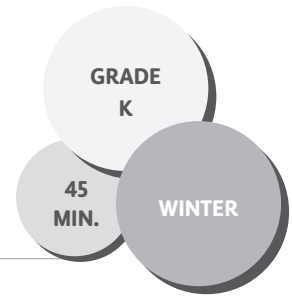


# Rainbow Smoothie

**THEME:** MAKING HEALTHY FOOD CHOICES



## ESSENTIAL QUESTION

*How can we create a healthy snack using lots of fruits and vegetables?*

## LEARNING OBJECTIVES

- ✓ Students will be able to identify the colors of fruits and vegetables.
- ✓ Students will be able to prepare a healthy snack.

## LESSON DESCRIPTION

In this lesson, students play a memory game to become familiar with the colorful ingredients for a smoothie the class will make and enjoy together.

## MATERIALS

- Blanket
  - Ingredients from Rainbow Smoothie Formula
  - Small cups for each student
  - Blender
  - Extension cord
- Tray of the following for each group of 4–6 students:**
- Kale leaf for each student (or other ingredient for students to process)
  - Flexible cutting mats
  - Empty bowl for processed ingredients
  - Empty bowl for compost
  - Rainbow Smoothie Worksheet (p. 207)
  - Crayons
  - Materials for cleanup

## *Rainbow Smoothie Formula*

- 1 cup liquid (water, juice, almond milk, soy milk, etc.)
- 1 cup yogurt (full-fat vanilla)
- 1 cup berries (fresh or frozen)
- 1 cup fruit
- 1 banana (fresh or frozen)
- ½ cup leafy greens (kale, collards, chard, or spinach, etc.)

## PREPARATION

- › Prepare a tray of the whole fruits and vegetables that will be going into your smoothie to show to students.
- › Select one or two ingredients for your smoothie that kindergartners can lend a hand in preparing (e.g., kale that can be torn into small pieces, strawberries that can be destemmed, bananas or clementines that can be peeled, etc.). Prepare a tray with some of each ingredient students will prepare for each small group.
- › Set up a station with your blender and other ingredients close to a power outlet where all students can see you.
- › Photocopy the Rainbow Smoothie worksheet for all students.

## ACTION STEPS

**1. Memory Game:** Gather students seated in a circle with your covered tray of sample ingredients in the center. Say, *Underneath this blanket I have all the ingredients we're going to put into a smoothie we'll be making today. But first, we're going to play a memory game. On the count of three, I'll take away my blanket and show you what I brought, but it's going to be very quick, so you'll have to pay close attention.* Lift the blanket and then replace it over the fruit. Have students turn and share with their neighbor all that they remember seeing under the blanket, then discuss it as a class. Encourage students to describe the ingredients they don't know the names of. Then reveal the ingredients once more, and go over the name of each. You can continue playing the memory game by having students close their eyes while you remove one of the ingredients. Then have them see if they can recall which is missing. Explain, *We're adding all these colors to the smoothie because having all the colors makes the smoothie care for all parts of our body.* **(10 min.)**

**2. Color Dance:** With all the ingredients on display, ask students questions such as *What's the color of the long leaf we're going to put into our smoothie?* After they give the answer (e.g., green), say, *Any student who is wearing a green shirt stand up and do a dance until I say, "Stop."* Continue until you've gone through all the colors present. End by saying, *Now everyone who didn't get a chance yet, stand up and do a three-second dance!* **(5 min.)**

**3. Wash Hands Break! (5 min.)**

**4. Model Ingredient Prep:** Explain to students that having fruits and vegetables that are all the different colors of the rainbow is healthy. Show students

how they should prepare the ingredient you'll be passing out to each small group. For example, show students how you take the kale leaf off its stem, tear the leaf into small pieces, put the pieces in the group bowl, and finally, how you put the stem into your compost bowl. Remind students to keep their hands clean as they work. **(5 min.)**

**5. Making the Smoothie:** Pass out ingredients to each table group. Have the classroom teacher circulate through the room, and provide support in helping students share. Meanwhile, add the other ingredients to the blender. Then call one student from each group to come up and add the prepared ingredient. Have the student add the ingredient in increments so each student in the group gets a chance. Once students have contributed to preparing the ingredients, and their table is cleaned up, pass out the Rainbow Smoothie Worksheet where students will draw fruits for the different colors of the rainbow. **(10 min.)**

**6. Tasting:** Portion the smoothie into small cups for each student and distribute. Remind students to wait until each student has one before tasting. Enjoy together! **(5 min.)**

## REFLECTION

Have students discuss the following questions in small groups, then share with the class: **(5 min.)**

- *How does your smoothie taste? What words can you use to describe it? What color is it?* Look for opportunities to expand their vocabulary, such as by saying, *Is it smooth? Gritty? Sour? Sweet? Tangy?* etc.
- *Why do you think it's important to eat fruits and vegetables that are lots of different colors?*

## ADAPTATIONS

**Extension:** Create large dice with different colors on each side of the cube. Have students take turns rolling, and when the die lands on a particular color, challenge them to name all the fruits and veggies they can of that color.

## ACADEMIC CONNECTIONS

English Language Arts Common Core State Standards

### **CCSS.ELA-LITERACY.SL.K.4**


Describe familiar people, places, things, and events and, with prompting and support, provide additional detail.



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Rainbow Smoothie Worksheet

Draw a picture of a fruit or vegetable for each color.

<b>RED</b>	
<b>ORANGE</b>	
<b>YELLOW/WHITE</b>	
<b>GREEN</b>	
<b>BLUE</b>	
<b>PURPLE</b>	