

GROW YOUR PALS PROGRAM GUIDE



THE NATIONAL FFA MENTORING PROGRAM

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LESSON 3.7

Is It a Fruit Smoothie?

Unit:
FOOD AND NUTRITION

PRECEPTS

G. Personal Growth

G1. Practice healthy eating habits

NATIONAL STANDARDS

FPP.03.01.04.a. Discuss common food constituents

(e.g., proteins, carbohydrates, fats, vitamins, minerals).

FPP.03.01.05.a. Identify common food additives

(e.g., preservatives, antioxidants, buffers, stabilizers, colors, flavors).

NL-ENG.K-12.12 – Applying Language Skills

NS.K-4.6 – Science in Personal and Social Perspectives



Lesson Type:
One-on-One

STUDENT LEARNING OBJECTIVES

As a result of this lesson, the student will ...

- Read a nutritional label to determine actual juice percentage in fruit-juice products.
- Interpret and follow simple recipe directions.
- Explain the importance of *calcium* in bone growth.





TIME

Instruction time for this lesson: **20 minutes.**



RESOURCES

National FFA Organization. (2003). LifeKnowledge Precepts and Signs of Success.

MyPyramid.gov. (2010). *Inside the Pyramid*. Retrieved February 13, 2010, from United States Department of Agriculture website: <http://www.mypyramid.gov/pyramid/index.html>.



TOOLS, EQUIPMENT AND SUPPLIES

- ✓ A collection of juice drink containers – some with 100 percent fruit juice and some with less than 100 percent fruit juice
- ✓ Frozen strawberries
- ✓ Fresh bananas
- ✓ Fresh raspberries
- ✓ One cup fat-free milk
- ✓ ½ cup crushed ice
- ✓ Blender
- ✓ Glasses for smoothies
- ✓ PALS3.7.ONE.AS.A
- ✓ PALS3.7.ONE.ASSESS.A – one per student



KEY TERMS

The following term is presented in this lesson and appears in ***bold italics***:

Calcium



CONTENT OUTLINE

Objective 1. | Read a nutritional label to determine actual juice percentage in fruit-juice products.

1. Identify and read nutritional labels of two fruit juice products
2. Drinking 100 percent fruit juice is almost the same as eating the fruit

Objective 2. | Interpret and follow simple recipe directions.

1. Read fruit smoothie recipe
2. Follow instructions to make a fruit smoothie

Objective 3. | Explain the importance of *calcium* in bone growth.

1. **Calcium** is used in building strong bones and teeth
2. Diets that include three cups of milk or milk products help increase bone mass

INTEREST APPROACH

Make a display of the following: fresh strawberries, fresh bananas, fresh raspberries, one juice drink with 100 percent fruit juice and one juice drink with less than 100 percent fruit juice.



What do we have here?

Listen to your PALS identify all of the items in front of them.



If you had the opportunity to eat or drink any of these, which would you choose and why?

Identify your PALS' favorite.



Which of these items do you think is the healthiest?

Solicit ideas from your PALS about what they think is the healthiest.



We may be on the right track, but let's dive a little deeper into these items and see which is the healthiest for us to add to our diet.

SUMMARY OF CONTENT AND TEACHING STRATEGIES

OBJECTIVE 1. | Read a nutritional label to determine actual juice percentage in fruit-juice products.



Let's first examine the two fruit drink containers.

Hand one fruit drink container to your PALS.



Where is the nutritional information located?

Have your PALS spot the nutritional label.



That's correct. Now let's read these nutritional labels and specifically look for the juice content of each.

Assist your PALS in finding the juice content of both fruit juices.



What is the difference between these two juices?

Your PALS should say that one has 100 percent juice and one has less than 100 percent juice.



Correct, one has 100 percent fruit juice and one has less. If one has less than 100 percent juice, what makes up the difference? What is added instead of complete fruit juice?

Solicit responses from you PALS about what might be in the juice.



That's right; sugars and extra ingredients have been added to the juice that has less than 100 percent juice. Which would be healthier for us to drink?

The one with 100 percent juice is healthier because it does not add any extra sugars.



Yes, the one with 100 percent juice is healthier for us. In fact it is almost as healthy as eating the fruit itself. Speaking of fruit, according to the food pyramid, we are supposed to have one to 1 ½ cups of fruit or 100 percent fruit products every day. Now that we know how much fruit we need in our daily diet, how about creating a snack that would be healthy and tasty?



OBJECTIVE 2. | Interpret and follow simple recipe directions.



Today we are going to create a fruit smoothie. It will be a great way to add more fruit to our diets. Here is the recipe. The first step in making a new recipe is to first read the instructions.

Give student PALS3.7.ONE.AS.1. Read the instructions with your PALS.



Now that we have read the instructions, we are ready to get started.



Follow the instructions as stated on PALS3.7.ONE.AS.1. Assist your PALS with these steps and remind them of the importance of staying safe and keeping hands free of the blender blade.

OBJECTIVE 3. | Explain the importance of *calcium* in bone growth.



Wow, we have made a great smoothie! Let's look at the recipe again. Besides fruit, what have we added to this smoothie to make it even healthier for us?

Solicit response from your PALS, leading to the identification of milk.



That's right; milk has been added and certainly improves the health content of this smoothie. **Calcium** is in milk. **Calcium** helps give us strong bones and teeth. We should include 3 cups of milk or milk products in our diets every day to help improve our bone mass.





REVIEW / SUMMARY



As we snack on our smoothies, let's recall where we have been today. We have looked at fruit juices. If we choose to drink fruit juices, what should we be sure they include?

PALS should respond with 100 percent fruit juice.



That's correct, and how much fruit or 100 percent fruit juice should we get every day?

One to 1 ½ cups.

Right and how is **calcium** healthy for our bodies?

Calcium helps build strong bones and teeth.



How much milk or milk products should we get every day?

Three cups.



Nice work! Take this smoothie recipe home with you, share it with your parents and remember to get in one to 1 ½ cups of fruit each day!

APPLICATION



Large Group Idea

Chart the juice content of at least five types of popular juice drinks. Examine which are made of 100 percent fruit juice and compare like ingredients found within these juices.

Continued Discussion

Take a look at the food pyramid. Look more closely at the recommended daily servings of fruit and milk. Examine serving sizes and what students can add to their diets to meet the recommended daily servings.



EVALUATION

Answer the questions on PALS3.7.ONE.ASSESS.A

1. One to 1 ½ cups of fruit
2. Added sugars and water
3. Three cups
4. Helps build strong bones



PALS3.7.ONE.AS.A

Real Fruit Smoothie

Frozen strawberries
Fresh bananas
Fresh raspberries
1 cup fat-free milk
½ cup crushed ice

Place a handful of fruit, 1 cup of milk and a couple of ice cubes in the blender. Blend on high for 30 seconds, or until ingredients are thoroughly blended. Taste. Add more fruit or ice to your liking.

PALS3.7.ONE.ASSESS.A

Name _____

Respond to the following questions.

1. What is the recommended daily serving for fruits according to the food pyramid?
2. What does juice made from less than 100 percent fruit juice contain that juice made of 100 percent fruit juice does not?
3. How much milk or milk products should we get everyday?
4. What does calcium do for our bodies?