

Materials	Fruits and vegetables of choice, chosen liquid for smoothie (e.g., water, milk), other chosen ingredients, blender (optional)
Learning Outcome	Choose a colour and prepare a smoothie of that colour using fruits or vegetables and other healthy ingredients.

Description

Explain to the child that smoothies are a great option for a quick, healthy, and tasty breakfast or snack. Invite the child to make a smoothie using ingredients you have available. There are many different types of smoothies with various ingredients, and the child can get creative by adding their own unique flavours!

Start by asking the child to pick a colour and guide the child in choosing fruits and vegetables to make their chosen smoothie colour. Below are examples of ingredients to use to help make different coloured smoothies.

- Red/Pink: Strawberries, cherries, raspberries
- Orange: Oranges, peaches, carrots, mangos
- Yellow: Bananas, pineapples, lemons
- Green: Spinach, kiwi, avocados, limes
- Blue/Purple: Blueberries, blackberries, plums, acai berries

Support the child with chopping and using the blender. If you do not have a blender, you can make a smoothie without a blender by using very ripe fruits or soft vegetables, and mashing them together in a bowl. You can then add Greek yogurt or nut butter to thicken the smoothie.

Share the following tips and ingredients with the child as they prepare to make the smoothie.

- Ingredients like oats, seeds, milk, and yogurt can make the smoothie more filling.
- Adding water helps to increase the quantity of the smoothie without using more ingredients.
- Honey or maple syrup can be added to naturally sweeten the smoothie.
- Adding mild-tasting vegetables (e.g., spinach, kale, beets, carrots, pumpkin) to fruit smoothies is a great way to get the nutrients from vegetables but not take over the taste

Repeat the activity another day and encourage the child to choose a different colour of smoothie!

Healthy Eating Competencies



THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- Did your smoothie taste the way you expected to? Why or why not?
- What other healthy ingredients could you add to your smoothie for flavour (e.g., cinnamon, vanilla, mint, etc.).