

Lesson: Make an Organic Smoothie

Smoothie- Mystic Mango Smoothie

Time: 15-20 Minutes

Materials:

- Blender
- Knife
- Measuring cup
- Measuring spoons
- Organic Mango
- Raw or organic honey
- Lime juice
- Spoon
- Organic yogurt
- Cups
- Fresh organic spinach

Introduction:

The instructor will explain to the group the activity to help the environment by using items that are healthy and does not require anything to be recycled.

The instructor will give assignments to the group and allow individuals an opportunity to understand.

Step 1: The instructor will first make sure all individuals wash their hands.

Step 2: The instructor will pick up the mango and ask, “What type of fruit is this.” The instructor will then ask the group “What color is the mango?”

Step 3: The instructor will instruct the group to cut the mango in small pieces. Provide hand over hand assistance for those requiring extra assistance.

Step 4: Once completed, the instructor will ask individuals to place the mango in the blender.

Step 5: The instructor will have members of the group to measure the orange juice. The instructor will say, “where is $\frac{1}{2}$ on the cup?” Once answered correctly, the instructor will instruct the individual to pour into the measuring cup.

Step 6: The instructor will say to the individual “good job, now pour into the blender.”

Step 7: The instructor will ask the group to point to the honey. The instructor will ask the individual to show 2 tablespoons on the measuring spoons.

Step 8: The instructor will ask the individual to measure 2 tablespoons of honey and to pour into the blender. Provide hand over hand if necessary.

Step 9: The instructor will ask the group to point to the lime juice. The instructor will then ask the group” show me 1 tablespoon on the measuring spoon.”

Step 9: The instructor will tell the group to pour into the blender.

Step 10: The instructor will ask the group to point to $\frac{1}{2}$ cup on the measuring cup. Once pointed correctly, the instructor will have the individuals pick up the organic yogurt and put $\frac{1}{2}$ in the cup

Step 11: With assistance, the individuals will wash out the organic spinach. The instructor should first place the spinach in a cup.

Step 12: With assistance or as needed, the instructor will have the individuals turn on the water.

Step 13: The instructor will ask the group to take a handful of organic spinach and place in the blender.

Step 14: Once all the items are placed in the blender, the instructor will someone from the group to hit the blended on the button blender.

Step 15: The instructor will allow 3-4 minutes for the smoothing to blend. Once completed, the instructor will ask an individual to hit the stop button.

Step 16. The instructor will ask an individual to place the cups on the table

Step 17. The instructor will continue with the activity until a smoothie has been made enough for everyone.

Step 17: The instructor will ask an individual to pour into each cup.