Nutrition Boost – Your favorite smoothie … only better

National FCS Standard:

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

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

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

Activity 1 (20 minutes): Analyze smoothie ingredients of favorite commercially made smoothies. Prior to lesson, print the nutrition facts for these popular smoothies below.

Orange Julius

https://www.dairyqueen.com/en-us/menu/orange-julius-original

Panera

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

Tropical Smoothie Cafe

https://www.tropicalsmoothiecafe.com/nutrition/latest?axd-p=1WySwSL6oztJnYPBo87CZy

Jamba Juice

https://www.jamba.com/-/media/jamba/files/jamba-nutrition-spreadsheet-2024--12624.pdf?v=1&d=20240216T074938Z

Starbucks

https://fastfoodnutrition.org/starbucks

F'Real (sold in convenience stores)

https://www.nutritionix.com/brand/freal/products/51db37f-8176fe9790a89ab22

Nutritive and Non-Nutritive Sweeteners

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

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)

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

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: _____

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		

New Smoothie Name				
2 cups of fruit or vegetables				
1 cup liquid				
½ cup thickener				
Sweetener				

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.