

Smoothie Day

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Students work in small groups to plan a smoothie day, on which they make and share recipes for healthy smoothie drinks.

Why Do It?

Special events often involve a gathering of people with food. One way to make sure these happy occasions are healthy occasions is to plan for providing healthy food options.

How Do We Do It?

Student leaders divide participating students into small groups of 4–5. Each group plans a recipe for a delicious and healthy smoothie.

Students plan a day to bring ingredients and equipment to create and share their recipes. Make sure Students to keep their smoothie healthy and be aware of allergies.

What Else Do We Need?

- Blender
- Internet access

- Paper
- Recipe book
- Vegetables and fruit, juice, water, milk or soy beverage (be aware of allergies)
- Writing utensils

How Do We Get Creative?

Ask family members for smoothie recipes to share.

Students take home recipes from Smoothie Day that interest them, to share with their families and friends.