksheet (page 1)

Sold at		
Name		
Flavor Profile		
Ingredients		
Nutrition Facts		Associated ingredients:
Serving Size		
Servings Per Container		
Calories Per Serving		
Calories for Whole Container		
Total Fat		
Saturated Fat		
Unsaturated Fat		
Cholesterol		
Sodium		
Carbohydrates		
Dietary Fiber		
Total Sugars		
Added Sugars		
Protein		
Vitamins		
Minerals		

Smoothie Improvement Worksheet (page 2)

<i>New Smoothie Name</i>				
<i>2 cups of fruit or vegetables</i>				
<i>1 cup liquid</i>				
<i>½ cup thickener</i>				
<i>Sweetener</i>				

Smoothie Improvement Worksheet (page 3)

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.