

# Smoothie Plan

After analyzing the data from each class survey and analyzing the nutritional value for each fruit and vegetables, it's your turn to develop a plan to create the best tasting, most nutritious smoothies.

**First Step: Choose Fruit & Vegetable**

Choose up to 3 (must include both a fruit & vegetable):  
Apple, Banana, Strawberry, Orange  
Carrot, Celery, Sweet Potato, Corn

Choice 1	Choice 2	Choice 3

**Second Step: Write Recipe**

Measured Amount	Ingredient

Give an explanation as to why you chose the fruits you did. Justify why you believe your smoothie is healthy and delicious.

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**Third Step: Write the calories for each ingredient**

Ingredient	Amount	Calories

How many total calories will be in your smoothie?

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How did your smoothie taste? On a scale of 1 to 10, with 10 being the **best** and 1 being the **worst**. Circle the number that matches your smoothie. Give a brief justification as to why you rated it this number.

1    2    3    4    5    6    7    8    9    10

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**Step 4: Discuss and develop a plan**

Now that you have completed your first trial, discuss with your group some changes that you would like to make. What did you especially enjoy about your smoothie? What are some things you would like to change? Can you add any other healthy alternatives to enhance the flavor?

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