



Leafy Greens | Make Green Smoothies

Activities

Developed by: Gallatin Valley Farm to School (www.gvfarmtoschool.org)

Grades

Afterschool | K-5th

Objective

This activity will generate excitement for leafy greens in an appropriate lesson for warmer weather. Students will help make green smoothies.

Students will be able to:

- Define the health benefits of leafy greens
- Identify 3-4 greens that can be grown in Montana
- Utilize a basic framework to put together a unique recipe
- Follow instructions, utilize cooking tools safely, and understand standard measurement

Materials

- 3-4 varieties of local greens (chard, kale, spinach, bok choy)
- 4 cutting boards
- Vitamix
- Drinking vessels or sample cups
- 2-3 fruit varieties (apples, bananas, strawberries, blueberries)
- Milk, water, or coconut juice
- Writing materials
- Paper or journals

Dig Deeper

Get more information, register, or download resources:

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Directions

Begin with a reflection of Harvest of the Month from the students' perspective. What did they like the most? What did they learn? What would they have liked to do?

- Hand out or show three or four examples of leafy greens.
 - Ask the students to identify what these have in common. *They are all leaves! And mostly green!*
- Explain that greens are packed with nutrients that are essential for our body to be healthy. They contain lots of vitamin A, C, and K. Vitamin K is great for helping our bodies heal cuts and scrapes!

- Go through the variety of greens available today and where they came from.
- Ask students if they have ever had any greens, including lettuce? What kinds?
 - How was it prepared?
 - Where did you have it?
 - Have you ever had it in a drink?
- Inform students that we will be making a smoothie with greens today. And that they will be creating the recipe!
- Tell students that for an excellent smoothie one can use the 1-2-3 rule.
 - 1 cups greens (any mixture)
 - 2 cups liquid (milk, water, juice)
 - 3 cups fruit (any mixture)
- Pass out paper and writing utensils and explain that they will be coming up with their own recipe for an excellent smoothie! They will:
 - Come up with what ingredients they would like in the smoothie.
 - Include measurements that add up to the 1-2-3 ratio (for example 1/2 cup Swiss chard and 1/2 cup kale)
 - Provide a unique name for their smoothie (Katie's Awesome Greeniest Green Smoothie for Super Heroes!)
- Ensure that all ingredients are visible to students.
- When all recipes are completed, have a few volunteers share their recipe.
- Then, depending on group dynamics, either have the group choose one of the examples, choose one yourself, or choose a recipe you have prepared ahead of time.
- Utilize well-behaved volunteers to prepare the smoothie.
 - Mix the greens and liquid first to ensure maximum emulsion. Then add the fruit.
 - Have the class count while you or a volunteer blend for 10 seconds at a time.
- Pour and distribute.
- Reiterate "Don't Yuck My Yum" rule
- Cheers to greens!
- If there is time and opportunity, consider augmenting this activity with planting or harvesting greens in the school garden.



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, Montana Organic Association, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

Funds were provided in part by a USDA Team Nutrition Training grant, a USDA Farm to School grant, Montana Healthcare Foundation, Northern Pulse Growers Association, Montana Department of Public Health and Human Services, and Montana School Nutrition Association. USDA is an equal opportunity provider and employer. The Montana State University Extension Service is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach. This publication was supported by the Grants or Cooperative Agreements Numbers, 6 U58DP004818-03-01 & 5 U58DP004818-03-00, and funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the DPHHS.