

Name \_\_\_\_\_ Class Period \_\_\_\_\_

## Designer Smoothies

Your group will design a smoothie for a specific fitness goal based on what you have learned about nutrition and exercise. We will make and taste your recipes later this week! A blender, measuring cups, measuring spoons and the listed ingredients will be provided. You may bring additional ingredients if you so desire.

<u>Ingredients provided</u>	<u>Macromolecule</u>	<u>Calories (kcal)*</u>	<u>Vitamins &amp; Minerals*</u>
ice	NA	NA	NA
frozen strawberries	carbohydrate	52 kcal/cup	Vitamin C, A; potassium (K)
frozen peaches	carbohydrate	50 kcal /cup	Vitamin C, A; K
tomato veg. juice (V8)	carbohydrate	51 kcal /cup (8 oz.)	Vitamin C, A; K, sodium (Na)
apple juice	carbohydrate	114 kcal /cup (8 oz.)	Vitamin C; potassium
orange juice	carbohydrate	117 kcal /cup (8 oz.)	Vitamin C, A; potassium
low fat yogurt	carb., protein, fat	154 kcal /cup (8 oz.)	Vitamin A; Ca, P, K, Na
peanut butter	fat, protein, carb.	94 kcal /tbsp	B vitamins; P, K, Na
honey	carbohydrate	64 kcal /tbsp	trace
raw spinach	carbohydrate	7 kcal /cup (30g)	Vitamin A; K
sliced bananas	carbohydrate	134 kcal /cup	Vitamin A; K

### Fitness goals (circle the one you are assigned)

You need a snack before exercise

You want to build muscle after exercise

You need a snack during exercise (e.g. at halftime)

You want to lose weight

Other \_\_\_\_\_

### Design your smoothie (example in italics, write your recipe below the example or on a separate sheet of paper)

Remember to consider the number of calories and the activity level for your scenario when deciding to use carbohydrates, protein, or fat to design your smoothie. Also consider vitamins and minerals in your ingredients. Don't forget, we will be tasting these so they should taste good, too! You may want to work on your recipe design outside of class. You can research diets designed for specific fitness goals or the nutritional value of ingredients. Your taste test scores may be higher if you taste your smoothie before making it for the class.

Include the amount you need (quantity) in cups, tablespoons (tbsp), or teaspoons (tsp). Calculate the calories for each ingredient and then total ingredients. An example is provided.

<u>Ingredient</u>	<u>Macromolecule</u>	<u>Amount</u>	<u>Calories</u>	<u>Vitamins &amp; Minerals</u>
<i>orange juice</i>	<i>carbohydrate</i>	<i>1/4 cup</i>	<i>0.25*117 = 29.25</i>	<i>Vitamin C, A; potassium</i>
<i>frozen peaches</i>	<i>carbohydrate</i>	<i>1 cup</i>	<i>1*50 = 50</i>	<i>Vitamin C, A; potassium</i>
<i>low fat yogurt</i>	<i>protein, carb</i>	<i>1/2 cup</i>	<i>0.5*154 = 77</i>	<i>Vitamin A; Ca, P, K, Na</i>

\*Source: <http://www.nal.usda.gov/fnic/foodcomp/search/> ; Vitamins & Minerals includes those >50g per serving

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## Smoothie Taste Test and Nutrition Evaluation

Please rate the smoothies based on a scale of 1 to 10, with one being worst and 10 being best.

	Looks	Smells	Texture	Taste	Total
Smoothie A					
Smoothie B					
Smoothie C					
Smoothie D					
Smoothie E					
Smoothie F					

1. Was the smoothie designed to fit the assigned scenario? Do you think it would help with the activity in question?

2. Which smoothie did you think tasted the best? Which smoothie had the highest overall score?

3. Was there a smoothie you did not like? How do you think the smoothies could be improved?

4. Which smoothie do you think is the healthiest? Which one is the least healthy?

5. Which smoothie would you like to make for yourself? Why?