

BERRY BLAST

introducing **BERRIES**

Kids will learn to love berries and how important fruit is to health and nutrition. The activity will showcase three berries: strawberries, raspberries and blueberries.

MyPlate **GUIDELINES**

Kids should make half of their plate fruits and vegetables and eat approximately 1½ cups of fruit each day.

approximate time **INVOLVED**

Mise en place \ \ 1 hour

Demonstration time \ \ 1 hour

approximate **ACTIVITY COSTS**

\$1.49 per child

chef **SUPPLIES**

- 4 oz. plastic soufflé cups (3 per person)
- Sheet trays (plastic or metal)
- Powerful blender (Vitamix)
- Tasting samples of strawberries, raspberries and blueberries for each child
- Smoothie ingredients
- Multiple 2 cup plastic measuring cups
- Multiple 1 cup plastic measure cups
- Two five pound bags of sugar
- Measuring spoons (all sizes)
- 12 oz clear plastic cups

mise en **PLACE**

1

Clean and wash fruit prior to arrival at the location

2

Cut tops off strawberry and slice in half

3

Prepack fruit in 3 oz tasting cups with a sample of each fruit in the cup

4

Organize tasting cups on sheet pans with a tasting cup for each student

5

Mise en place smoothie ingredients



BERRY BLAST

ACTIVITY

- 1 INSTRUCT** kids to wash hands with soap and warm water and the importance of why.
- 2 EXPLAIN** the importance of eating fruit each day and how it keeps the body healthy and strong. A cup of fruit, 100% fruit juice or ½ cup of dried fruit can be considered as 1 cup from the Fruit Group. Fruits may be fresh, canned, frozen or dried and may be whole, cut up or pureed. Kids should eat approximately 1½ cups of fruit each day. Add fruit to your meals throughout the day:
 - >> Add fruit to your breakfast (½ cup)
 - >> Add an apple with your lunch (1 cup)
 - >> Add dried fruit to your salad (½ cup = 1 cup of fruit)
- 3 INTRODUCE** the berries the kids will taste today:
 - >> Strawberries
 - >> Raspberries
 - >> Blueberries
- 4 HAVE** the kids taste each berry one at a time and ask them to describe the color, shape, size, texture and taste of each.
- 5 REPEAT** this process until all of the berries have been tasted.
- 6 DISCUSS** sugar beverages such as fruit smoothies from fast food restaurants, fruit flavored soda and energy drinks. Explain that many popular smoothies are very high in sugar and do not count towards the daily fruit intake needed for a balanced diet. Demonstrate the amount of sugar in a Wild Berry Smoothie from a common fast food restaurant.
 - >> A 12oz Wild Berry Smoothie has 44 grams of sugar and 210 calories.
 - >> Take the total grams of sugar and divide by four to determine the number of teaspoons of sugar.
 - >> Ask a volunteer to scoop the 10 teaspoons of sugar just calculated into an empty plastic cup.
 - >> Children should consume approximately 12 grams or 3 teaspoons of added sugar per day. Teens should consumer approximately 18-37 grams or 5 teaspoons of added sugar each day.
 - >> Discuss how much extra sugar is consumed when drinking the wrong types of beverages
- 7 ASK** for a few student volunteers to help measure the ingredients to make a healthy berry smoothie (either dairy or non-dairy). Have each volunteer measure each ingredient to add to the blender. Blend smoothie and serve in 3 oz samples cups.



BERRY BLAST

recipes



roasted beet and mango
blender burst **SMOOTHIE**

serious berry fruit
SMOOTHIE

Servings per recipe: 4 (4 oz.)

Ingredients:

1 oz red beets, roasted or canned then diced in large chunks
1 large mango, diced and chilled
1 banana
½ cup fat free cow's milk
1 cup orange juice (preferred not from concentrate)
8 ice cubes
⅛ teaspoon of vanilla extract

Directions:

Blend the roasted beet, orange juice, milk and banana until well mixed. Be sure to put the lid on the blender securely. Add ice cubes and mango and continue blending until mango is mixed in. Serve.

Servings per recipe: 4 (4 oz.)

Ingredients:

1 6 oz cup reduced fat red raspberry or strawberry yogurt
¼ cup fat free milk
1 cup cranberry juice
1 cup fresh or frozen blueberries, raspberries or strawberries
½ cup ice cubes

Directions:

Add berries, ice, juice, milk and yogurt to a blender. Be sure to put the lid on the blender securely. Turn blender to lowest setting for a few seconds then turn on the highest setting for 15-20 seconds. Pour smoothies into cups and serve



American Culinary Federation
Education Foundation