



Grade 4: Fruit Smoothies

What you need to know

- Section 2.2. Teacher Background
- Section 2.3. What You Need to Know in the Classroom: Junior Grades
- Section 2.9. Cooking Safely with Students
- Understand the benefits of orange vegetables and fruit as discussed in *Eating Well with Canada's Food Guide: A Resource for Educators and Communicators*, pg. 11-14. Available free at www.healthcanada.gc.ca/foodguide or from your local public health unit/department.

Recipes required

- Mango Lassi
- Peachy Tofu Smoothie
- Banana Berry Wake Up Shake

Food required

- ripe mango
- low-fat plain or vanilla yogurt
- milk and/or vanilla-flavoured soy beverage
- liquid honey
- ice cubes
- ripe bananas
- peach-mango-flavoured dessert tofu or silken tofu
- canned peach slices
- orange juice
- banana
- fresh or frozen berries

Equipment and materials required

- knife and cutting board
- can opener
- blender
- small cups for serving

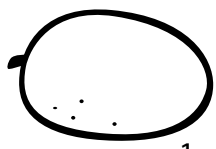
Adult helpers required

- 1 per 5-6 students

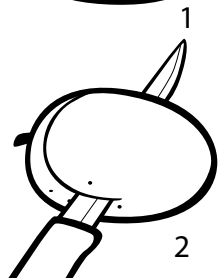
Instructions

- Discuss kitchen safety and safe food handling practices that apply to this activity. Emphasize the safety rules must be followed at all times. Highlight kitchen safety and safe food handling practices throughout the activity.
- Make sure that all leaders and students have an opportunity to wash their hands with soap and water prior to food preparation and eating. Discuss the four steps for handwashing.
- Show students a fresh mango. Discuss what to look for when selecting a fresh mango. Mangoes are ripe when they can be easily indented with your thumb. Avoid mangoes that are so ripe they feel mushy. Allow students to touch and smell the mango. Wash the mango after it has been handled.
- Demonstrate how to cut a mango. Give students a copy of the instruction sheet to follow.
- Mention that frozen and canned mango is also available at most grocery stores. Explain that all forms of mango are healthy. Discuss the benefits of orange vegetables and fruit. Remind students that *Canada's Food Guide* recommends that we eat at least one orange vegetable each day. Orange vegetables are rich in carotenoids such as beta-carotene, which the body converts to vitamin A. Some orange-coloured fruit such as mango, cantaloupe, apricots and papaya can be eaten in place of an orange vegetable. Oranges, though a good source of nutrients, are not a good source of carotenoids.
- Show the ingredients that will be used to make the three different fruit smoothie recipes. Identify the food group of each ingredient. Discuss health benefits of using tofu and lower fat milk and alternatives. Tofu is a good alternative to meat because it is lower in harmful saturated fat. Making lower fat choices from the Milk and Alternatives food group also helps reduce saturated fat.
- Discuss safe use of the blender.
- Arrange students into small groups with an adult helper. Explain that each group will have their own 'Smoothie Bar' where they will prepare a different smoothie recipe. Have students read through the recipe and follow it as they help with each step. **To avoid injury, adults must supervise use of blenders.**
- When students have finished at their 'Smoothie Bar' have each small group discuss and write down all other fruit ingredients that they could use in a smoothie. Encourage students to think of different forms of fruit including fresh, frozen and canned fruit and 100% juice.
- Give students a small sample of each smoothie. Give copies of the recipes to students to take home to share with their parents.
- Ensure students participate in clean up (eg, tidying up work areas, throwing out garbage, washing and drying dishes, wiping tables and counters, storing leftover food)

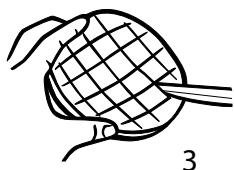
How to Cut a Mango



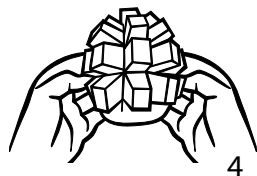
1. Set the mango on its side.



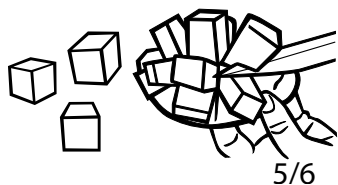
2. Slice through the mango as close to the pit as possible on one side. Turn the mango over and slice through the other side the same way.



3. Place one half of the mango, skin side down. Make long cuts in the mango flesh in a tick-tack-toe pattern. Try not to cut through the skin.



4. Hold the sides of the mango half with each hand and turn the skin inside-out.



5. Cut the cubes off the skin.

6. Repeat this with the other half of the mango.



7. Peel the skin around the pit. Cut or eat the mango off the pit.

Activity: What kinds of fruit can you use to make a Fruit Smoothie?

Write down the different kinds of fruit you can use to make a fruit smoothie.

Fresh Fruit	Canned Fruit
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Frozen Fruit	100% Juice
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



Paint your plate.
Create a masterpiece.

Mango Lassi

Mango Lassi is a favourite drink at Indian restaurants. It is often served with spicy foods. Yogurt and milk help cool down spicy foods in your mouth.

Ingredients:

1	1	ripe mango, peeled and chopped
125 mL	½ cup	low-fat plain or vanilla yogurt
125 mL	½ cup	milk
15 mL	1 tbsp	liquid honey
125 mL	½ cup	ice cubes

Preparation:

1. In a blender, on high speed, blend mango, yogurt, milk, honey and ice for 2 minutes or until smooth.

Makes 2 cups

Preparation Time: about 5 minutes

Equipment:

- knife
- blender

Canada's Food Guide Servings:

1 serving of mango lassi is 1 VEGETABLES AND FRUIT serving and 1 MILK AND ALTERNATIVES serving

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HINT:

If fresh mango is not available, use 1 cup (250 mL) frozen or canned mango.



Peachy Tofu Smoothie

Ingredients:

1	1	ripe banana
300 g	10 oz	peach-mango-flavoured dessert tofu (or silken tofu)
250 mL	1 cup	canned peach slices, drained
250 mL	1 cup	orange juice

Preparation:

1. In a blender, on high speed, blend banana, tofu, peach slices and orange juice until smooth.

Makes 4 cups

Preparation Time: about 5 minutes

Equipment:

- can opener
- blender

Canada's Food Guide Servings:

1 serving of smoothie is 1 VEGETABLES
AND FRUIT serving and 1 MEAT AND
ALTERNATIVES serving



Banana-Berry Wake-Up Shake

Ingredients:

1	1	banana
250 mL	1 cup	fresh or frozen berries (any combination)
250 mL	1 cup	milk or vanilla-flavoured soy beverage
175 mL	$\frac{3}{4}$ cup	lower-fat yogurt (vanilla or other flavour that complements berries)

Preparation:

1. In a blender, liquefy fruit with a small amount of the milk. Add remaining milk and yogurt; blend until smooth. If shake is too thick, add extra milk or soy beverage to achieve desired consistency.

Makes 3 cups

Preparation Time: about 5 minutes

Equipment:

- blender

Canada's Food Guide Servings:

1 serving of smoothie is 1 VEGETABLES AND FRUIT serving and $\frac{1}{2}$ MILK AND ALTERNATIVES serving

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